

How can foods harm us?

What we choose to eat is vitally important. Are we choosing food that is life giving or life taking?

Everyone's body is unique and different, therefore, the bioavailability and absorption from the foods we eat will vary from person to person. Many of us are eating foods that we see as "good for our us", but in reality, we are consuming foods that cause our bodies inflammation and distress. A food allergy doesn't always mean anaphylaxis. It can also be subtle (but uncomfortable) symptoms.

Common Symptoms of Food Allergies...



Headaches



Brain Fog



Sinus Issues



Irritated Bowels

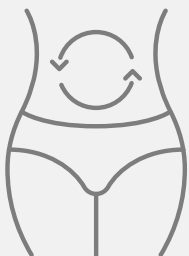


Fatigue

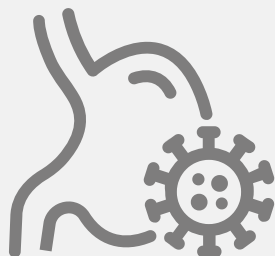


Asthma

Where are food allergies coming from...



Poor Digestion



Disregulated Microbiome



Stress



Leaky Gut Lining



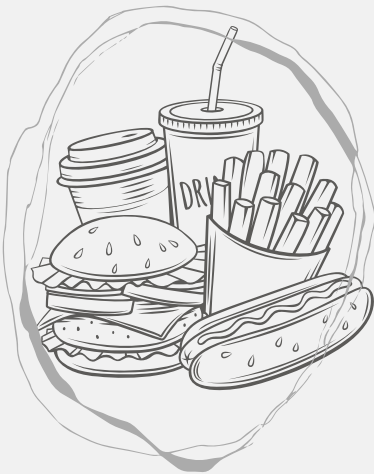
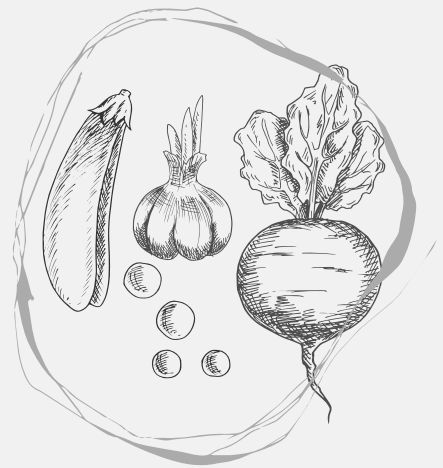
Chemicals in Foods

ENHANCING

FOOD

1 REFINE

Choose quality organic foods whenever possible. If you are on a budget, the best is to follow the Environmental Working Groups list of "The Clean 15": a list of 15 foods that are okay to buy conventionally produced and "The Dirty Dozen": a list of 12 food that should be bought organic.



2 REMOVE

Remove as many processed food as possible from your diet. Shop the whole food section of the grocery store and skip the isles with the packaged foods as much as possible.

3 TEST, DON'T GUESS

We love Food Allergy Testing! The process provides a simple, easy, qualitative method to analyze your individual allergic response to foods. Get an individualized profile of what your body is reacting to, eliminate those foods and give your body a greater opportunity to heal.



Learning how to cook your favorite meals vs eating out, is a great place to start! This way you know exactly what goes into the food you eat

High quality meat/dairy- organic & grass fed are of utmost importance. Find a local farmer who raises animals properly and naturally

Fats are your friend. Opt for high quality oils such as Avocado or ghee with a high smoke point, when cooking