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Nutrition Notes – JANUARY 2008

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IS YOUR FOOD MAKING YOU SICK???

Many folks suffer endlessly and unknowingly from unexplained fatigue, chronic diarrhea, abdominal pain, cramping, headaches, migraine, irritable bowel, or fibromyalgia. These same people may have also undergone countless doctor visits, medical and lab tests and been prescribed numerous expensive medications (often causing more problems), only to get frustrated and find NO RELIEF. Quite often these folks are told there is nothing wrong with them, (or it's all in their head). Does this sound like you, or someone you know? This is a common scenario for people suffering with delayed food and chemical sensitivities. This is a problem affecting 15-20% of the population. Unlike food allergies, or food intolerances which are easy to identify, because reactions are quick, delayed sensitivities can take anywhere from 24-72 hours to evoke symptoms, which makes it almost impossible to determine the offensive food or chemical. Even some medications, creams, lotions, or vitamins can provoke symptoms. Essentially, anything ingested, or absorbed through the skin is suspect. In the past there was no definitive way to determine which substances caused problems. The available allergy tests like RAST, ALCAT, ELISA or Skin testing just don't work for delayed food & chemical sensitivities. Now a new blood test and treatment program called MRT = Mediator Release Test and LEAP = Lifestyle Eating and Performance program can and has helped thousands of people suffering from delayed food and chemical sensitivities, GET BETTER! For more information speak with a Leap Therapist. Your local LEAP Therapist in Poway is Donna Wolf R.D. Call her for a 15 minute FREE phone consultation @ 858-335-2140.