

Eliminating Food Allergies: The Pure Foods Solution with Amy Thurber

November 1, 2022

Key Take-Aways from Today's Presentation [Resources](#)

Amy Thurber has drawn upon her own experiences throughout her life to create a unique approach to eating a healthy, balanced diet while eliminating food allergies.

Common Types of Food Allergy Reactions:

- Gastro Intestinal: Upset Stomach, cramps, bloating, diarrhea
- Skin Conditions: Rashes, hives, itching, swelling
- Respiratory: Stuffy nose, difficulty breathing
- Swelling of Face and Mouth: Angioedema

First, how does someone determine if they are allergic? The most common ways are through (1) an elimination diet process, (2) allergy testing, and (3) by enlisting functional medicine providers.

Elimination Diet Process

If you suspect that you are allergic to dairy, try eliminating dairy completely from your diet for 2 or 3 weeks. Then, if you do notice that you are feeling better, that's a clue that you are on the right track. After eliminating that ingredient, begin to add it back in to your diet for 2 – 3 days and don't be shy! The more you add it back in, the more likely your body will tell you whether or not you have an allergy. If it doesn't seem to be a trigger, and you feel alright, then it's not that particular ingredient.

Allergy Testing

- Skin Prick Testing: This is the most common allergy test and can be done by an allergist.
- Skin Patch Testing: This type of test goes one step beyond the Skin Prick Test by taking allergens and putting them directly onto your skin in patches, often on the stomach or back. They are left on for a period of time and then removed to see if there is a reaction.
- ELISA Blood Testing (Enzyme-Linked Immunosorbent Assay): This test uses a sample of your blood and exposes it to different allergens.
- Applied Kinesiology: This type uses muscle testing by taking a sample of the possible allergen, putting it in proximity to the body's muscles and then tests it for muscle reactivity.

- Lactose Hydrogen Breath Test: This involves taking a small sample of your breath before eating lactose, then through the process of digesting the lactose, hydrogen is monitored in case of any changes.

Functional Medicine (Gather Your Team!)

- Allergists
- Dietitians and Nutritionists
- Homeopathic Practitioners
- Functional Medicine Doctors
- Applied Kinesiology

What Are the Solutions?

- Elimination Diet
- Anti-Inflammatory Diet: avoiding things like nightshades, grains, sugars, etc.
- Specific Carbohydrate Diet (see below)
- Paleo Diet
- Keto Diet

Specific Carbohydrate Diet (SCD)

The basic premise of the SCD is to re-set good gut bacteria by starving out the bad gut bacteria to reduce inflammation, heal the gut, and heal the immune system. *It works on the fact that you have the power to heal your gut by eating certain foods.* The SCD is typically used to address common GI issues, BUT it also helps with allergies.

What exactly happens in the body when the digestive system is inflamed?

It's Called "The Vicious Cycle":

- 1) There is an injury to the small intestinal surface (from a food allergy, an illness, use of antibiotics, a GI issue, etc.)
- 2) Which then causes impaired digestion of disaccharides
- 3) Which leads to malabsorption of disaccharides
- 4) Which in turn leads to increase of bacterial overgrowth
- 5) And then increases bacterial by-products and mucus production, which leads to more injury to the small intestinal surface, impaired digestion of disaccharides, and so on.

What to Eat to Break the Vicious Cycle:

- Most Vegetables
- All Fruits
- All Seafoods
- All Meats and Eggs

- Nuts
- Naturally Cultured Yogurt and Some Cheeses

What to Avoid?

- Sugars, except for Honey and Fruit
- All Grains
- Starchy Vegetables: potatoes, corn, most dried beans, except navy beans
- Dairy Products, except yogurt and some cultured cheeses
- Processed Foods and thickeners

One thing to note is that if you know that this diet is working for you, it's not a good idea to "cheat", even once in a while. Your body will feel it immediately and you will be undoing all of your hard work. Occasionally cheating with a muffin, for example, will set you back a month or more while your stomach tries to re-set your gut with the good bacteria all over again. Being consistent and vigilant will pay off!

Where to find the ingredients? Sourcing Your Pure Foods:

Many items are found right at your local grocery store. If you are unable to locate items at the large grocery store chains, then search for your nearest health food store as your second option for those hard-to-find items:

- Grocery Store Chains
- Natural Food Stores
- Farmer's Markets
- Food Co-Operatives (which means ordering foods as a group from wholesalers)
- Farm Shares like CSAs (Community Sourced Agriculture) and Community Gardens you can become a member of
- Grow Your Own!

Experimenting with new ingredients can be fun and exciting!

Lastly, remember to enjoy your process by focusing on all the wonderful things you CAN eat.

Resources:

Amy's cookbook, *What DO You Eat?* is available through [amazon.com](https://www.amazon.com), and bookstores in the Southcoast MA area.

Website: [CricketWorksPress.com](https://www.CricketWorksPress.com) has more information, and a food adventures blog.

Breaking the Vicious Cycle website includes a list of allowable foods, and those that should be avoided. Some sources for the SCD are not reliable. When in doubt about an ingredient, it's always best to refer to this site.

[Breaking the Vicious Cycle](#)

Dr. Alex Bingham of Northeast Functional Medicine does extensive allergy testing, and offers various options for treatment including sublingual allergy drops.

[Northeast Functional Medicine](#)

"The number of people with food allergy in America has doubled each of the last decades. New research has revealed that more than 32 million people in the US have at least one food allergy. About 6 million American children, which is about 2 kids in every classroom, have an identified food allergy "

[source: [PubMed.gov](#)]

[Food Allergy Awareness](#)

SIBO (Small Intestine Bacterial Overgrowth)

[Informative Article](#)

###

Any medical information contained herein is provided for informational purposes only; it is not advice, nor should it be treated as such. If you have any healthcare-related concerns, please call or see your physician or other qualified healthcare provider. Educational information provided by the Marion Institute, any employee of the Marion Institute, or its guest presenters is NOT intended as a substitute for a healthcare provider's consultation. If you have a health concern, please do not delay in seeking medical guidance from a health care professional. The Marion Institute, its employees, and its guest presenters make no representations, nor any warranties, nor assume any liability for the content herein; nor do we endorse any particular product, provider, or service.