

Digestive Food Sensitivities

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What Are Digestive Food Sensitivities

People today are experiencing a serious degree of difficulty in digesting many different foods. A food sensitivity is an intolerance to a food or food group creating digestive difficulties.

Symptoms of Digestive Food Sensitivities

There are many different symptoms that can identify a digestive food sensitivity. The complexity of the matter lies in the fact that these same symptoms can be the signs of other issues as well. It's very important to be checked through dowsing or muscle testing to pin point the foods that are creating your symptoms.

- Heartburn
- A Closing throat
- Cough
- Stomach pain
- Gas, cramps or bloating
- Nausea
- Headaches
- Runny nose
- Irritable bowel
- Lethargy
- Fatigue
- Muscle aches
- Weakened immune system
- Weight problems

Causes of Digestive Food Sensitivities

As individuals age, they can develop difficulties in the digestion of certain foods. These difficulties can be caused by a variety of factors including:

Toxins dropped by parasites, worms and viruses

Organ damage by parasites worms and viruses

Genetic factors

Chemical sensitivities

Food additives

A diet of processed food

Overeating a food group

Enzyme deficiencies

Common Types of Food Sensitivities

Gluten

Grains

Dairy

Sugar/ honey/ maple syrup

Yeast

Fermented foods

Beans

Shellfish

Caffeine

Nuts

Herbs and spices

Eggs

Certain types of meat

How to Diagnose a Food Sensitivity

The medical profession does not have reliable testing for food sensitivities. They normally recommend an exclusion diet, where you eliminate a food to see if your symptoms disappear.

Alternative health practitioners recommend dowsing as part of a Vibrational Assessment. Certain chiropractors have alternative methods for testing of food sensitivities.

How to Manage a Food Sensitivity

Some food sensitivities can disappear in time, depending on the cause. If the cause is genetic, e.g. such as a lactose intolerance, the sensitivity never leave.

One way of dealing with a food sensitivity is to eliminate that food completely from your diet. After 4-5 weeks you can tell if your digestive difficulties disappear as a result of this elimination. However, I have worked for many years with individuals with food sensitivities, and experience has taught me that most individuals with digestive sensitivities are often sensitive to more than one food item. Therefore, this method is limited.

The severity of a sensitivity to a certain food can decrease in time if the food is completely eliminated from your diet for an extended period of time. Then it can only be eaten occasionally.

Food rotation is a healthy method for managing food sensitivities. This mean that you would eat a specific food only every fifth day. The human body has difficulty dealing with any food that is eaten on a daily basis, often creating digestive difficulties with that food.

Our foods today are filled with many chemicals and preservatives. It's important to eat whole foods as much as possible. And these should be organic, including vegetables, meats, dairy etc.

Digestive Enzymes can be helpful in reducing the severity of the symptoms created by digestive food sensitivities. However, eating foods you don't digest easily creates damage in your digestive system so it's important to eliminate these foods from your diet instead of dealing with the symptoms.

I conduct what I call a Vibrational Assessment. This provides you with an extensive report as to your physical vibrations. One major section of the Vibrational Assessment is for food sensitivities. It provides you with readings of all major food groups and 69 individual food items.

For more information on food sensitivities, Vibrational Assessments, eliminating your viruses, parasites and worms with Choming Essences and Tinctures, please contact Mary Buchowski-Kurus, at mary@mkprojects.com.

Disclaimer: The ideas and suggestions identified here are not intended in any way as a substitute or replacement for qualified medical advice. Please consult a qualified medical practitioner in person for your health issues.

