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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

If symptoms persist, see
your doctor about an
allergy test!!



**Corporate Bodies
International**

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This fortnight's healthy topic...

Understanding the Misunderstood "Food Sensitivities"



Anyone for an allergy?

Perhaps one of the most talked about nutrition topics is that of 'food sensitivity' or adverse reaction to food. Partly media fuelled, often the public is quick to self-diagnose as having a food allergy without fully understanding what this constitutes. Let's have a closer look!

Food Sensitivities – Allergies and Intolerances

Food sensitivity refers to any adverse food reaction including both 'Food Allergies' and 'Food Intolerances'. The 2 terms are often used interchangeably however, they are very different conditions.

Symptoms such as vomiting, diarrhoea, asthma and eczema may present initially for both allergy and intolerance. If treatment is delayed, food allergy reactions can become extreme and, in some cases, may cause anaphylactic shock.

Children who have one family member with an allergic disease such as asthma are at a 20-40% greater risk of developing allergy!

What's my diagnosis?

Diagnosis for a food allergy is by skin and blood tests. Due to the potentially fatal consequence of allergy, complete avoidance of the offending food is indicated.

Diagnosing food intolerance is more difficult and an elimination diet is used. Individual foods are removed from the diet, and the appearance of symptoms is monitored. Once identified, the food causing the adverse reaction can be tolerated at certain dosages, such as with lactose intolerance.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**