

GENERAL INFORMATION AND RECOMMENDATIONS

I. Food allergy type III

It is widely known that a one-sided diet can be dangerous to your health and can simultaneously overload the immune system. The immune system can then react unfavourably, leading to headaches, migraines, flatulence and gastro-intestinal ailments. Other consequences can be psoriasis, acne, certain autoimmune diseases (e.g. rheumatoid arthritis, Type 2 diabetes) and obesity.

The immune system of the intestine is the largest and most important in the entire body. Over 80% of the immune defense reactions have their origin in the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other disease pathogens and a barrier against other foreign proteins from food. Foods have an extraordinary tolerance, on condition they are correctly digested and pass the intact intestinal mucous membrane in the planned manner, namely through the intestinal cells. In this case, we can speak about "oral tolerance".

However, due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall is damaged again and again and food components can slip between the intestinal cells. These are then recognised as foreign by the immune system, which forms antibodies against the corresponding food types. In the case of regular consumption of this food, repeated immune reactions lead to chronic inflammations. Experience has shown that food, consumed regularly or daily, either obviously or hidden, can cause food intolerance related symptoms.

Food allergy type III and classic allergies - what is the difference?

Food allergy type III belongs to the so-called IgG-immune reactions. They occur with considerable time delay after the consumption of the incompatible food. Therefore, a connection to certain ailments and allergy type III is not always recognised. IgG-indigestibility is characterised by inflammatory reactions.

The classic allergic reaction has an IgE-mediated reaction, which appears immediately after consuming the food. These responses are the generally well known symptoms such as strong skin reactions or swellings (e.g. of the tongue), which are also correctly identified by the person in question as a food allergy. The distribution of biogenous amines is responsible for this.

The IgE antibodies play no role in the analysis of food allergy type III. The ImuPro300 test exclusively analyses type G antibodies.

Pseudo-allergy or Idiosyncrasy

The symptoms are similar to the symptoms of a real allergy. However they have no immunological origin and are released by the high concentration of biogenous amines in the food, such as histamin

II. Rotation principle

The next step to a better life is to use the rotation diet. This means that you alternately consume compatible foods respectively in five day cycles. Therefore, if you eat a certain selection of food today, you should avoid it the following four days. On the fifth day, you can consume the foods eaten on the first day again. Do not forget that a food takes about three to four days in order to pass through the digestive tract. There are three important aspects of the rotation diet, they are:

1. You can prevent the development of new allergies type III.

New allergies type III can emerge especially when one includes a new food in the daily diet or eats certain foods too frequently. E.g. if one consumes soybean products as a replacement for incompatible cow's milk products and does so every day, that person might suddenly develop an allergy type III against soybeans. It is obvious then that the

success of your diet modification would be jeopardised. Therefore, it is also important that you do not nourish yourself unilaterally, but rather trust the rotation principle as you do not want to replace one allergy type III with another.

2. Mistakes within the diet modification are not too severe

By rotating, the effects of unknowingly consuming an incompatible food are greatly moderated. Moreover, you reduce the environmental risks, like heavy metal, pesticide or nitrate overload.

3. Optimal providing of micro-nutrient

This is guaranteed by a well-balanced diet, rich in vital nutrients and micronutrients, which are especially important for the optimal supply of the body's characteristic enzymes.

The following table should help you to select your daily food. It contains only those food types which you are allowed to consume.

HANNELORE MUSTERFRAU