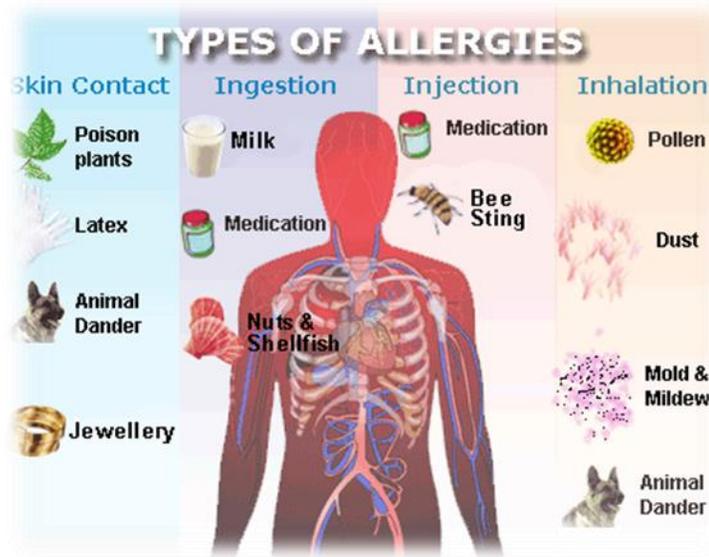


# WHY YOU SHOULD HAVE FOOD AND ENVIRONMENTAL INFLAMMATION TESTING



*By MedWell Center For Chronic Conditions Recovery  
Dr. Ali Mazandarani, DAAIM, BCIM, DC, CCRD,. CCPCP*

## ***Food Allergies Cause Inflammation:***

Millions of people suffer from food allergies without ever realizing it. In some cases, the allergies are genetically inherited, **so entire families may be allergic to a food and not know it.** Symptoms that you may have previously dismissed as normal may be the result of an allergy to certain foods. Among some common foods that may individuals, including kids, adults and the elderly must be tested for are Gluten, Dairy, Egg, Soy, Carrots.....

Keep in mind that in many cases there are NO OBVIOUS SYMPTOMS.

## ***Environmental Allergies Cause Inflammation:***

An environmental allergy is a hypersensitivity to generic substances in the environment. An allergic reaction is typically characterized by an intense inflammatory reaction that comes on quickly. Symptoms of a allergy can include sneezing, coughing, wheezing, nasal swelling, itchy/ red eyes, ear pain, skin rashes or hives, and when affecting the gastrointestinal system bloating, diarrhea, and vomiting. Environmental allergic reactions include reactions to mold, insect stings, eczema, asthma attacks, and a severe common allergic reaction, called, anaphylaxis. This may result in swelling of the throat and nasal passage causing breathing difficulties, shock, rapid irregular pulse and loss of consciousness. In an anaphylaxis reaction the symptoms intensify swiftly. This type of severe allergic reaction to is often treated with epinephrine or adrenaline. A physician may prescribe a self-injection device with a pre-measured does of medicine for patients with known severe allergies, and should be carried at all times.

Allergic rhinitis (also called hay fever) is the most common form of allergy to the environment. Allergy symptoms often vary with the change of seasons.

**SIGNS AND SYMPTOMS OF ENVIRONMENTAL ALLERGIES**

- ❖ Stuffy, runny nose
- ❖ Sneezing
- ❖ Itchy nose, eyes, and throat
- ❖ “Sinus” symptoms- headache, feeling of pressure behind the eye, pain above the cheek bones and on the lower forehead, aching teeth
- ❖ Skin rashes or hives
- ❖ Diarrhea or frequent urination

**CULPRITS FOR ENVIRONMENTAL ALLERGY**

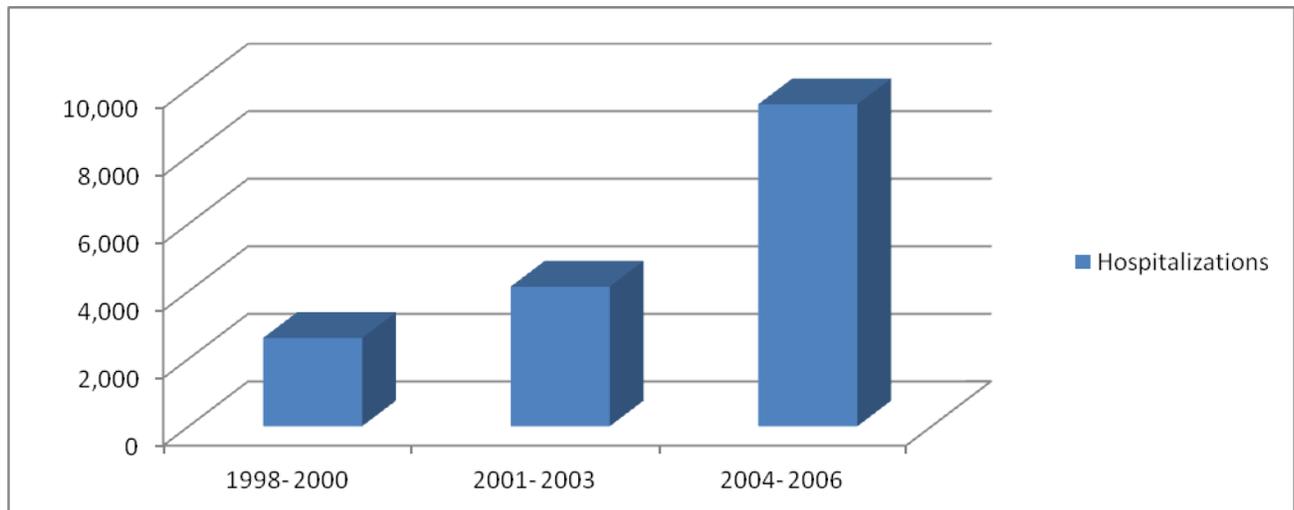
- ❖ Pollens, grasses, or ragweed (in certain seasons and areas)
- ❖ Dust and household mites
- ❖ Changes in temperatures or humidity
- ❖ Spicy foods
- ❖ Smoking or prolonged exposure to second- hand smoke
- ❖ Pollution

**Food and environmental allergies are known to cause and/or contribute to many illnesses. Unfortunately, patients who suffer from these chronic illnesses do not contribute their symptoms to food and environmental sensitivity. These symptoms contribute to severe inflammation of the body. AGAIN, KEEP IN MIND THAT IN MANY CASES THERE ARE NO OBVIOUS SYMPTOMS.**

**You may be suffering from these chronic conditions which may be contributed from your undiagnosed food and environmental sensitivities:**

<b>ADD/ ADHA</b>	<b>Celiac Disease</b>	<b>Eczema</b>	<b>Hypoglycemia</b>
<b>Arthritis</b>	<b>Chronic Fatigue</b>	<b>Fatigue</b>	<b>Hypertension</b>
<b>Asthma</b>	<b>Depression</b>	<b>Fibromyalgia</b>	<b>Irritability</b>
<b>Autism</b>	<b>Diabetes</b>	<b>Headaches</b>	<b>IBS</b>
<b>Autism Symptoms</b>	<b>Ear Infection</b>	<b>Hyperactivity</b>	<b>Leaky Gut</b>
<b>Candidacies</b>	<b>Sinusitis</b>	<b>Stress/ Tension</b>	<b>PMS</b>
<b>Migraines</b>	<b>Weight Challenges</b>		
<b>Skin Rashes</b>			

## Impact of food allergies – Hospitalization related to food allergies



**The following are the statistics of how many symptoms related to ragweed pollen, cat dander, or food the U.S. What sort of impact do allergies have on society? Here's a rundown of some of the most important allergy statistics—based on the current data and research.**

- ❖ *Number of people in the U.S. who have either allergy or asthma symptoms: one in five*
- ❖ *Percentage of the U.S. population that tests positive to one or more allergens: 55%*
- ❖ *Rank of allergies among other leading chronic diseases in the U.S.: 5<sup>th</sup>*
- ❖ *One estimate of the annual cost of allergies to the health care system and businesses in the U.S.: \$7.9 billion*
- ❖ *Number of workdays lost each year as a result of hay fever: 4 million*
- ❖ *Number of weeks by which ragweed pollen season has increased in the last 10 to 15 years, likely as a result of global warming: four.*
- ❖ *Odds that a child with one allergic parent will develop allergies: 33%*
- ❖ *Odds that a child with two allergic parents will develop allergies: 70%*
- ❖ *Number of ER visits in the U.S. caused by food allergies each year: 30,000*
- ❖ *Percentage of the people in the U.S. who believe that have a food allergy: up to 15%*
- ❖ *Percentage of the people in the U.S. who actually have a food allergy: 3% to 4%*
- ❖ *Percentage of U.S. households with one or more dogs (2012):36.5%.*
- ❖ *Percentage of U.S. households with one or more cats (2012):30.4%.*
- ❖ *Percentage of U.S. households with detectable levels of dog and cat dander: 100%*
- ❖ *Percentage of people in the U.S. that have asthma: 8%.*

**In conclusion, we are recommending having a food and environmental sensitivity test performed. These tests are usually done on site and covered by most insurances. You may be exposing yourself and your family to an unnecessary lifetime of medication. Remember unknown allergies can cause extreme inflammation. Don't become a victim of a "chronic condition" and fall into the "medication trap". The only way to BE sure is to BE tested.**

*At MedWell "Center from Chronic Conditions Recovery" our physicians evaluate and formulate a diagnostic and natural therapeutic approach for finding the hidden cause of your symptoms naturally and without excessive drugs. Dr. Mazandarani, DAAIM, BCIM, DC, CCRD, CCPCP is a provider at MedWell who will guide you to improve your general overall health. He is a nationally recognized doctor, author and lecturer. He has been named in Who's Who registry for his distinguished expertise. He combines his expertise in functional neurology, functional endocrinology and functional medicine in order to formulate and provide a natural drug free approach to healthcare. For more information, you can go to [www.FixMeUp123.com](http://www.FixMeUp123.com) or call 201-848-8000.*

