

FOOD ALLERGY KNOWLEDGE REPORT

This Food Allergy Knowledge Report was created by Handbook To Health Web Site contributors as a platform to share the Knowledge and Information they have gathered over many years relating to Food Allergies and Intolerances and how they affect your Health.

This information is offered to help you begin to understand how foods you eat and drink, the air you breathe, and other substances you may put in your body can contribute to and/or create Allergic Reactions that will exert Negative Affects on your overall physical, mental and spiritual well-being.

By educating yourself regarding symptoms that may be related to Food Allergies and Intolerances, and the underlying cause of these symptoms, is the best way to step upon the path to Optimal Health.

If you just treat the symptoms without removing the cause, your health will remain in jeopardy of creating future, more challenging Health issues.

Understanding how to recognize and remove foods that are causing these symptoms is a much better approach.

Learning how to avoid health-robbing foods and actions and replace them with health-supporting foods and activities will add energy and enjoyment to the rest of your life.

NOW! Is the time to make a Lifestyle change to begin to regain and forever maintain your Optimal Health and feel Joyful everyday.

What to eat *now*

Salad

Avoid foods that Cause Dis-Ease

Fast & fresh
food

Feel-good

A LIGHT SOUP THAT'S BOTH NATURAL AND SATISFYING. IT'S THE PERFECT FIT.

Kick-start your "eat healthier"

be well

INTRODUCTION

Being healthy is complicated.

**Elimination of the symptom
is NOT the same as
elimination of the dis-ease.**

Most modern maladies are caused by prolonged exposure to a combination of negative lifestyles and toxic environmental factors, including junk food and malnutrition, pesticides, antibiotics, microwaves, chemical pollution of food, water and air, lack of exercise and chronic stress.

True healing comes from addressing more than one of the contributing factors.

Educating yourself is an important step to creating Optimal Health for you and your family.

**Vivian Rice Wisdom Quote from
Wild Rice May 2007 Volume 14 Number 5.**

**“It is well for the heart to be naive and the mind not to be.”
*Anatole France***

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DISCLAIMER

The information in this report is not intended to diagnose, treat, cure, or prevent any disease or allergies.

This report is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions.

The statements in this report have not been evaluated by the U.S. Food and Drug Administration.

The authors shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this manual or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this manual.

Overview of Allergens

Allergens and Food Intolerances can Sabotage and Challenge Your Optimal Health

Article by Julia Wright

This information came from my experiences, reading books and various internet web sites

Always Remember: Every BODY is different.

Different people can enjoy foods that other people may become very sick from taking just one bite. Many people have food allergies or food intolerances which can cause other health problems.

There are more than 160 foods that have been identified that can cause allergic reactions in people with food allergies.

Symptoms of a food allergy can range from mild to severe, and the amount of food necessary to trigger a reaction varies from person to person.

There are eight (8) allergenic foods that account for 90 percent of food allergic reactions. They are also the food sources from which many other ingredients are derived and can be found in many processed foods.

A food allergy is an immune system response that occurs when the body mistakes an ingredient in food -- most often a protein -- as harmful and creates a defense system (antibodies) to fight it. Food allergy symptoms develop because the antibodies are battling the "invading" food.

Symptoms of Food intolerance can be similar to Food Allergies. But are usually less severe. Food intolerance is a digestive system response rather than an immune system response. It occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or breakdown a specific food. As people grow older, they often don't create enough good "acid" in their stomachs, making many foods hard to digest.

Eight foods account for 90 percent of all food-allergic reactions. They are milk, egg, peanut, tree nuts, fish, shellfish, soy, and wheat. Some of these allergens may be outgrown, but others, such as peanut and shellfish, most often will remain lifelong allergies.

The eight foods that cause allergic reactions that must be identified by law are:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g. crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

Persons may still be allergic to and have serious reactions to foods other than these eight foods that must be identified in processed foods and on menus by the law.

If often you find yourself experiencing discomfort after eating, you might want to get tested for food allergies by a professional. You could start by keeping a food journal, to see if you can find any food that you consume in meals that you experience discomfort afterwards are a consistent part of those meals.

It is best to avoid the most common food allergens when creating your Healthy Eating Diet Plan.

The *Handbook to Health* recipes are created in a way that explains how to use substitutes for many of the major food allergens. And there are enough choices that everyone can find recipes that work for them, including people experience food intolerances to certain foods.

The most common food intolerance responses are to lactose (dairy) and gluten found in many grains.

Lactose intolerance is most common food intolerance and affects about 10% of all Americans. About 2 to 4% of adults and 6 to 8% of children have food allergies. Food intolerances are much more common. Almost everyone has had an unpleasant reaction to something they ate.

Food intolerances are usually dose related. People with food intolerance may not have symptoms unless they eat a large portion of the food or eat the food frequently. For example, a person with lactose intolerance may be able to drink milk in coffee or a single glass of milk, but becomes sick if he or she drinks several glasses of milk.

(Recent research suggests anyone with lactose or gluten intolerance should be very careful and make their doctors aware of their reactions to be sure there is not an underlying health issue that needs to be addressed.)

When grocery shopping, ALWAYS read labels on packaged foods. Be aware where your produce comes from and how it was handled before reaching the store.

When dining out, always ask questions when ordering in a restaurant to avoid an unpleasant reaction to foods you eat when away from your own kitchen.

Whenever possible Buy ORGANIC produce and food products.

Be aware of your body's reactions to different foods.

Watch for signs of food intolerances or allergies.

Test yourself, or visit a nutritionalist in your area who can do muscle testing to help determine if you are eating the foods that are robbing you of health or are helping you to experience Optimal Health.

Contact Vivian Rice's office to learn more or set-up an appointment:

Phone: (719) 635-5596

e-mail: wildrice3@juno.com

What is a Food Allergy?

Many people are unaware of why they don't feel well after eating certain foods, or meals with ingredients that cause digestive discomfort after they have eaten. Some people are experiencing this discomfort due to food allergies, others may have a food intolerance.

A Food Allergy occurs when a person eats a certain chemical compounds found in their food that their immune system mistakes as dangerous. A person then experiences a sensitivity these chemical compounds which are most often proteins. An allergic reaction to a particular food may be uncomfortable but not severe in some people. At other times, an allergic food reaction can be frightening and even life-threatening.

The most common food allergies are caused by eating peanuts, tree nuts (such as walnuts, pecans and almonds), fish, shellfish, milk, eggs, soy products, and wheat/gluten. By law, all foods containing these foods, or are created in a plant that processes any of these foods must label their food with this information.

Even a tiny amount of a food that cause an allergic reaction in an individual can trigger the signs and symptoms. These reactions can range from mild to severe. Some reactions can even be deadly.

The first time you eat this food, your immune system responds to this "harmful" substance by releasing specific disease-fighting antibodies called immunoglobulin E or IgE.

Every time you eat this food, your body releases the IgE antibodies or other chemicals, including histamine, as they attempt to expel the protein "invader" from your body. And the release of these IgE antibodies produces the various symptoms of an allergic reaction.

If the powerful chemical histamine is released, it can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system in very dangerous ways.

For the most severe cases of food allergy reactions a doctor may prescribe an epinephrine, also called adrenaline, auto-injector. A person with such severe reactions should be sure to carry it with them at all times!

It is important a person knows how to use it properly. They should also educate their family and friends in its use and symptoms to watch for that could create a situation where they need assistance.

The allergy symptoms that you will experience depend on where in the body the histamine is released. You may experience an itchy nose and mouth if it is released in the ears, nose, and throat. Or you could have trouble breathing or swallowing. If histamine is released in the skin, you may develop hives or a rash. Stomach pains, cramps, or diarrhea may develop when histamine is released in the gastrointestinal tract.

Often people will experience more than one allergic reaction symptom as this food is eaten and digested.

Food allergies may be inherited as they tend to be found in more than one member of a family.

One in 17 children age 3 and under has a food allergy. Approximately 5-8% of our children under 5 and about 4% of our teenagers are affected by Food allergies. There is no cure for food allergies.

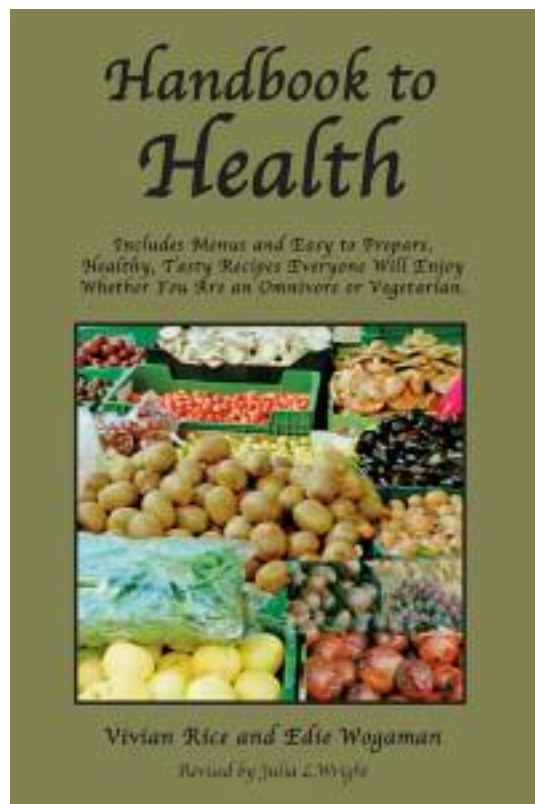
Sometimes children will grow out their food allergies, others must be careful of certain foods all their lives. Peanut, tree nuts, fish, and shellfish are usually considered lifelong allergies.

The results of blood or prick tests are often combined with other information, such as a history of symptoms and the result of a food challenge to determine whether a food allergy exists.

Approximately 12 million Americans currently suffer from food allergies. That means Allergic reaction to foods are experienced by one in every 25 adults.

Are you one of them?

If you think you, or a family member may be experience this type of health challenge, read on to find how to avoid experiencing the symptoms and get on a path to Optimal Health.



If you want to understand how to eat foods that are tasty and won't cause allergic reactions, *Handbook to Health* is an easy to read and implement source to make lifestyle changes. You will find many recipes in *Handbook To Health* that are delicious and created without using the most common foods that are responsible for allergic reactions.

Symptoms of a Food Allergy

Food allergy symptoms develop when the body's antibodies are battling an "invading" food. The amount of food necessary to trigger an allergic reaction and the severity of such attacks varies from person to person.

These Symptoms typically appear within minutes or can take up to two hours after the person has eaten the food to which he or she is allergic.

The symptoms may be mild (rashes, hives, itching, swelling, etc.) or severe (trouble breathing, wheezing, loss of consciousness, etc.). A food allergy can be potentially fatal.

Symptoms of a food allergy may include:

- * Nausea
- * Diarrhea
- * Dizziness
- * Inflammation
- * Rapid pulse
- * Mild Chest pain
- * Shortness of breath
- * Tingling or itching in the mouth
- * Itchy skin, including Hives, Rashes or eczema
- * Wheezing, nasal congestion or mild trouble breathing
- * Swelling of the lips, face, tongue and throat, or other parts of the body
- * Abdominal discomfort including: Stomach pain, nausea or vomiting, abdominal cramps

In some people, a food allergy can cause extreme symptoms or even a life-threatening reaction known as anaphylaxis.

Life-threatening symptoms of Anaphylaxis Symptoms related to a food allergy include:

- * Very Rapid pulse
- * Extreme Drop in blood pressure
- * Shock, with a severe drop in blood pressure
- * Dizziness, lightheadedness or fainting/loss of consciousness
- * Constriction and tightening of airways to the lungs making it difficult to breathe
- * A swollen throat or the sensation of a lump in your throat that makes it difficult to breathe

It is critical that someone exhibiting these symptoms of anaphylaxis receives immediate and proper Emergency treatment. If untreated, anaphylaxis may cause a person to become comatose or die.

Allergies! One More Time!

Wild Rice August 2006 Volume 13 Number 8.

The real cause is your body chemistry being out of balance.

You get out of balance by eating and drinking foods with which your chemistry is not compatible. I speak from my personal experience with the hell of severe hay fever. The itching of eyes, inner ears, nose and throat being more crazy making than the constant watering of eyes and nasal dripping.

. . . My cure was eating only Raw Organic foods and drinking pure spring water for 2 weeks.

The major causes of **allergies** are the toxic, polluted food and tap water most people consume.

These pollutants set your body chemistry up for a bad reaction to multiple animals and plants outside your body.

The most toxic foods are commercial meats like beef, pork, chicken, and turkey, or any combination thereof. The only safe meats or animals are wild or organic and grass-fed.

If you really want to heal yourself of **allergies**, count 80% raw organic veggies, seeds, nuts and fruits with 20% cooked organic animals, grains, and veggies, instead of focusing on the pollen count.

Other substances which cause **allergies** are coffee, alcohol, tobacco, refined sugars, refined flours, and trans-fatty acids from foods deep-fried in vegetable oil, such as french fries, chips, and meats.

Books that can teach you how easy and nourishing raw foods can be are:

1) ***Handbook to Health* by Vivian Rice and Edie Wogaman**

The best little “healthy eating” book, based on nutrition knowledge that is easy to understand and implement.

2) ***The UNcookbook***, by Elizabeth and Dr. Elton Baker.

Elizabeth had colon cancer and healed herself with raw foods.

3) ***Healthy Urban Kitchen*** by Antonio Valladares basic guidelines for what to eat for optimal health and a healthy weight. Includes recipes created using whole and organic foods.

4) ***Twelve Steps to Raw Food*** by Victoria Boutenko.

She was 120 lbs overweight, her husband had arthritis, her son juvenile diabetes and her daughter, asthma. They were all healed with their 100% raw, organic diet.

5) ***The Raw Gourmet*** by Nomi Shannon. A beautiful book with gorgeous pictures.

Defining Food Intolerances

Food intolerances are much more common than food allergies.

Almost everyone has experienced an unpleasant reaction to something they have eaten. A food intolerance is experienced as a digestive system response rather than an immune system reaction.

When a person is unable to properly digest or breakdown the food, it irritates a person's digestive system.

Lactose intolerance is the most common food intolerance and affects about 10% of all Americans. Lactose is found in milk and other dairy products, including cheese.

Rarely do people with food intolerance experience the symptoms unless they eat a large portion of the food or eat that food frequently.

Many people that are lactose intolerant can drink one glass of milk or enjoy an occasional bowl of ice cream, but if this person ingests many food items containing lactose at one meal, or during the day, they often feel sick and exhibit one or more symptoms of food intolerance.

Symptoms of Food Intolerance include:

- * **Gas**
- * **Nausea**
- * **Bloating**
- * **Vomiting**
- * **Diarrhea**
- * **Heartburn**
- * **Headaches**
- * **Stomach cramps or pain**
- * **Irritability or nervousness**

There are many factors that may contribute to food intolerance. In some cases, as with lactose intolerance, the person lacks the chemicals, called enzymes, necessary to properly digest certain proteins found in food.

Many people have food intolerances to some of the chemical ingredients added to food to provide color, enhance taste, and protect against the growth of bacteria. Food dyes and monosodium glutamate (MSG), a flavor enhancer, are the most common culprits.

Many people have intolerances to natural or manufactured sulfites.

These substances often occur naturally, as in red wines and many fruits, vegetables, nuts, coffee, juices, beer.

Or they may be added to foods to prevent the growth of mold.

Foods containing salicylates may trigger allergy symptoms in people who are sensitive to aspirin, as it also is a compound of the salicylate family.

Of course, when you consume any food in excessive quantities, you may experience digestive discomfort, and thus does not mean you have a food intolerance, just an overactive fork.

Small Bit(e)s of Food Allergy Knowledge

Vivian sez: To outsmart **allergies**, continuously run a night light in dark closets to help reduce molds and mildew, which are common **allergy** triggers.

Wild Rice September 2006 Volume 13 Number 9

“If your child suffers from **allergies**, try bagging his stuffed animals and placing them in the freezer by day to kill dust mites.”

— *Dr. Art Ulene cited in a Medical Tribune News Service story*

Julia sez: Bee Pollen is rich in enzymes, minerals and vitamins and aminos. If you have any seasonal allergies or are sensitive to bee stings or other herbal products, do your research before you try bee pollen. Some people find that using local bee pollen in small amounts helps build a tolerance to pollen and eliminates allergic reactions during pollen season.

Vivian sez: Summer is ice cream consumption month. Those of you who are **allergic to dairy products** can eat Rice Dream Ice Cream or Soy Delicious Ice Cream.

Vivian sez: Caution: If your face flushes, and/or your heart races when you drink wine, you might have a brain **allergy** to that substance. If you are sensitive to grapes, wine could compound the sensitivity.



Check out the [*Handbook To Health Web Site*](#) often for many more small bit(e)s of Nutrition Knowledge.

Differences Between a Food Allergy and Food Intolerance.

Food allergies and food intolerance are two different types of health challenges.

Food allergies and intolerances also are different from food poisoning. Food poisoning affects more than one person eating the same food. It is caused by consuming spoiled or tainted food.

Food intolerance does not involve the immune system, and although the symptoms can be very uncomfortable, they are not life-threatening.

Food intolerances are most often portion related, so a small amount of the offending food can be eaten without any allergic reaction, whereas a larger portion can cause the symptom to occur.

A Food allergy involves how the immune system reacts to a certain food. They can be triggered by even a small amount of the offending food.

The most common form of an immune system reaction occurs when the body creates immunoglobulin E (IgE) antibodies to the food. When these IgE antibodies react with the food, histamine and other chemicals (called “mediators”) are released, causing hives, asthma, or other symptoms of an allergic reaction.

Food allergies can be triggered by even a small amount of the food and occur every time the food is consumed. People with food allergies are generally advised to avoid the offending foods completely. On the other hand, food intolerances often are dose related.

Although not as common occurrence as other food allergies, an allergic reaction to a food can be triggered by exercise. The most common symptoms are feeling itchy and/or lightheaded if you exercise soon after you have eaten.

On rare occasions, an exercise-induced food allergy can cause reactions such as hives or anaphylaxis. Usually this health challenge can be mitigated by not eating for a couple of hours before exercising, but it would be best to always avoid eating the foods that cause these symptoms.

Your health care provider or nutritionalist can help determine if you have an food allergy or intolerance. They can help you determine what foods are causing symptoms related to food allergies or intolerance.

You many want to keep a food diary to record what you eat and when you experience symptoms related food allergies or intolerances.

You can use an elimination diet to identify foods that are causing your health challenges.

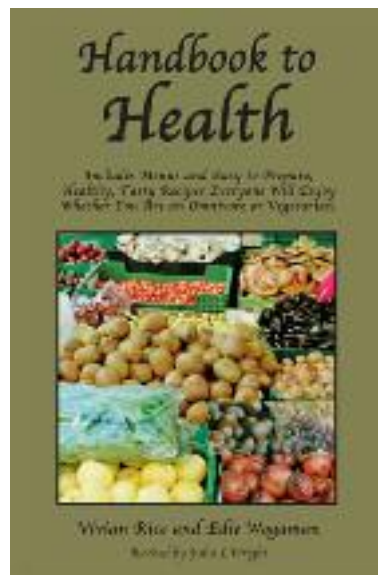
Begin by completely eliminating all suspect foods from your diet until you are symptom-free. Next you will reintroduce individual the foods back into your diet.

Before beginning an elimination diet be sure you seek advice from a qualified nutritionist or health care provider to be assured you diet provides adequate nutrition

Give yourself a few days to fully test each food before introducing the next food. If you experience symptoms again upon eating one of these foods, this will determine which foods cause these symptoms. Eliminate it again, and continue the test with the remaining foods you eliminated, until you feel comfortable you have determined all the foods causing your symptoms.

You can use the knowledge gained from either of these approaches to establish the best plan to help control or avoid experiencing your symptoms in the future.

Handbook To Health can help you gain more knowledge about what foods cause the most food intolerances or allergies in people, and why. Learn which Foods to Avoid on page 9, and which ones to Eat & Enjoy on page 7 of this handy little healthy eating book.



Who Is Vivian Rice?

Vivian Rice, Nutritionist, began her professional career in 1964 as an LPN. Her experience working in hospitals as well as her personal experience with Allergies motivated her to study and implement holistic healing methods.

She studied at the American Hygienic Society located in Chicago, Illinois, at Dr. Shelton's Health School in Texas with a focus on nutrition, with Paavo Airola, ND, in Arizona and with N. W. Walker Ph.D, in California.



She became a Certified Hypnotherapist and later graduated as a massage therapist and foot reflexologist.

Vivian became a Certified Healing Dialogue Therapist in 1983, and has done extended independent studies in nutrition, herbology and applied kinesiology.

She has had more than 45 years experience in natural healing with nutrition and herbs.

In 1980, Vivian opened and continues to operate her own healing practice.

A nationally known ceremonialist, educator and speaker, she is an active member of the American Holistic Nurses Association, The American Herb Guild, and the Pikes Peak Herb Association.

Vivian lives what she teaches. In 1983, she honored her Seminole Indian blood by learning and living the Spirit Road that honors all of the Creator's life forms and their synergistic purpose. She was adopted by the Lakota White Hawk family, in South Dakota.

Contact Vivian Rice's office to learn more or set-up an appointment:

Phone: (719) 635-5596

e-mail: wildrice3@juno.com

Best Ways to Prevent Allergic Reactions to Food

Are you Looking for ways to experience true allergy relief?

If you suffer from allergies, you already know the frustration of treatments that just don't work. Sure, they may mask symptoms for a while. But, they are not going to provide lasting relief.

The best, and really only treatment for a food intolerance is based on avoiding or reducing your intake of problem foods. For food Allergies, Strict avoidance of the allergy-causing food is the only way to avoid a reaction.

Here are five simple steps you can take to help you prevent experiencing the symptoms associated with food intolerance and allergies.

1. Learn which foods and in which amounts cause you to have symptoms.

- * For food intolerance, limit your intake to amounts you can handle.
- * For food allergies, avoid eating even small amounts.

2. When dining out, ask your server about how your meal will be prepared.

- * Often meals may contain foods you cannot tolerate, but you don't always know that from reading the description on a menu.
- * Clearly communicate with the restaurant staff you food challenges
- * It is surprising how hard it is to avoid gluten/wheat in even the simplest of dishes.

3. Read labels on all commercially processed and packaged foods, including condiments and seasonings.

- * You may discover that MSG or another additive can be an unexpected ingredient and the reason a food is causing you to experience a food allergy or intolerance symptom.
- * If you can't pronounce an ingredient, it could be a problem for your system.
- * If there are more than 4 or 5 ingredients, avoid buying it.
- * Don't assume that a food you've always eaten safely will have the same ingredients the next time you purchase it.
- * When in doubt whether a food is safe, call the manufacturer for more information.

4. Prepare your meals using only whole or Organic foods.

Eat Raw foods as often as possible.

5. Eat at Home.

- * Preparing your own meals is the simplest way to avoid experiencing unpleasant symptoms associated with food allergies or intolerances.
- * To successfully prepare allergen-free meals, you may need to adapt new ways of cooking.

Taking Care

by Rev. Marjorie Carroll

I try to be careful but sometimes forget, such as the last two times I've eaten at the new Chinese restaurant that is close and extremely reasonable.

Then I remembered to ask about **MSG** and realized that was the culprit for the dash home after eating. I didn't realize that it could be a lot more serious than I experienced.

Another lesson learned, hopefully.

from an article in *Wild Rice* December 2008 Volume 15 Number 12

Julia's comment:

MSG is a major Allergen for many people. It has been used for years in many restaurant foods, and can be found most often added to Chinese foods to create added flavor.

It may give food more flavor, but it gives many people health problems, including headaches, rushes to the bathroom and can even cause long-term negative health challenges.

High-Stress Foods

High-stress foods require greater digestive energy, and can also cause allergic reactions

We all know that caffeinated drinks stress our systems.

Learn how caffeine in black tea, coffee and sodas can cause various health issues on page 9 of *Handbook to Health*. Learn why Green Tea is better beverage choice to help stay alert.

White foods, such as sugar, flour and grains put an extra burden on our digestive systems and contribute to ever decreasing health as time goes on.

Other especially harmful substances are artificial colors and flavorings added to many processed foods and drinks.

You will find a more complete listing of **High Stress Foods** on page 8 of *Handbook to Health*.

Dangers of Dairy

(taken from *Handbook to Health*)

Milk contains the enzyme phosphatase which is necessary to metabolize calcium. Pasteurization kills this and all other enzymes in the milk. This is one of the reasons why calcium in pasteurized cow's milk is not properly utilized by humans.

Cow's milk is altered for human consumption; i.e., the protein content is diluted with water, and the carbohydrate content is increased with dextrose or corn syrup (instead of milk sugar). Acid (special culture) is added to make a finer curd in cottage cheese. Consequently, cow's milk products cause an alkaline reaction in the colon instead of an acid reaction as human milk would, which may lead to congestion of dairy products in the colon, and cause an **allergic reaction**.

Some processed cheese made in the United States has too little natural bacteria to aid in its digestion. Chemicals are used to speed aging. European cheese and/or naturally aged cheese retains the needed digestive bacteria and is, therefore, healthier to eat. These cheeses are aged to grow healthy bacteria (similar to acidophilus in yogurt, which aids in assimilation). put into some "yellow" and "orange" cheese removes Vitamin B6 from the body, which can cause finger joint pain. The loss of B6 also reduces serotonin levels in the brain.

Many orange cheeses (Colby, cheddar, etc.) use "annatto" for coloring. Annatto is an acceptable vegetable coloring.

Raw goat's milk is closer to human milk chemically and, therefore, more easily digested by infants and adults. Goats do not get the diseases cows do, consequently, they do not need the same vaccinations as cows.

Additional Comments by Julia Wright:

Many people can enjoy goat milk and cheeses that are allergic to or intolerant cow's milk and products created using cow's milk.

Many people experience allergic reactions to Yellow dye #5 and other food dyes. When you begin reading labels, you may be surprised to find that even some "health" foods contain these dyes.

Are Allergies Related to Cloned Animals and Food Products?

(from an article in Wild Rice March 2008 Volume 15 Number 3.)

Here are some of Vivian's thoughts and concerns on this subject:

I have a great concern about human consumption of cloned meat and milk.

The FDA has always focused on nutritional and compositional equivalents, which means that according to their tests, the chemicals that make up these type of foods appear to be "substantially equivalent" to those in traditional food.

The word '*substantially*' raises questions immediately.

How will our health be after long term consumption of a man-altered food source?

Look at all of the allergies people have right now from consuming artificial colors and flavors in processed foods.

Our bodies cannot be fooled by man-made chemical compounds because we do not have enzymes to match them.

Chemically raised, sprayed with pesticides and herbicides, along with genetically engineered 'foods' have increased the poor health in this nation.

Understand that I know lives are saved by chemical drugs. For example in heart attacks, strokes, or anaphylaxis shock.

However, on a daily basis our body chemistry can be altered or killed by prescription drugs.

Those of you who have been with me for years have heard me say: "If God, or the Creator, or Nature didn't make it, don't eat it!"

This is my major concern regarding foods from cloned animals, it has been altered in ways that are not natural.

Animal flesh foods and byproducts are the most important to be clean and free of the chemical hormones that seriously affect human health.

And now with the corruption in our foods of chemical fertilizers, pesticides, herbicides, and chemical hormones, we have to be extremists in demanding nourishing foods from organic sources.

We must demand from our Senators and Representatives that these man-altered foods are not allowed on the market. We all know the FDA cannot be trusted to protect us. That means that we must speak up and proclaim that biotech (foods) be labeled as such.

We grassroots people are not powerless; we can boycott these foods, if they are labeled properly so we know the danger. So please let the powers that be know that we are against man-altered so-called foods.

The GMO (Genetically Modified Organisms) plants are also proven to be contributing to the death of the Monarch Butterfly! and other beautiful creatures - including humans!

After over 40 years as a Health Practitioner and watching the illnesses caused by chemically grown foods, I shudder at what will happen to the human race after decades of eating cloned meats and milk. GASP!



Check out the [*Handbook To Health Web Site*](#) often for many more small bit(e)s of Nutritional Knowledge and articles relating to GMO's.

In Conclusion

Even a small change of diet can make a big difference in your health. Understanding how symptoms you experience after eating certain foods may be due to a Food Allergy or Intolerance can help set you on a path to Optimal Health.

When making a radical change in your Diet, it is recommended that you consult a certified Nutritionist and/or your Doctor.

Nutrition comes from three different sources:

Primary nutrition is food that comes directly from nature -- vegetables, fruits, nuts, seeds, grains and legumes without preservatives or synthetics.

Secondary nutrition consists of vitamins, herbs and supplements that are added to the base of primary nutrition, if needed.

Empty nutrition consists of food that has been processed and packaged to the point where none of the original nutritional value is left.

A nutritionist is a person who gives advice regarding preventive and health-giving nutrition relating to health challenges.

Nutritionists can also advise people on dietary matters relating to health, well-being for people wishing to avoid and seeking to determine **food allergies**.

There are various types of tests used to determine food allergies and intolerances. The least invasive involves muscle-testing.

Be aware that in many jurisdictions such as the United Kingdom and some states in the US, that the term "nutritionist" is not a legally protected term. As a result, some nutritionists in these jurisdictions may give advice on diet that is of questionable informational value.

Always check references of a nutritionist that you intend to work with to be sure they have a sound education and can share success stories of clients that can be validated.

Handbook To Health was written by two nutritionists with over 60 years of nutrition knowledge.

It is intended to introduce you to a lifestyle that is conducive for vibrant health, maintaining a healthy weight, and creating a life filled with vitality and overall wellness.

It shares a healthy way of eating that excludes the most common food allergens and man made foods that are making many people fat and sick.

The recipes found within *Handbook To Health* have eliminated most inflammatory and allergenic foods or ingredients that cause health problems for many people, such as: weight gain, digestive disorders, bio-chemical and hormonal imbalance, mood swings to cravings, skin problems and addictions.

Most of the recipes are created without using the most common food allergens (gluten, dairy, soy, sugar) and other popular foods that are making people fat, sick, age prematurely, chemically imbalanced, exhausted and addicted.

Although some people can't tolerate eggs and nightshades (potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, tamarios, pepinos, pimentos, paprika, cayenne, Tabasco), we have found these two particular foods to be less of an issue with most people, so there are some recipes using these foods.

If you haven't been tested for dairy intolerance/allergy before we would recommend it.

Raw dairy is healthier, cleaner and nutritionally superior in every way. And no, people aren't getting sick from raw dairy. There is an exception to this rule for some people. Most people can tolerate butter and heavy cream (not half and half) - because the allergic protein is not present. It's all fat! Yes, you need fat, especially saturated fat.

Many grains besides wheat have a highly allergenic protein called gluten. So if you are gluten intolerant or allergic, learn more about which grains contain gluten, and which ones you can enjoy. Rice is gluten-free.

Handbook To Health is a clear guide to foods that you should Avoid and ones that you can Eat and Enjoy to regain or maintain Optimal Health for You and Your Family.

Within this report, we have provided nutrition education and encourage you to help yourself and family by using this knowledge to prevent health challenges that may be caused by Food Allergies and Intolerances.

**NOW! is the Time to STOP Eating Foods that Make You
*fat, tired, sick, bloated, cause skin problems, experience digestive discomfort,
inflammation or feel depressed.***

**NOW! is the Time to Discover and Enjoy Foods that
Make You Feel Vibrantly Alive, Healthy, Joyful and Energetic.**

**May your life be Blessed with Wellness
by reading and following the suggestions in
this Food Allergy Knowledge Report.**

Related Articles

**from Wild Rice Newsletter
and the Internet**

Adverse Allergic Reactions to the Flu Vaccine

From an article in Wild Rice November 2008 Volume 15 Number 11.

Once again, THEY know what is best for us.

Another influenza season is beginning, and the U.S. Center for Disease Control and Prevention (CDC) is strongly urging Americans to get a flu shot. In fact, the CDC mounts a well-orchestrated campaign each season to generate interest and demand for flu shots.

At first glance, the data did suggest that children between the ages of 6 months and 5 years derived some protection from vaccination in these years.

But after adjusting for potentially relevant variables, the researchers concluded that "significant influenza vaccine effectiveness could not be demonstrated for any season, age, or setting" examined.

Additionally, a Group Health study found that flu shots do not protect elderly people against developing pneumonia -- the primary cause of death resulting as a complication of the flu. Others have questioned whether there is any mortality benefit with influenza vaccination.

Vaccination coverage among the elderly increased from 15% in 1980 to 65% now, but there has been no decrease in deaths from influenza or pneumonia.

...

Other serious adverse reactions to the flu vaccine are joint inflammation and arthritis, anaphylactic shock (and other life-threatening allergic reactions), and Guillain-Barré syndrome, a paralytic autoimmune disease.

One credible hypothesis that explains the seasonal nature of flu is that influenza is a vitamin D deficiency disease. Vitamin D levels in your blood fall to their lowest point during flu seasons. Unable to be protected by the body's own antibiotics (antimicrobial peptides) that are released by vitamin D, a person with a low vitamin D blood level is more vulnerable to contracting colds, influenza, and other respiratory infections.

Studies show that children exposed to sunlight are less likely to get a cold.

The increased number of deaths that occur in winter, largely from pneumonia and cardiovascular diseases, are most likely due to vitamin D deficiency.

Unfortunately, now, for the first time, flu vaccination is also being pushed for virtually all children.

This is a huge change. Previously, flu vaccine was recommended only for youngsters under 5, who can become dangerously ill from influenza.

Of course, the recent policy requesting that all children receive flu shots ignores the fact that a systematic review of 51 studies involving 260,000 children age 6 to 23 months found no evidence that the flu vaccine is any more effective than a placebo.

Sources:

LewRockwell.com October 3, 2008; EMS Responder September 9, 2008;

WebMD Oct. 6, 2008;

Archives of Pediatric and Adolescent Medicine October 2008; 162(10):943-51

Helping Animals with Alternative Methods

From Wild Rice December 2006 Volume 15 Number 6

The most common cause of health problems in our pets are nutritionally caused by deficiencies in our pets foods or may aggravate Allergies of one kind or another.

Because many commercial foods are woefully deficient in key nutrients, the long term effect of feeding such foods makes the dog hypersensitive to its environment.

Many of them are biochemical cripples with defective adrenal glands unable to manufacture adequate cortisol, a hormone vital for health and resistance to disease.

“**Allergies** can be, and often are, unrecognized deficiency diseases.” states Alfred Plechner, DVM (*author of **Pet Allergies: Remedies for an Epidemic***).

With a change to a more natural diet, the symptoms may slowly go away, and the animal will feel and look healthier in every way.

Read, talk to other people, talk with your animal health care providers, and take courses.

Pay attention to what works and what does not work to help your pet feel healthier and enjoy their life to the fullest.



Check out the [*Handbook To Health Web Site*](#) often
for many more articles relating to
Nutrition Knowledge for you and your pets.

Kids and Food Intolerances

from Wild Rice January 2007 Volume 14 Number 1.

www.kidscanlearn.net/food.htm

Unlike **allergies**, kids with food sensitivity or intolerances rarely exhibit hives or skin rashes.

Food sensitivities are generally not as obvious or as dramatic as those of **allergies**.

As a result, we describe them as the “hidden problem.”

This is particularly true with children.

Physically these can include runny nose; headaches; itchy throat; some seizures; red ear lobes; red cheeks; bed wetter; nose or throat congestion; history of ear infections.

Emotional signs: Fatigue; inability to concentrate; extreme sensitivity to certain smells; extreme sensitivity to certain textures; reluctance to participate; inability to concentrate; uncomfortable in crowds; anxiety; mood swings;

Behavioral signs: Hyperactivity; Unusually aggressive; Overly talkative; Impulsive behavior; Inability to sit still; Some learning disabilities; Persistent scratching; Inconsistent behavior; Repetitive, rhythmic actions; Delayed speech development Food sensitivities can be quite variable.

For example, eating a suspected food during the daytime when the child is active may not cause problems. However, the same food eaten before bedtime may lead to severe congestion throughout the night.

What are the most common foods your child could be sensitive to?

Products with additives or preservatives; foods containing natural salicylates; including some fruits and nuts; dairy; wheat or grains; chocolate; caffeine and sugar. Sometimes, its not a particular food; but, foods eaten in combination of others such as eating fruit and sugar together.

If nose or throat congestion IS one of your child’s symptoms, you should be alert to potential ear problems. As adults, the sinus spaces in our skulls tend to act as buffers for infections of the nose and throat. Children have small undeveloped sinus spaces so that nose and throat infections are generally pushed back quickly, into the middle ear via the Eustachian Tube in the throat.

If the fluid remains in the middle ear, it can cause multitudes of complications, including Learning Disabilities, Speech delays, Developmental Delays and ADD/ADHD.

A Modern Day Cautionary Tale

from Wild Rice August 2006 Volume 13 Number 8.

Old Pancake Mix Kills Boy

This article is from Snopes.com which investigates ‘urban legends,’ those horror stories that circulate around the internet, the office, the schoolyard, and around the dinner table.

In April 2006, the experience of a 14-year-old who had eaten pancakes made from a mix that had gone moldy was described in the popular newspaper column Dear Abby. The account has since been circulated widely on the Internet as scores of concerned homemakers ponder the safety of the pancake mix lurking in their larders.

While there is truth in this tale, its inherent warning is overblown.

While we cannot verify the incident described by “Sue in Wyantskill” involving her 14-year-old son, the underlying claim is proveably true — it is possible for someone who chows down on pancakes made from a mix that has sat around too long to suffer a potentially fatal anaphylactic reaction to the molds that have grown therein. We know this to be so because it has happened before, and the resultant death was documented.

In 2001, two pathologists practicing in Charleston, South Carolina, reported on an unnamed 19-year-old who died in such a manner.

While home on vacation from college, the victim, a young man with a history of **allergies** (including mold), polished off two pancakes made from a packaged mix that had sat open in a kitchen cabinet for about two years, even though his two friends stopped eating their portions, complaining that the griddlecakes tasted like rubbing alcohol.

Very quickly thereafter, while watching television, the ill-fated collegian experienced shortness of breath that was not relieved by his inhaler. He asked his friends to take him to a clinic not far from the home, and he was reported to have turned a bit blue from lack of oxygen (i.e., became cyanotic) during the ride.

While he did manage to walk into the clinic on his own, once inside he suddenly collapsed in cardiopulmonary arrest. He failed to respond to resuscitative efforts and was pronounced dead.

The cause of his death was determined to be anaphylaxis due to an **allergic** reaction to molds.

Anaphylaxis is a rapidly developing immunologic reaction that occurs when those who have **allergies** come in contact with the substances they are **allergic** to. When it kills, it does so by triggering fatal respiratory or cardiac arrest.

The pancake mix that delivered a toxic payload was analyzed and found to contain four rather nasty molds: Penicillium, Fusarium, Mucor, and Aspergillus.

The decedent had not been **allergic** to eggs (which are a component of pancakes), so there was no doubt as to which **allergy** had killed him. It had been mold, and nothing but.

There was a death, and it had been due to ancient pancake mix. Or, rather, to an **allergic** reaction to the mold that had grown in the stale pancake mix.

It needs be kept in mind there is nothing inherently toxic about pancake mix that has passed its freshness date, the product's getting old does not transform it into a poison, nor does the growth of mold within opened boxes of flapjack powder turn it into something that will fell all who ingest it. Only those who have **allergies** to mold are at risk, and even then, for the pancake mix to pose a hazard it has to contain mold spores, not just be over the hill.

For mold to gain access to a food product, the foodstuff has to be exposed to its spores.

Pancake mix cocooned in an unbleached wax paper, plastic, or a foil pouch within its outer packaging wouldn't have this contact and should still be safe no matter how old it gets. However, mixes sold loose in cardboard boxes or paper sacks would likely be at risk even if the box or sack hadn't previously been opened, because such packaging would not necessarily keep dampness out, and mold thrives in damp environments.

What does all this mean?

If you don't have a mold **allergy**, you needn't fear your pancake mix; if you do have such a sensitivity, you shouldn't keep your flapjack makings around for a few years after opening the box or pouch it came in. It's not worth dying over 50¢ worth of pancake mix, so when in doubt, throw it out.

Vivian sez: the best pancakes are made from scratch using organic ingredients.

Resources

These links and organizations are provided as a resource only.

***Handbook To Health* is not responsible for the content of these websites, nor do these links imply any endorsement, approval, or recommendation by the authors of this report.**

Internet Resources:

<http://www.foodallergy.org/>

WebMD -Food Allergies: <http://www.webmd.com/allergies/foods-allergy-intolerance>

Mayo Clinic: <http://www.mayoclinic.com/health/food-allergy/DS00082>

USDA-Food allergies:

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

Ten worst Cities for Spring Allergies:

<http://www.webmd.com/allergies/slideshow-worst-cities-for-spring-allergies>

Additional Resources:

Food Allergy Research Funding

The Food Allergy and Anaphylaxis Network

American Academy of Allergy Asthma and Immunology

American Academy of Pediatrics

Asthma and Allergy Foundation of America

Food Allergy Initiative

National Institutes of Health

Food Allergy Research and Resource Program Dey, L.P.

MedicAlert Foundation

Pedipress Asthma Publications

NIAID Food Allergy Clinical Practice Guidelines

Where Do You Start to Create Optimal Health for Yourself and Your Family?

Start by asking yourself some hard questions:

Do I want learn more about Holistic and Alternative health practices?

Am I willing to research and learn about what will help me gain Optimal Health?

What health challenge do I want to heal?

Do I want more energy?

Do I need to lose weight?

Do I want to age more gracefully?

Do I want to make a major and complete change of Lifestyle?

Or do I want to change my life just a little bit?

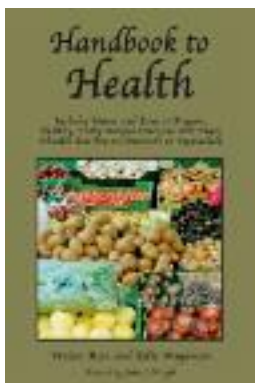
Will this include starting a daily practice of yoga, meditating or walking?

Or do I just want to change my eating habits?

Handbook To Health book won't give you all the answers to how to do all these things, but it will get you started in the right direction.

What *Handbook To Health* is intended to do is give you a beginning point to help you to discover what you would like to explore and learn about in order to live a healthier life.

It will direct you to making simple changes you can make to your eating habits to set you on a path to create Optimal Health for yourself and your family.



Alternative choices to aid in your lifestyle change will be discussed for you better understand what you would like to explore put you on a path to having a healthier and more joyful future.

**Click Here to learn more about
*Handbook To Health***