

F.I.G.H.T. For Your Health - "F" is for Food

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Optimal health can no longer be taken for granted. I have developed my F.I.G.H.T. program to help everyone understand that realizing the intimate connectivity between seemingly separate body systems, we learn to address all areas, we will not reach our maximum intended useful lifespan with optimal health. F.I.G.H.T. is an acronym that stands for: Food, Infections, Genetics, Heavy Metals, Hormones, and Toxins.

In this issue we will focus on the "F" [Food] in F.I.G.H.T. ... specifically food supplements we all need today, and food issues including which foods are best for us, and how do we identify the food allergies/sensitivities that more than 50% of us have today that are preventing us from enjoying optimal health.

According to the CDC (Centers for Disease Control and Prevention), Cancer is the second leading cause of death in the US, responsible for over half a million deaths every year¹. Eating a diet rich in fruits and vegetables, being physically active every day and maintaining a healthy weight are all recognized and accepted preventative measures. Unfortunately in today's world with our nutrient depleted soils, anemic fruits and vegetables, growth-hormone and vaccine saturated meats, pesticides, toxins, and the proliferation of GM (genetically modified) plants and animals, it has become increasingly critical to implement a daily regimen of natural vitamin and mineral supplements, if we want to overcome illness and disease and really win the fight against cancer.

Everyone's dietary needs are not the same however, and finding the most beneficial combination of foods and supplements for YOU can be complex. Since it is now believed that nearly 40% of all of us have some adverse reactions to either dairy or gluten, or both, a first step is to determine whether you have any food allergies or sensitivities that could be causing or contributing to illness.

Food Allergies or Sensitivities

A food allergy is an adverse immune response to a food protein, which is more often a severe and obvious reaction and reportedly affects only about 3% percent of the population. Around 5% of these true food *allergies* are immediate (severe to toxic) while the remaining 95% are delayed.² Delayed food reactions are known as cyclic. More common than food allergies, are what is known as food sensitivity or intolerances. It is estimated that up to 75% of people suffer from a food intolerance, such as sensitivity to lactose or gluten, and a majority are unaware of the problem. The recurrent ingestion of the offending food can mask the symptoms and go unrecognized thus making it extremely difficult to connect a cause and effect relationship, and will eventually cause intestinal damage that leads to chronic symptoms such as fatigue, lethargy, needing to sleep after you have eaten; mood swings, depression, restlessness, headaches, migraines, joint pain, gas, bloating, and indigestion.

Good news is there are several ways to determine food sensitivities. I believe one of the best methods is through an elimination or challenge diet, where you avoid certain foods and food

additives like wheat (gluten), dairy/milk (lactose), corn, peas, beans, peanuts, smoked and processed meats, sugar, chocolate, food colors and dyes, MSG, citrus fruits and any other fruit you eat more than once a week. After at least two weeks on the diet, after the digestive system is cleansed, single food items are added back in while keeping a careful diary of everything eaten and any adverse symptoms experienced. Some will find that not all food reactions occur on the day they consume a food, so patterns should be carefully monitored by documenting times and occurrences of things like migraine, irritable bowel symptoms, or skin issues. Sometimes symptoms appear 1-3 days AFTER they eat a food. One woman struggled for 8 years with inability to lose weight but doing this kind of in-depth food analysis, it was determined that she could not handle carrots and eliminating them entirely allowed her for the first time to lose 60 pounds. She was able to discover her allergy by first combining strict water fast for several days with an elimination diet consuming foods that are NEUTRAL for most of us. This method is revealed in the excellent book by Patrick Carlisle called "The Medical Detective: Memoirs of a Most Unusual Doctor".

Others can learn to eliminate some foods by counting their pulse before and after eating single foods, as described by Dr. Arthur F. Coca, the Chief of Allergy at Columbia, in his book *The Pulse Test* (available through Amazon.com for about \$ 15). We could also use testing using methods like ALCAT or Elisa testing for food reactions. We have also experienced great success in measuring your glycemic index by eating one food at a time and checking your blood sugar by taking a tiny drop of blood in measuring the glucose level yourself at home. This reveals which foods are making our blood sugar levels too high and this method has eliminated diabetes in many patients. Others will measure their blood pressure after eating single foods and eliminating the foods that are causing a spike in blood pressure has helped patients go off blood pressure medications.

Today, we all know that our diet does not meet all of our nutrient needs. Logically we should all be avoiding High Fructose Corn Syrup, Aspartame, Fluoride, GMO, irradiated, over-processed and fast foods. "Leaky gut" syndrome and GERD (reflux disease) is almost unavoidable with the GMO, HFCS, soy and corn in everyone's diet, providing a pesticide effect in our intestines and altering our flora. Eat organic whole foods whenever possible. We ALL need to take food supplements.

The FOOD that is optimal for each person is a complex discussion that can be researched in greater detail by viewing the FOOD webinar at www.gordonresearch.com. Clearly some of us do better with all plant based diet and others seem to do better with other diets. Determining the ideal mix of foods for you is not a simple process but there are many suggestions in that webinar to assist you.

In Health and Longevity,

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1. Center for Disease Control and Prevention (CDC) FASTSTATS – Death and Mortality. <http://www.cdc.gov/nchs/fastats/deaths.htm>. Last updated July 28, 2010. Accessed 9/10/10.
2. Web MD Food Allergy vs. Food Intolerance: Comparing Symptoms and Causes. <http://www.webmd.com/allergies/foods-allergy-intolerance>. Accessed 9/10/10.