

Use This With Every Chronic Health Challenge

" 85% of the patients became headache free. No drug has ever, EVER been able to match that kind of result.."

I saw a study a few years ago that keeps haunting me. It had to do with "chronic pain" but the ramifications are true for autoimmune conditions, asthma, arthritis, digestive problems and more. The study appeared in "The Lancet" 1979 and pertained to 60 patients with frequent migraine headaches.



The mean duration of headaches for women was 18 years and for men 22 years, so these were people with a history of pain. The combined number of headaches per month before the study was 402. After the study the number of headaches dropped to 6; the variable, food allergies or food sensitivities.

Here's how the study unfolded. The 60 patients were asked to eat 2 low allergen foods a day for five days; for example, lamb and pears. Most of the headaches were gone after 5 days. Each

patient then tested 1-3 foods a day looking for reactions. Reactions could also be lethargy, depression, anxiety, flushing, dizziness, abdominal pain, constipation, diarrhea or rashes.

Another interesting side effect was that 15 patients had hypertension at the beginning of the study and yet all 15 had their blood pressure return to normal once they discovered and removed the offending foods. The foods causing reactions were no surprise:

wheat (78%); orange (65%); eggs (45%); tea and coffee (40% each); chocolate and milk (37% each); beef (35%); and corn, cane sugar, and yeast (33% each). The average number of offending foods per patient was ten; the range was 1-30.

Results were dramatic; and as I said, the combined number of headaches was reduced from 402 per month to 6 per month. In fact, 85% of the patients became headache free. No drug has ever, EVER been able to match

that kind of result. Can you see why this study has been haunting me?

The authors note that chemicals in the home environment can make a test like this difficult for outpatients. But just because the testing is difficult, doesn't mean we shouldn't be aware of the results and try to identify reactive foods. There are certainly many food allergy tests available, but none of them are 100% accurate; and let's face it, they can be costly. And even if the testing identifies a food sensitivity, it doesn't mean the patient will abstain from that food. However, if the patient feels a nagging symptom leave when they abstain from a food, and feel the symptom return when they eat that food, the light comes on. Pain and discomfort are powerful motivators.

Dr. Abbas Qutab, being aware of this reactivity, developed his highly effective "3-Step Detox" program. Used with over 5,000 of his patients, the core of his detox is an anti-inflammatory, low allergen diet. He added various nutrients to heal the gut, take some of the toxic load or burden off the liver, and restore balance to the GI tract among other things. His 3-Step Detox program works great.

I find that many people like the concept of a detox, but some aren't ready. It's a commitment and timing is very important when you do a detox. But let's look at an alternative way that we can still target food sensitivities. The first step of the 3-Step Detox uses the anti-inflammatory low allergen diet and two products: Beta-TCP with vitamin C, taurine and organic beet concentrate to thin bile and assist with liver detoxification; and Bromelain Plus CLA which is a vegetable based

digestive aid providing enzyme support. By putting patients on these 2 products and following the low allergen diet, you will be surprised at how many of them will have their symptoms reduced or abated.

In most cases if patients start their normal diet again, their symptoms will return; but by working with this process, you can systematically discover sensitivities. I have created a chart and a write up discussing the process for my patients. See the link below where I have listed the diet, shopping list, discussion and a "Discovering Hidden Food Sensitivities" chart. Use Step 1 of the 3-Step Detox with the diet and supplements.

Step 1 takes approximately 8 days. On day 9, you can tell patients to start experimenting with what I call "food holidays." Start with a gluten holiday, all day long, toast, bagels, hamburger buns, pasta. Next, try dairy, eggs... you get the idea. Have the patient assess how they feel and then rate the differences in mental, physical, sleep changes, energy levels, emotional intensity, pain, food cravings, and ability to concentrate. The chart is self explanatory and can help the patient do the detective work by rating themselves on a 1-10 scale.

Perhaps, like me, you are haunted by the knowledge that food sensitivities can be precipitating inflammation or pain, but you haven't found a way to manage it with your patients. This chart and Step 1 of the 3-Step Detox could open some great dialogue and motivate patients to go further.

Thanks for reading this week's edition of the Tuesday Minute.