

DR. RAJIV SHARMA

BOOK SERIES 1

FOOD ALLERGIES AND FOOD
SENSITIVITIES

DR. RAJIV SHARMA

FOOD ALLERGIES AND FOOD SENSITIVITIES

MILLIONS OF AMERICANS HAVE FOOD ALLERGIES. AND THEY ARE RISING IN INCIDENCE EVERY YEAR.

Due to artificial coloring, preservatives, pesticides, insecticides, sweeteners and excipients in the food and supplements some patients experience gastrointestinal distress in the form of nausea, abdominal pain, diarrhea, bloating, cramping, gassiness and worse. It is tough to find food or food ingredients free from additives these days.

Fast food restaurants and the exploding dietary supplement industry brings with it all extra non required ingredients that can give you an unhappy gut.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

Key is to very carefully pay attention to the food consumed and if certain foods give you headaches, brain fog, physical symptoms such as diarrhea, skin rash, joint pains please stop that food or supplement.

It is very important to rule out celiac disease, Crohn's disease in cases we are concerned for food sensitivities. Sometimes molecules like MSG have resulted in migraine like symptoms in many people. Lot of people are developing sensitivities to cow's milk, honey, corn, corn products, high fructose corn syrup.

FOOD ALLERGIES

A person could have allergy to one or more components of food that we consume. This is an IgE based reaction and can cause itching, breathing difficulties and skin rash sometimes. It could be a deadly condition. Most common food allergy culprits are fish, shellfish, peanuts, tree nuts, wheat, soy and eggs. If you carry a diagnosis of food allergies always recommend carrying an EpiPen with you in case you have a severe allergic reaction.

There is a esophageal condition called Eosinophilic esophagitis where the esophagus has Asthma like cells inside its lining. This condition presents with trouble swallowing and most people do have some type of food or respiratory allergies. An elimination diet to avoid culprit food has a key role in this condition.

FOOD ALLERGIES ARE DISABLING AND CAN ADVERSELY AFFECT YOUR HEALTH

CULPRIT FOODS

EGGS

SOY

MILK

WHEAT

NUTS

TREENUTS

SHELLFISH

TESTING

Blood testing using IgE and IgG levels to the food allergens. Skin prick test.

TREATMENT

Avoidance of agents or Immunotherapy is helpful.

READ THE LABEL AND ASK QUESTIONS ABOUT WHAT IS IN YOUR FOOD. IT CAN SAVE YOUR LIFE. DR.RAJIV AND HIS TEAM ARE AVAILABLE TO HELP YOU MAKE CLEAN EATING DECISIONS.



DR. RAJIV SHARMA IS LOVING CALLED DR. RAJIV AND DR. GUT HAPPINESS BY HIS FOLLOWERS. HE IS A BOARD CERTIFIED GASTROENTEROLOGIST WHO EDUCATES PEOPLE ABOUT EATING CLEAN HEALTHY FOODS.

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