

CAN HEALTHY FOODS MAKE YOU SICK?

By Ruth Martens, MD, DHT

Early in my practice the number of patients with allergy problems was small. When I was in school, peanut allergy was unheard of. These days it's rare to get through an interview without mention of food or substance intolerances, some strong enough to require emergency treatment. School menus have been changed and food labels are mandated to list any ingredients that are manufactured in the same building as allergy producing items.

Food intolerance has been linked to chronic inflammation which now has been connected to stomach ulcers, heart disease, joint pains, obesity and more. **The Alcat test is the most accurate test I've found to identify food and chemical intolerance.** It can be done at any office visit and results are available two weeks later.

In a given individual, a trigger food or chemical will aggravate the immune system. Symptoms can appear any place. Problems in the hormone system are the most alarming since they affect so many functions in the body. Many hormones are involved in metabolism, among these is insulin which controls blood sugar, fat storage and the signal of satiety. **When you eat foods you are intolerant to it can interfere with insulin metabolism.** The hypothalamus is the brain center that sends out powerful chemical messengers crucial to appetite control. Normally the brain will signal whether we are hungry or full. A defect in this system can lead to overeating. If the Alcat test is used to guide the foods eaten, and trigger foods are eliminated from the diet, the effect is similar to mood altering drugs – the brain chemistry returns to normal and compulsive food cravings disappear.

The last 100 years has seen remarkable progress and technological advance. Food no longer spoils in a few days, we can eat seasonal food all year around and food from all over the world is available at the local grocery store. Yet progress has consequences. We consume chemicals that preserve, alter taste, color and even increase our desire for more food. We eat out more often and seldom walk farther than the nearest car. The human brain has not adapted to the reduced need for calories in our more sedentary lives. We still eat as though we do ten hours per day of manual labor. It is no surprise that over 50% of Americans are now considered obese.

What can you do if you suspect food intolerance?

- 1) Identify the foods that may be irritating your immune system and keeping your body in a state of chronic inflammation. This is done by taking the Alcat test and then following a meal plan using safe foods and avoiding triggers.
- 2) Eat organic when possible.
- 3) Eat foods in season and from your geographic area.
- 4) Strengthen your immune system with the correct balance of high quality nutrients from food, vitamins and minerals.
- 5) Regain your state of balance using homeopathic medicine.

You can eat to feel good or eat to feel bad. It is your responsibility to find the food balance that makes you the best person you can be.

Dr. Martens is board certified in homeopathic medicine and has been practicing classical homeopathy for over 29 years and is a Senior Aviation Medical Examiner. For more information or to make an appointment for the Alcat test, call (630) 668-5595. Previous articles are available at www.martenshealth.com.