

# **FOOD ALLERGY**

**AN UNRECOGNIZED MAJOR CAUSE  
OF CHRONIC ILLNESS**

**by**

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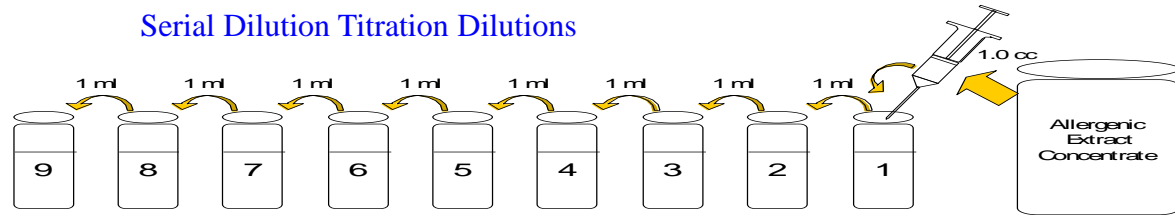
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**HOW DID I GET  
INTERESTED IN  
ENVIRONMENTAL  
MEDICINE?**

# SERIAL DILUTION TESTING --

## A BREAKTHROUGH IN THE DIAGNOSIS AND TREATMENT OF ALLERGIES

Serial Dilution Titration Dilutions



Diagnostic Test Dilutions in 5 ml Vials

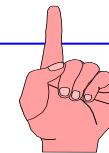
Prior to Dilution Each vial Contains 4 ml Normal Saline and 0.4% Phenol

$5^9$	$5^7$	$5^6$	$5^5$	$5^4$	$5^3$	$5^2$	$5^1$
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THIS IS HOW ACTUAL SKIN TESTING MAY LOOK.

6	5	4	3	2	1
		○	○	○	○
		Negative Test	Negative Test	Positive Test	More Positive Test

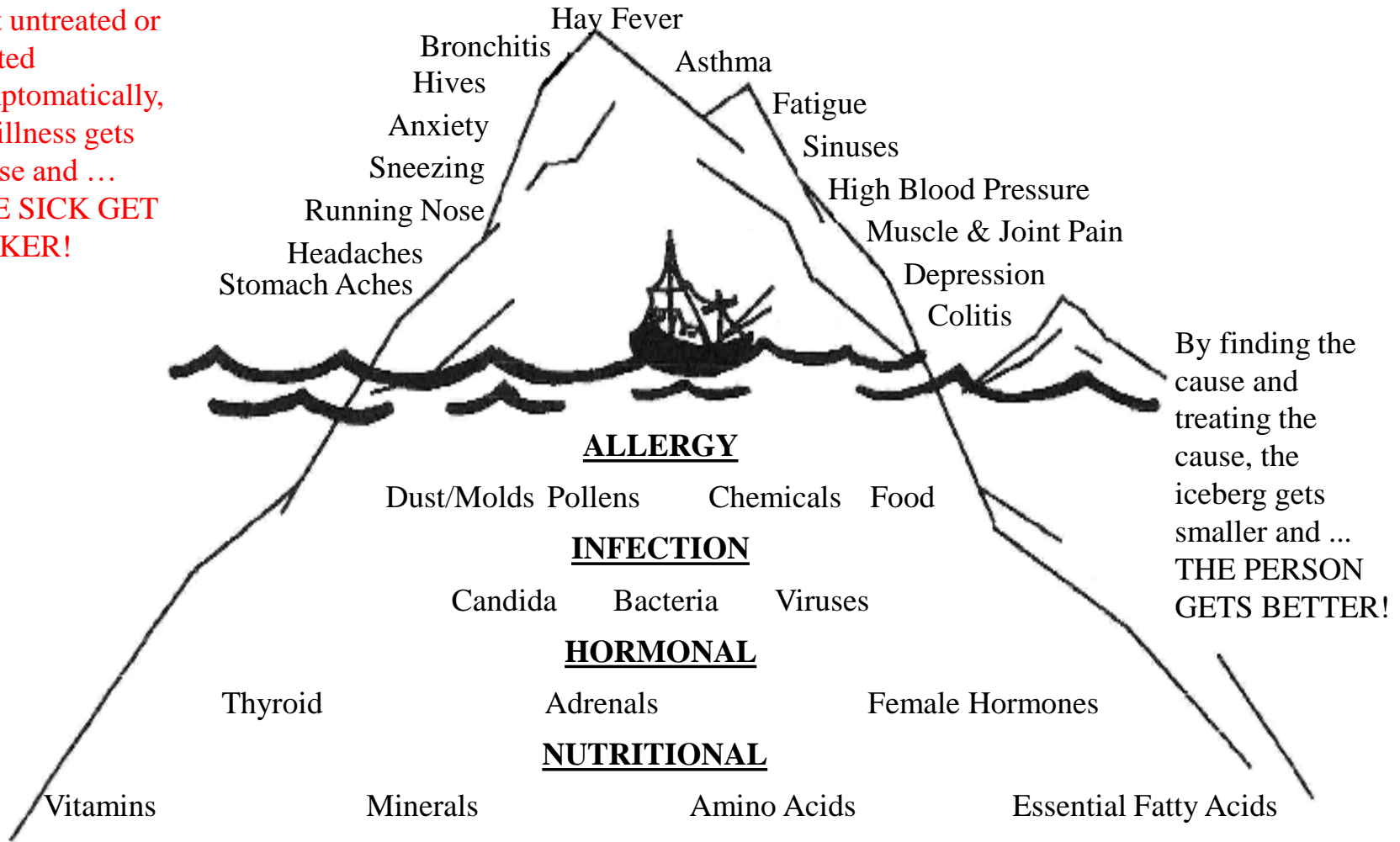
Illustration: Serial Dilution Skin Testing for House Dust



Start Treatment Dose at This Dilution

Antigen	9	8	7	6	5	4	3	2	1
House Dust								x	
House Dust Mite							x		
Dog					x				
Cat						x			

Left untreated or treated symptomatically, the illness gets worse and ... **THE SICK GET SICKER!**



# THE WELLNESS ICEBERG

**HOW DOES  
ENVIRONMENTAL  
MEDICINE  
COMPARE  
TO  
TRADITIONAL  
ALLERGY?**

# COMPARISON

## TRADITIONAL ALLERGY

- Allergy is primarily caused by inhalants, dust, mold, pollen.
- Limited to coughing, wheezing, sneezing, itching, hives.
- Traditional allergy tests are not as sensitive.
- No other factors considered.

## ENVIRONMENTAL MEDICINE

- Anything in our environment may cause allergy– inhalants, foods, chemicals
- Any organ may be involved causing many chronic illnesses.
- New allergy tests are a lot more sensitive.
- Hormonal, nutritional and dietary factors also considered.

# WHAT IS THE HEALTH CARE CRISIS?

**“If money could buy health, the United States would be the healthiest country on the earth ...”**

*“an alternative approach to allergies”,*

*by Theron G. Randolph, MD*

**Total expenditures for health care:**

**In 1979 - \$225 billion**

**In 1986 - \$450 billion**

**In 2015 - over \$3.2 trillion dollars**

**“These figures, as amazing as they are, are part of an upward spiral**

# THE KEY TO HEALTH

- **THE GOLDEN KEY TO HEALTH IS NOT IN HOW MUCH MONEY YOU SPEND**
- **IT IS IN THE PATH THAT LEADS TO TREATING THE CAUSE**

**FOOD ALLERGY**



# **PREVALENCE OF COMMON DRUGS**

**HOW MANY PEOPLE ARE FREE OF DRUGS IN FIVE CATEGORIES?**

- A. Pain medicine**
- B. Sinus medications, bronchial medications**
- C. Anti-hypertensive**
- D. Digestive medications**
- E. Nerve medications, insomnia medications**

# **CASE HISTORY #1**

## **S.M. - 39 YEAR OLD CAUCASIAN FEMALE**

### **MAJOR SYMPTOMS:**

- **Stuffy nose, 21 years**
- **Severe diarrhea, distended abdomen, severe fatigue after meals, including alcohol and sweets, 2 years**
- **Recurrent vaginal yeast infections, 8 years**

# **CASE HISTORY #1**

## **S.M. - 39 YEAR OLD CAUCASIAN FEMALE**

### **OTHER MAJOR SYMPTOMS:**

- **Depression, 2 years**
- **Severe mood swings, 2 years**
- **Muscle cramping in calves, 2 years**
- **Tinnitus, 2 years**
- **“Nervous stomach” after eating a lot of carbohydrates, 2 years”**

# **CASE HISTORY #1**

## **S.M. - 39 YEAR OLD CAUCASIAN FEMALE**

### **ALLERGY TEST RESULTS:**

**Allergic to dust, mite, molds, candida**

**Food allergy diagnosed by individual deliberate feeding test:**

- **3+ milk, egg**
- **2+ corn, yeast**
- **1+ sugar, soybean**
- **0 wheat**

# **CASE HISTORY #1**

## **S.M. - 39 YEAR OLD CAUCASIAN FEMALE**

### **EFFECTS OF THE ELIMINATION DIET:**

**For the first few days, she became more irritable, tired, weak, stressed out**

**By the end of the week, she felt generally better.**

**Milk produced digestive symptoms, spacey feeling, and sleepiness. Later on, she commented, “I was in such a fog after milk that I could not add numbers and I felt as if I had a hangover from the milk.”**

# **CASE HISTORY #1**

## **S.M. - 39 YEAR OLD CAUCASIAN FEMALE**

### **EFFECTS OF THE CHALLENGE TEST:**

**Egg produced tiredness, sleepiness, rapid heartbeat, spacey feeling, but it was not as prolonged nor as severe as it was with milk.**

**Corn produced digestive symptoms including epigastric pain and gas.**

# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **MAJOR SYMPTOMS:**

- **Chronic fatigue, 10 years**
- **Generalized body aches, 4 years**
- **Poor concentration, 6 years**
- **Asthma, 3 years**

# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **ALLERGY TEST RESULTS:**

**Allergic to dust, mite, molds, candida**

### **FOOD ALLERGY TEST RESULTS:**

- **3+ egg, milk, wheat, corn, sugar, yeast**
- **2+ soybean**

**Milk produced digestive upset, tiredness, sleepiness, and “mentally unalert”.**

**Egg produced headache, leg ache, fatigue, and “mentally unalert”.**



# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **ALLERGY TEST RESULTS:**

- **Sugar produced headache, mental confusion, difficulty breathing.**
- **Yeast produced leg aches, mental confusion, headache, and difficulty in breathing.**
- **Wheat produced sleepiness, mental slowness and headaches.**
- **Corn produced headache, fatigue, and confusion.**
- **Soybean produced mental fuzziness.**

# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **EFFECT OF ELIMINATION DIET:**

**For the first couple of days, she felt extremely weak and had headache. On the 3rd and 4th day, she got even more weak and had headaches, leg aches, and back ache.**

**From the 5th day onwards, her leg aches and headaches improved significantly.**

# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **SUCCESS STORY:**

**Six months later she stated, “I feel a lot better and I do not have chronic fatigue. I can think again. I do not hurt all over. The **worst thing was the mental fog.** I could not trust myself because I could not understand what people were saying. To me, it appeared that my brain was running at the speed of 20 while others were at a speed of 100.”**

# **CASE HISTORY #2**

## **J.M. - 62 YEAR OLD CAUCASIAN FEMALE**

### **SUCCESS STORY:**

**When asked what message she would give to the medical students she stated, “I was in search for a solution for my chronic fatigue for 4 years, and I could not find anything. It is a blessing to feel better again. I hope it does not return because it is scary to go back to the same situation as before.”**

# DEFINITION OF FOOD ALLERGY 1/2

**In this discussion, the term “food allergy” will be defined as those foods for which it is possible to demonstrate a cause and effect relationship between the ingestion of a specific food and the production or accentuation of allergic symptoms.**

**This relationship must not only exhibit specificity, but it must be demonstrable repeatedly and upon every occasion when the tests are performed correctly.**

# DEFINITION OF FOOD ALLERGY 2/2

**This definition excludes foods which give skin reactions on testing or those suspected of causing symptoms but do not exhibit a specific cause and effect relationship when taken under correct conditions of testing, either alone or in the regular diet.**

# TWO TYPES OF FOOD ALLERGY

In this discussion, the term “food allergy” will be defined as those foods for which it is possible to demonstrate a cause and effect relationship between the ingestion of a specific food and the production or accentuation of allergic symptoms.

This relationship must not only exhibit specificity, but it must be **demonstrable repeatedly** and upon every occasion when the tests are performed correctly.

# TWO TYPES OF FOOD ALLERGIES

- **OBVIOUS FOOD ALLERGY OR FIXED FOOD SENSITIZATION**
- **HIDDEN FOOD ALLERGY OR CYCLIC FOOD SENSITIZATION**



# **OBVIOUS FOOD ALLERGY OR FIXED FOOD SENSITIZATION**

**Each time the patient eats a food, he gets definite and often severe symptoms.**

**Avoidance of the offending food even for years does not result in lessening of the symptoms.**

**Such allergy is rare.**

# **SENSITIZATION 1/2**

**Hidden food allergy or cyclic food sensitization is hidden from the patient, hidden from his family, and hidden from the medical profession in general. In this type of food allergy the degree of sensitivity is related to the incidence of each food in the diet.**

**If you eat it more often, you are likely to become sensitive to it. The more often you eat it, the more severe the sensitivity.**

# **SENSITIZATION 2/2**

**Omission tends to produce tolerance.**

**This emphasizes an established fact that tolerance to a food is relative, and not an absolute state.**

**Clinically, it is responsible for a great variety of chronic illnesses.**

# **STAGE 1 – MASKED SENSITIZATION**

**THE CROCK POT WHERE DISEASES ARE CHRONICALLY  
SIMMERING AND THE VICTIM SELDOM SUSPECTS IT**

- **The patient seldom suspects it even when very sick.**

**Such sensitivity occurs with those foods that people commonly eat.**

**Such food allergy is responsible for a wide range of chronic illness.**

# **STAGE 1 – MASKED SENSITIZATION**

- **The basic nature of this form of allergy is ADDICTION. Food allergy follows all the basic laws of addiction including cravings, tolerance and withdrawal.**
- **Terms like sugar-holic, choc-o-holic, coffee-holic, alcoholic, milk-o-holic represent only one aspect of illness -- over-consumption. These physiological responses often get confused with psychological phenomenon.**

# **A CLOSER LOOK AT FOOD ADDICTION**

**Let us say, for instance, that you developed milk allergy in infancy. At first it may have resulted in acute reactions, such as a rash, a cough, colic.**

**If allergy was not recognized and controlled, symptoms may have become more generalized and less easily detected.**

**Since you probably went on drinking milk or eating milk products almost every day, one day's symptoms blurred into the next day's.**

# **A CLOSER LOOK AT FOOD ADDICTION**

**In due course, you develop a chronic disease such a arthritis, migraine headache, or depression.**

**You will not suspect milk as a cause for your problems.**

**You were probably “abusing” milk -- milk in morning with your cereals, milk in your coffee, yogurt for lunch, a glass of milk with your dinner, and perhaps a platter of cheese tidbits before retiring -- a milk junkie or a milk-o-holic.**

# **A CLOSER LOOK AT FOOD ADDICTION**

**Withdrawal of food brings on a particular set of symptoms that you unconsciously have learned to keep yourself on a maintenance dose.**

**Any food can be abused by overeating it.**



# **A CLOSER LOOK AT FOOD ADDICTION**

**A food eaten in any form once in three days or more often is abused and can become a big problem.**

**It takes between two and three days for a meal to make its way through the digestive tract. Therefore, foods eaten often are the major culprits in this sort of food allergy.**

# **PURPOSE OF THIS LECTURE 1/3**

- **Describe combined experience, the nature and dynamic mechanisms of food allergy as observed by the pioneers in the field of environmental medicine.**
- **Present a practical approach to the problems inherent in its recognition and management.**

# PURPOSE OF THIS LECTURE 2/3

**Note: this presentation is based primarily upon direct clinical observations which have been made in the course of performing many thousands of deliberate individual food tests and from the correlation of these test observations with the clinical course of the various allergic diseases.**

# **PURPOSE OF THIS LECTURE 3/3**

- **The nature and diagnosis of food allergy is not new to medicine.**
- **Hippocrates said, “it appears to me that they would search out the food befitting their nature ... to many this has been the commencement of a serious disease when they have merely taken twice a day the same food which they have been in custom of taking once.**

# MISCONCEPTIONS

## **Commonly held views about food allergy**

- **Food allergy is rare**
- **Food allergy must have an immunological basis**
- **Food allergy does not cause problems like arthritis, colitis, digestive upsets, depression, hyperactivity and ADD in children, and many other systemic conditions as alleged by some people.**

# **“MISCONCEPTIONS”**

**“YOU CAN EAT, DRINK, SMOKE, AND BREATHE ANYTHING YOU WANT BECAUSE WE HAVE A MAGIC PILL FOR EVERYTHING. ENJOY YOUR PILLS!”**

**!!! SMILE !!!**

# TAKE HOME POINTS 1/3

- **Explore non-drug oriented approach to medicine for both physical and as well mental disorders.**
- **Medicine is beyond N2D2 medicine -- drugs and surgery.**
- **Expand your horizon -- if the only tool you have is a hammer, every problem looks like a nail.**

# TAKE HOME POINTS 2/3

- **Remember, “most fundamental ideas of science are essentially very simple and may be expressed in language comprehensible to everyone.” -- Albert Einstein**
- **Most chronic illnesses result from environmental, nutritional, dietary, and hormonal factors. It cannot get simpler than this.**



# TAKE HOME POINTS 3/3

- **Departure from drug-oriented medicine into biochemical and cause-oriented approach to medicine is badly needed.**
- **Develop curiosity. Get into the habit of asking, “how do you know that you are right?”**

# **WHAT IS ENVIRONMENTAL MEDICINE 1/3**

**Environmental medicine is not alternative medicine.**

**It is certainly unlike our traditional n2d2 medicine.**

# **WHAT IS ENVIRONMENTAL MEDICINE 2/3**

**Newly emerging medical specialty**

**Focuses on dynamic relationship between individual  
and his environment**

**It draws from many fields of medicine to care for  
patients suffering from numerous unexplained medical  
illnesses.**

# **WHAT IS ENVIRONMENTAL MEDICINE 3/3**

## **PRIMARY CONCEPT:**

**Repetitive exposures to foods as well as chemicals found in our food, air, water, drugs, and environment can adversely affect body function and well-being.**

# **A FEW POINTS OF INTEREST TO PONDER**

- **How to eat right**
- **What is quality medical care**
- **Concept of everything affects everything**
- **What do you want to do – Symptomatic approach or treat the cause?**

# **CONTACT ENVIRONMENTAL HEALTH AND ALLERGY CENTER**

- **CALL (314) 200-4462**
  - **FOR A FREE 20 MINUTE CONSULTATION WITH DR. SULTAN**
  - **TO SCHEDULE DOCTOR TO SPEAK TO YOUR GROUP**
  - **FOR MORE INFORMATION**
- **CALL (314) 921-5600**
  - **TO SCHEDULE AN APPOINTMENT**
- **VISIT [WWW.EHACSTL.COM](http://WWW.EHACSTL.COM)**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 1/7**

- **Dr. Herbert Rinkel was married and had a child when he entered northwestern university in the 1920's.**
- **His father, a farmer, sent him a gross (144) of eggs each week.**
- **He developed severe nasal allergy.**
- **He consulted several different physicians, the cause for his profuse rhinorrhea was not determined and treatment was ineffective.**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 2/7**

- **He was familiar with early investigations of food allergy, he wondered if it could be allergy.**
- **He tested himself with eggs by drinking down six raw eggs prepared in a blender. Nothing happened.**
- **Several years later, he avoided eggs along with several other foods on the assumption that a combination of foods may be involved.**



# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 3/7**

- **After avoiding eggs for five days, he ate a piece of an angel food cake at a birthday party. Within a few minutes, he collapsed and became unconscious.**
- **In thinking it over, he wondered if it might indicate something of importance about the basic nature of food allergy. Perhaps if one had been eating a given food every day, or frequently and regularly, and then omitted it for a period of several days, re-exposure might induce an acute, violent type of reaction.**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 4/7**

- To put this concept to a test, he began eating eggs again as formerly. He then omitted eggs again for five days, repeated the test by eating eggs only. A similar reaction followed in the form of unconsciousness.**
- Rinkel next began experimenting with several unsatisfactorily treated, chronically ill patients. By 1936, he had confirmed and extended his observations of masked food allergy.**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 5/7**

- **ALTHOUGH THESE FINDINGS WERE REPORTED IN SEVERAL LOCAL ALLERGY JOURNALS, HIS MAJOR ARTICLE ON MASKED FOOD ALLERGY WAS NOT ACCEPTED FOR PUBLICATION BY THE EDITOR OF THE PRESTIGIOUS *JOURNAL OF ALLERGY*.**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 6/7**

**Rinkel was disappointed and made no attempt to publish on this subject for eight years.**

**Instead he worked out the nature of masked and unmasked food allergy.**

**Foods that cause masked food allergy are the foods that people commonly eat.**

# **HOW HIDDEN FOOD ALLERGY WAS DISCOVERED 7/7**

**Most Americans do not know what they put in their stomach -- the problem is complicated by eating prepared foods or restaurant foods.**

# **SYMPTOMS OF HIDDEN FOOD ALLERGY**

**Recurrent or persistent colds**

**Coughing all winter**

**Wheezing**

**Fatigue**

**Irritability**

**Pale color (although not anemic)**

**Puffiness of face**

**Dark circles under eyes**

**Stuffy nose (“sinus”)**

**Recurrent nose bleed**

**Stomach ache**

**Headache**

**Urinary problems**

**Repeated ear trouble**

**Aching in legs and other muscles**

**Bowel disorders**

**Sluggishness**

**Mouth breathing**

**Excessive sweating**

**Hard to live with**

**Hyperactivity**

**Short attention span**

**Poor school performance**

**“Emotional problems”**

**Excessive sleeping**

**Spots on the tongue**

**“Minimal brain dysfunction”**

**Depression**

# **ORIGIN, PREVENTION, AND SUCCESSFUL TREATMENT OF ILLNESSES**

**Most chronic illnesses result from environmental, nutritional, dietary, and hormonal factors. If you want to:**

**Get rid of your symptoms,**

**Get rid of your drugs,**

**Get rid of the physician,**

**You have to pay attention to these factors. In addition, the same thing applies to your family members, friends, and coworkers.**

**FOOD ALLERGY**

# **ORIGIN, PREVENTION, AND SUCCESSFUL TREATMENT OF ILLNESSES**

**“MOST FUNDAMENTAL IDEAS OF  
SCIENCE ARE ESSENTIALLY VERY  
SIMPLE AND MAY BE EXPRESSED IN  
LANGUAGE COMPREHENSIBLE TO  
EVERYONE.”**

**-- ALBERT EINSTEIN**



# **ORIGIN, PREVENTION, AND SUCCESSFUL TREATMENT OF ILLNESSES**

**AS TO THE ORIGIN OF CHRONIC ILLNESS, IT CANNOT GET  
SIMPLER THAN THAT.**

## **RULE # 1**

**Put this paper on your refrigerator door or bathroom mirror, read it once a  
day in the morning until you or your family members have achieved that  
optimal wellness for which you aspire.**

# **ORIGIN, PREVENTION, AND SUCCESSFUL TREATMENT OF ILLNESSES**

## **RULE #2**

### **READ THESE TWO TACK LAWS DAILY:**

**If you are sitting on a tack, it takes a lot of psychotherapy to make it feel good.**

**If you are sitting on two tacks, removing just one does not result in 50% improvement.**

# **ORIGIN, PREVENTION, AND SUCCESSFUL TREATMENT OF ILLNESSES**

## **MORAL:**

**As long as you are having problems, you are sitting on tacks. Try to figure out what they are.**

## **RULE #3**

**If you want to ignore these two rules, you can eat, drink, smoke, and breathe anything you want because someone has a magic pill for everything. Enjoy your pills!**

**SMILE**

# FOOD ALLERGY REFERENCES

## Food allergy can mimic any symptom

Food allergy is a known cause for multiple hidden symptoms. In fact, it is unusual to find a patient with resistant rhinitis, migraines, asthma, recurrent infections, fatigue, colitis, arthritis, depression, chemical sensitivity, and many other resistant symptoms who does not have one or more foods that can exacerbate the symptoms. This allergy does not need to be restricted to ige or igg mediated sensitivities, for there are a dozen mechanisms by which foods can cause symptoms; and diet trials are the least expensive way to diagnose many.

Brostoff j, challacombe sj, food allergy and intolerance, bailliere tindall, phill, 1987

# **FOOD ALLERGY REFERENCES**

**One of the more common problems food allergies can cause are middle ear fluid in young children with recurrent infections and hearing loss. A common way of treating this is with tympanotomy tubes, otherwise known as PE (polyethylene pressure-equalizing) tubes, but these tubes can actually cause hearing loss, not to mention the remote possibility of anesthetic death. It makes more sense to identify the hidden food sensitivities that most often cause this ear fluid and these symptoms and eliminate them.**

- Schreck a. Tympanotomy tubes may cause hearing loss. Family practice news 1993 (3/15);3:24**
- Green RG. Diet and otitis media. CANADIAN FAMILY PHYSICIAN 1983 (jan);29:15**

# **FOOD ALLERGY REFERENCES**

**Indeed, food allergy can cause any symptoms you can think of, from asthma, bronchitis, emphysema, chronic rhinitis, Meniere's disease, chronic interstitial cystitis marked by unsuccessful treatment by 2 or more competent urologists, as well as nephrotic syndrome, migraines, epilepsy, arthritis and many other disorders.**

- Panush rs, Carter rl, Katz p, et al, diet therapy for rheumatoid arthritis. Arthritis & rheumatism 26:4; 462-470, 1983**
- Ogle KA, bullock JD. Children with allergic rhinitis and/or bronchial asthma treated with elimination diet. Ann allergy 1977;39:8**