



Food Allergy Awareness Week

May 13 to 19



Diet key in stopping food allergy cases

FOOD allergies – if you don't have one, someone you know almost certainly does.

Allergies are increasing at an alarming rate worldwide, with one in 10 infants now having a food allergy.

It has been suggested that this increase in food allergy may be due to more allergenic foods, such as peanuts, in our diets. Diets also tend to include more processed foods and less fresh fruit and vegetables than they once did.

Is it possible the reduced levels of nutrients, particularly vitamin D, omega-3 fatty acids (in fish) or antioxidants, might contribute to the development of allergy?

A study of 5000 children conducted by researchers from the Murdoch Children's Research Institute found one-year-olds with vitamin D deficiency were three times more likely to have a food allergy than those whose levels were sufficient.

A diet low in oily fish has been associated with increased risk of childhood asthma and allergies. Breastfeeding before and through the time your baby is introduced to solids is thought to be the best thing you can do to prevent food allergies.

The foods that trigger 90 per cent of

food allergy reactions in Australians include cow's milk, egg, peanut, tree nut, sesame, soy, wheat, fish and shellfish. Peanut, tree nut, fish, shellfish and sesame allergy are usually lifelong.

Those items must be declared on the food label, regardless of how small the amount present.

Sources of gluten, also an allergen, need to be declared on the label so that people with coeliac disease or wheat allergy can identify those products. Sulphite preservatives must also be declared on the label.

Some food labels say "may contain" certain allergens, such as "may contain nuts". This is because the manufacturer is concerned that traces of nuts might be present in the food unintentionally, if, for example, the food is prepared on the same equipment as products that contain nuts.

Risk cannot be removed but it can be managed.

It is important to have an understanding and awareness of food allergy. Individuals at risk of anaphylaxis and those caring for them must know how to reduce the possibility of a reaction, be able to recognise a reaction when it occurs and know how to respond effectively.



WATCH WHAT YOU EAT: Food allergies are on the rise worldwide, with one in 10 infants having a food allergy.

Allergic reactions come in many forms

REACTIONS to food allergies can vary drastically from person to person.

Some people may simply become uncomfortable, while others fight for life. Symptoms usually develop within a few minutes to two hours after eating the offending food.

The most common food allergy symptoms include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhoea,

irritable bowel symptoms, nausea or vomiting

- Dizziness, lightheadedness or fainting
- Migraines, headaches, lethargy and irritability

An allergy to food is a reaction by the immune system to something it thinks is harmful. The severity of the symptoms is often unrelated to the amount of the culprit food consumed and reactions tend to occur quite soon after eating. In some cases, food allergy reactions can be fatal.

Seek emergency treatment if you develop signs or symptoms of anaphylaxis, such as:

- Constriction of airways that

makes it difficult to breathe.

- Shock, with a severe drop in blood pressure
 - Rapid pulse
 - Dizziness or lightheadedness
- Emergency treatment is critical for anaphylaxis. Untreated, it can cause a coma or death.

A food diary and keeping careful note of any symptoms that may be related to food could prove helpful. To properly diagnose food allergies or intolerance, the usual practice is to eliminate all suspect foods from the diet and then reintroduce them one by one to see which additive (or additives) causes the reaction.



FAST ACTION: People at risk of anaphylaxis brought on by food allergies should carry an epipen of anapen to administer adrenalin as quickly as possible.

Fast facts

- It is estimated up to two per cent of Australians, including one in 10 infants, suffer from food allergies and some will experience a life-threatening (anaphylactic) reaction.
- There are more than 170 foods known to have triggered severe allergic reactions.

Examples include kiwi fruit, banana, chicken, mustard and celery.

- There is no cure for food allergy. The only way to prevent a reaction is avoidance.
- Adrenaline is the first line of treatment for severe allergic reactions and can be administered via an autoinjector called

the epipen or the anapen.

- Food allergy is the leading cause of anaphylaxis outside the hospital setting.
- Approximately 10 people die from anaphylactic reactions each year in Australia and some of those have been triggered by food.

Matter of food

FOOD does matter. That's why Healthy Life Griffith is offering a free movie viewing of Food Matters on Friday, May 24 at 6pm.

Contact the store for details.

Healthy Life Griffith aims to be a local, community resource for information and products that support you towards optimal health.

Coeliac disease

GLUTEN causes inflammation in the small intestines of people with coeliac disease.

A gluten-free diet is used to treat the disease and helps people control their signs and symptoms and prevent any complications.

Coeliacs sticking to a gluten-free diet experience fewer symptoms and complications associated with the disease. To reap the benefits, coeliacs must maintain the gluten-free diet for the rest of their lives.

Ingesting gluten, even accidentally, may cause abdominal pain or diarrhoea. Some people experience no signs or symptoms at all, but it doesn't mean it isn't damaging their small intestines. Even trace amounts of gluten in their diet may be damaging, whether or not there are signs and symptoms.

In some severe cases, a gluten-free diet alone can't stop the symptoms and complications of the disease. In those cases, doctors might prescribe medications to suppress the immune system.

Common symptoms of gluten intolerance include:

- Gastrointestinal (GI), stomach and digestive problems. These can include gas, bloating, queasiness, abdominal cramping, constipation, diarrhoea or IBS (an alternating combination of constipation and diarrhoea).
- Headaches and/or migraines.
- Fibromyalgia or generalised muscle and connecting tissue pains.
- Emotional issues involving chronic irritability and sudden, irrational mood shifts.
- Neurological issues, including dizziness, difficulty balancing and peripheral neuropathy affecting nerves outside the central nervous system and resulting in pain, weakness, tingling or numbness in the extremities.
- Fatigue, whether chronic or almost after every meal. Chronic fatigue syndrome (CFS) is, like fibromyalgia, a syndrome, not a disease. If diagnosed with CFS, it means the doctor can't locate the cause of your fatigue.

All of these common symptoms can be related to other health issues and diseases. If you are experiencing any of the symptoms above, whether sporadic or chronic, make a list. Go on a gluten-free diet for 60 days. Replace wheat, rye, barley, spelt, kamut, oats and triticale with gluten-free rice, quinoa, buckwheat, milolet and amaranth and sorghum grains.

Packaged foods have different ways of sneaking in gluten. Read labels carefully and check out <http://www.celiac.com/>.

Of course, if you ignore processed foods, such as sauces and salad dressings and prepare meals from scratch, you can rest easy.

After the 60-day trial, read back through your notes and see how many of your symptoms remain. If they are mostly gone, you might decide to stick with your gluten-free diet. If uncertain, return to your former diet and see whether the symptoms return.

Alternatively, you could gradually reintroduce some of the foods you've abandoned without consequence.

Healthy Life Griffith stocks a wide range of gluten-free, lactose-free and egg-free products for people with food allergies and those on restricted diets.

Gluten and grain-free breads and pizza bases are delivered weekly to the store. The products are very popular, so orders are recommended so you don't miss out.

Call into Healthy Life Griffith and talk to the professional staff if you have any concerns about foods that might be causing you health issues.

Paleo Nutrition Workshop

Regain Your Health & Move Towards

- ✓ Weight loss
- ✓ Reduced Blood Pressure
- ✓ Lower Cholesterol
- ✓ Healthier Digestion
- ✓ Better Concentration
- ✓ Balanced Blood Sugar Levels

Saturday 25th May 1:00pm-5:00pm

Early bird price- \$195 (\$225 if purchased after May 21st)

To book call Healthy Life

Food Matters Screening FREE ENTRY

Join us for this free movie screening & make a change in your health today!
Wednesday May 8th @ 6:00pm & Friday May 24th @ 6:00pm

Workshops presented by Therapeutic Nutrition Coach Elaine Copeland & Healthy Life



healthy life. Shop 16 Griffin Plaza Ph: 6964 4595