



# The Big 8 or Suspicious 7

## Food Sensitivities

Up until recently Food Sensitivities have not gotten a lot of attention and were not considered in mainstream medicine. Either you had an allergy or you didn't, you had an over reaction or didn't. Fortunately this has changed and more people, including nutritionists, are talking about Food Sensitivities. This is important because sensitivities do not cause overt symptoms and thus people continue to eat offending foods. These foods go stealth, continuing a low-level assault, until seemingly unrelated symptoms start to appear.

From a mainstream science perspective, reactions are not life threatening and symptoms, include bloating, diarrhea, fatigue, and joint pain, usually appearing within hours of eating. Less recognized acute and chronic symptoms include chronic joint pain, brain fog, poor sleep, hypertension, seizures and more.

## Causes of Food Sensitivity

According to Cleveland Clinic, Food sensitivities generally occur when the digestive system cannot properly break down certain components in food.

**Enzyme Deficiencies:** Lacking the enzyme needed to break down food, such as Lactose intolerance (missing lactase).

**Chemical Sensitivities:** Reacting to substances like sulfites, amines, or salicylates found in foods.

**Food Additives:** Reactions to artificial sweeteners or colorings.

While these mainstream causes are valid, they fail to identify toxins that are ubiquitous in the American food supply, including:

- GMOs
- Glyphosate (Roundup)
- Seed Oils
- Bioengineered ingredients



- Pesticides
- High Fructose Corn Syrup
- MSG
- Ingredients you can't pronounce!!!

Ideally medical science would get to the root cause of Food Sensitivities (why do we have enzyme deficiencies and chemical sensitivities) however in lieu of that it is easier to remove offending foods from our diet.

## Where Do I Start?

For what I am sure are enzyme or chemical reasons, there are 8 foods that account for 90% of Food Sensitivities. Because regular fish is not such a common allergen, we often advise to test for the Suspicious 7 foods first. These are:

- Milk/Dairy
- Shellfish
- Eggs
- Soy
- Wheat
- Peanuts
- Tree Nuts (almonds, walnuts, cashews etc.)

If you are consuming any of these regularly, it may be expedient to test an individual food, stand alone. If you are not sure, then we recommend testing your entire meals until you get a potential sensitivity. When that happens, go back and test each item in the meal individually (starting with anything from the Big 8 or Suspicious 7 list) until you find the offending food.

While Big Food continues to spend billions to addict us to ultra processed foods, it is imperative that we take our health into our own hands and discover what is causing your food related dis-ease!