

Could Food Be Making You Sick and Tired?

by Lisa Lundy

How Food Affects Your Health: There is a growing interest in the relationship between food and health as more and more consumers reach for organic foods and foods made without chemicals, hormones, and additives. Major food manufacturers are reacting to this consumer demand by removing these ingredients from their food products.

Why is there such an explosion in the gluten-free diet, and foods free from additives, colorings and chemicals?

Many consumers are sick and tired of feeling sick and tired and are looking at the impact food has on their health. One outstanding organization that has been educating consumers for decades on the harmful effects of preservatives, additives, and food coloring is **The Feingold Association**, a non-profit organization dedicated to educating individuals, families and professionals. **The Feingold Association** has an excellent website that contains medical studies about how food coloring, additives, and preservatives can affect cognitive function, behavior, physical well being and health. You can find them at www.Feingold.org.

Celiac disease is another medical condition that involves food, of which more and more people are finding is the source of ill health. 97% of Americans with celiac disease are not yet diagnosed, putting them at great risk of developing cancer and other potential life-threatening health issues—www.csaceliacs.org. While there is no current treatment for celiac disease, early diagnosis and strict adherence to a gluten-free diet results in good health for most consumers. While a gluten-free diet is required for celiacs, there is a growing group of American's who have found that a gluten-free diet will resolve nagging and sometimes debilitating health issues without the potentially serious side effects of some medical treatment options. In other words, it is quite safe!

What is Gluten? Gluten is a protein found in grains like wheat, barley, rye, spelt, kamut, and oats. Foods

containing gluten include: breads, crackers, cookies, baked goods, gravy, sauces, soups, and breaded foods, just to name the most common foods.

Why The Gluten-Free Diet works: Over 2,000 years ago, **Hippocrates**, the Greek physician considered to be the Father of Medicine, wrote that foods could injure some people. Hippocrates stated that food alone had the ability to harm some people, but not all people would fall ill from food. Fast forward to modern-day science where we have the technology available to understand that gluten, as a molecule, can by-pass the blood-brain barrier and enter the brain—a feat that 98% of today's pharmaceutical drugs still can't do. Removing gluten more often times in conjunction with dairy products, can provide relief from a wide range of health issues.

Symptoms Often Helped by a Gluten-Free Diet & Prevalence in the U.S.:

- Life-threatening food allergies (11-12 million)
- Constipation (3.1 million)
- Food intolerances (75-84 million)
- Crohn's disease (1/2 million)
- Celiac disease (2.2 million; 97% undiagnosed)
- Anxiety disorders (40 million)
- Irritable bowel syndrome (IBS—5 million)
- Digestive diseases (60-70 million)
- Attention deficit disorder (ADD—1.2 million diagnosed; 6.8 million undiagnosed)
- Gluten intolerance (non-celiac; estimated 15-20 million)
- Attention deficit hyperactivity disorder (ADHD—4.4 million school-aged children)
- Depression (over 20 million, varying degrees)
- Behavior issues, fibromyalgia (4 to 8 million adults)

*Lisa A. Lundy is the author of **The Super Allergy Girl™ Allergy & Celiac Cookbook – From A Mother Who Knows™**. Her gluten-free, dairy-free, and allergen-free cookbook is designed to help people with a variety of health issues. It is based on years of practical experience, baking and culinary expertise, and the motivation to have fantastic foods for her own three food-allergy children.*

For more information, please contact Lisa at Lisa@TheRoosterCrows.com, visit us on the web at www.SuperAllergyCookbook.com, or call us at 716.835.6392.