



Mindd
Foundation

www.mindd.org

Food Sensitivity

Gluten & Asthma

Dr Gary Deed

Mediwell

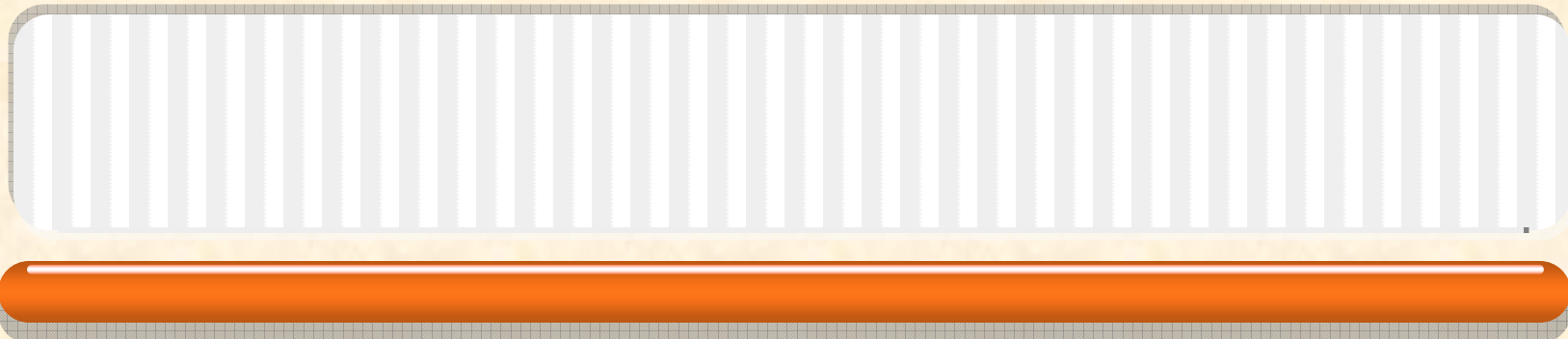
314 Old Cleveland Road

Coorparoo 4151

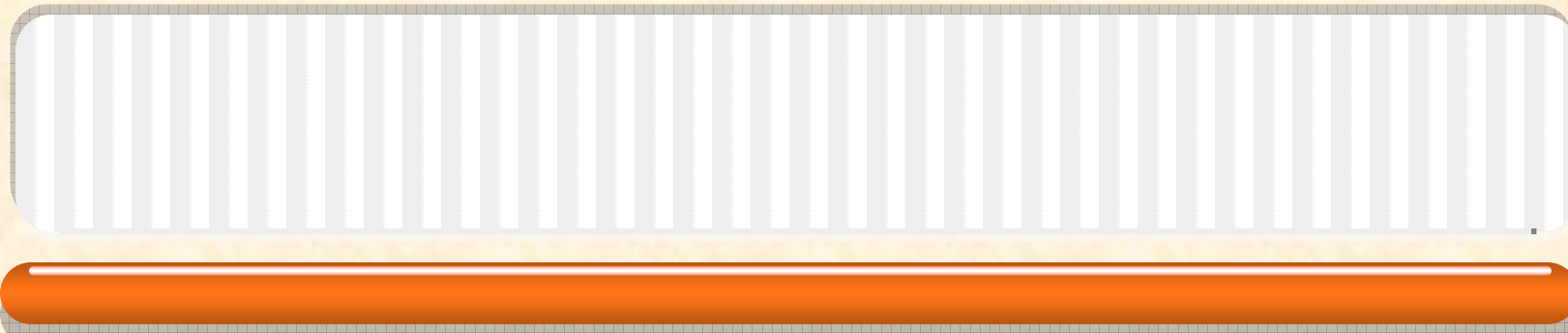
3421 7488

Summary

- The links between food/gluten and allergic disease specifically asthma
 - The ways food and gluten may affect the onset of asthma ?
 - How to find out if food is affecting your condition?
 - What you can do about it?



The ways food and gluten
may affect the onset of
asthma ?

- 
- Children are more likely to suffer food sensitivity/allergy and allergic diseases
 - The incidence drops dramatically after puberty
 - There are family susceptibility - e.g. Milk allergy is more likely when one or close members of the family suffer this

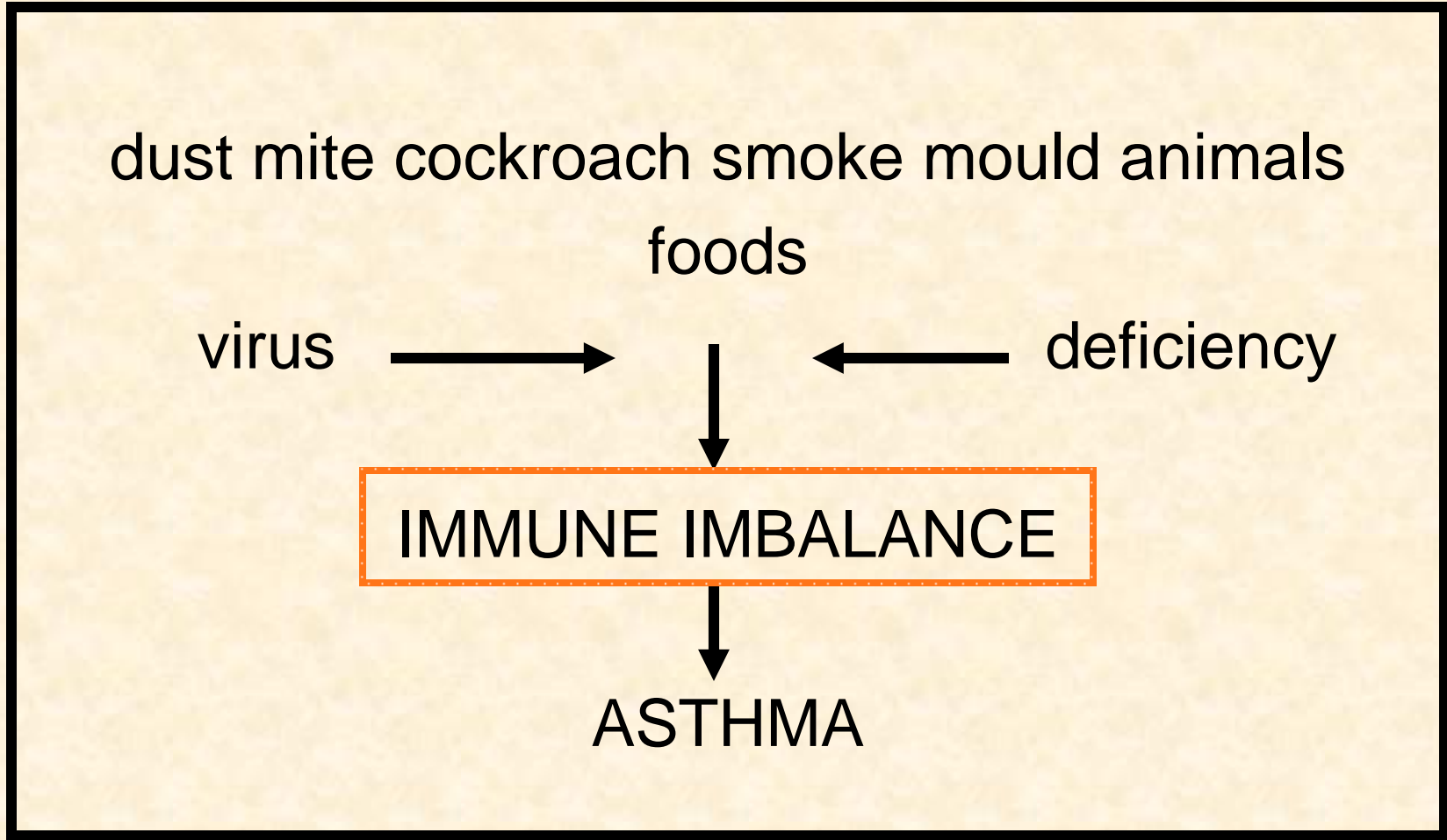
TRIGGERS

dust mite cockroach smoke mould animals
foods

virus → ← deficiency

IMMUNE IMBALANCE

ASTHMA



FOOD DEFICIENCY

DEFICIENCIES OF KEY NUTRIENTS

1. Good fats versus bad fats
2. Zinc, Magnesium
3. Vitamin C, B6 B12

Children often have very limited diets for their age needs

“TOXIC FOODS”

1. High saturated fat energy dense, low nutrient foods ‘promote inflammation’
2. Early exposure under 12 months increases risks of allergy
3. Breast Feeding is GOOD
4. Worse case when combined with other allergy triggers

“TOXIC FOODS”

1. Colours, preservatives, additives (sulphite)
2. Sulfites and agents in foods (found in dried fruits, prepared potatoes, wine, bottled lemon or lime juice, and shrimp)
3. SALT

GOOD FOODS

- Traditional diets fare better than Western diet
- Children eating 1 meal of fish per week has less asthma rates

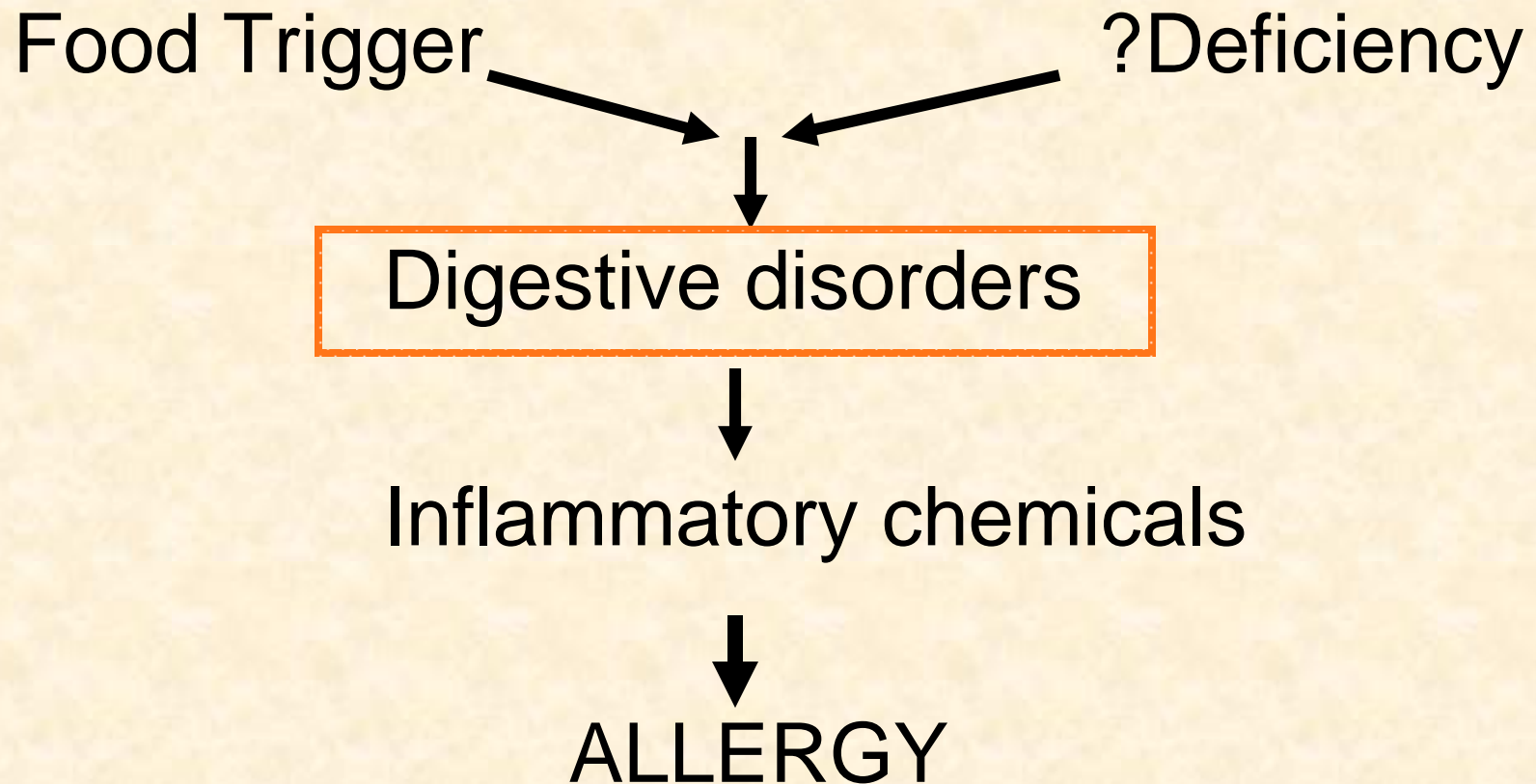
FOOD TRIGGERS

Commons triggers occur commonly :

The Big 8

- Fish, shellfish, milk, egg, soy, wheat, peanuts, and tree nuts such as walnuts, cashews

HOW DOES FOOD ALLERGY OCCUR?



Digestive disorders


- Main players are
 - Stomach acid
 - Breaks down proteins (many allergens)
 - Bile salts
 - Helps absorb fats (omega 3/6 - good)
 - Pancreas
 - Helps back up all digestion I.e. Vital


Digestive disorders

- Bacteria
 - The powerhouse of the gut - (Rainforest)
 - Compost food after processing
 - Produce growth factors for blood/brain/liver etc
 - Immune regulation
 - 80% of antibody cells and 60% of white cell mass line the gut
 - Produces immune supportive growth factors

Digestive disorders

- Imbalanced bacteria
 - Poor digestion and malabsorption
 - Poor skin and brain development
 - Poor immunity - higher allergy rates

=  Asthma risk esp..... if genetically predisposed



**How to find out if food is
affecting your condition?**

TESTING FOR FOOD ALLERGY

- Many variable techniques
 - Affected by food avoidance before testing
 - Affected by antihistamines and asthma medications
- Skin allergy test - patch or prick
- Elimination and challenge
- Blood antibody testing
 - IGE versus IGG₄

TESTING FOR FOOD ALLERGY

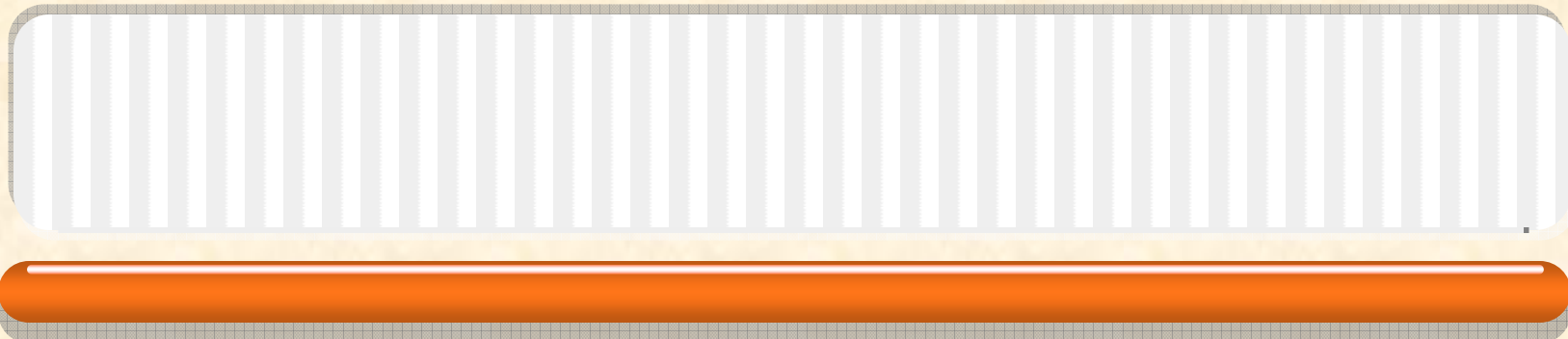
- Skin allergy
 - Can do inhalants as well as food
 - Cheap easily available
- Elimination and challenge
 - Cheap
 - Care with existing deficiencies
 - Hard to manage without assistance

TESTING FOR FOOD ALLERGY

- Blood allergy testing
 - IGE - helpful for severe anaphylaxis only
 - IGG₄
 - Expensive
 - Blood required - finger prick etc
 - Food tested is extensive
- Muscle testing/Other
 - User dependent

TESTING FOR FOOD ALLERGY

- Remember to check DIGESTION
 - **Dysbiosis** - imbalanced bacteria in the gut
 - Faecal analysis - many different laboratories
 - **Leaky Gut test** - measures the degree of inflammatory damage in the gut causing a leakiness of toxic foods into the immune cell barriers (Lactulose-Mannitol test)
 - **Coeliac Antibodies**
 - **Pancreatic enzymes tests**

- 
- What you can do about it?

What to do?

- Start before you have children
 - Asthmatic mothers have asthmatic children
 - Manage any deficiencies
 - Fatty acids
 - Vit B (esp... vegetarians)
 - Minerals - zinc magnesium etc
 - Avoid allergenic foods in pregnancy/lactation
 - Probiotics in pregnancy

What to do?

- Slowly introduce solids esp. if there is a family history of asthma (see list)
- Have some form of allergy assessment
- Consider an elimination diet

What to do?

- Supplement a balanced low allergy diet (elimination diet)
- Reduce gluten and other triggers

Where necessary

- Fatty acids - (Omega3/6)
- Zinc, Vitamin B
- Magnesium
- Other

What to do?

- Digestive support
 - Digestive enzymes - either at meals or in between
 - Bitters - herbs or betaine hydrochloride
- Probiotic supplementation
 - Needs powders not yoghurt
 - Variable combinations are on offer

What to do?

- Specific treatments should include
 - Medical therapy
 - Remember an Asthma Plan
 - May include
 - Herbal support
 - Albizzia/Baical skullcap/mullein/wild cherry etc