

Toxicity and Food Sensitivity

Many of the common foods you eat everyday could be causing chronic, aggravating symptoms that leave you feeling sluggish and unwell. The standard North American diet is full of “toxic” food that can cause unexplained headaches, chronic allergy or flu-like symptoms, fatigue, and joint pain among other things.



Toxins prevent your body from functioning properly; thus, when you remove them, you remove the irritation they cause and stop the survival mechanisms your body puts into motion to deal with them. However, if consumed over long periods of time, these minor sicknesses can develop into full-blown diseases and major health challenges. To remove the toxic trigger, you first have to know what the toxic trigger is – by tuning into your body – knowing what exactly you are eating and by making

the connection between what you eat and how it makes you feel.

Allergy vs. Sensitivity

Let's be clear, there is a difference between food allergies and food sensitivities. True food allergies are an immune response and your body's reaction is usually immediate. These common allergic symptoms are all clear signs that you need to avoid that food: itching, hives, tingling in the mouth, difficulty breathing, vomiting, or anaphylaxis. These foods should be avoided at all costs.

Food sensitivities are more difficult to identify because their symptoms are not necessarily immediate or clear signals that the food is irritating. Food sensitivities can also develop over time with continued exposure. Symptoms include: chronic low energy, flu-like or hay-fever-like symptoms, headaches, bloating, indigestion, mood swings, unexplained weight gain, difficulty shedding body fat, and/or joint pain.

Toxins

Our food and the way we eat have changed significantly from the way our ancestors ate. High-fructose corn syrup, factory-farmed meat, preservatives, hybridized wheat, hormone-injected dairy, GMO products, and artificial coloring are all examples of foods that have never been consumed in the quantities and combinations that we're consuming them in now. And thus, they are wreaking havoc on our gut health and overall wellbeing. Gluten and dairy are the two most common toxic foods. But they aren't the only ones. Corn, soy, nightshade vegetables (tomatoes, potatoes, eggplant, sweet and hot peppers, etc.), alcohol, and processed sugar are also potential toxic triggers that could create food sensitivities in your body.

While you may think that wheat or dairy sound innocent, are they actually leading to unnecessary weight gain, inhibiting your weight loss or contributing to your pain? Let alone all of the pesticides, chemical additives, artificial sweeteners, preservatives, and food coloring that are lurking in the foods we often consume on a daily basis. Breads, crackers, and chips; packaged, canned and frozen foods; deli meats; condiments, pasta sauces, and salad dressings often contain high fructose corn syrup; and non-organic fruits and vegetables.

When we consume these things that are foreign to our body, the food is poorly digested, then ferments in the digestive tracts and creates toxic byproducts and waste. Unfortunately, instead of eliminating these byproducts and waste, the body reabsorbs them into the blood stream. The toxins become deposited in fat cells and tissues in the body, thus contributing to weight gain – and ultimately preventing weight loss until the body is able to rid itself of the aggravating food. Additionally, when the toxins become stored in the soft-tissue of joints, internal inflammation is created, contributing to joint pain and arthritic-type symptoms. Inflammation in cells also causes collagen in our skin to breakdown, making skin age faster and cellulite to appear more visible.

How Do You Know?

Often the body will not begin to reduce inflammation and release extra weight until it has found balance through a cleansing or elimination process to rid the body of stored toxins. Not all people are affected by the same toxic triggers. If you have any of the symptoms mentioned or think you may have food sensitivity, you can follow an elimination diet or cleanse program. This entails removing the suspected food(s) from your diet for a period of time and then reintroducing it to assess how you feel and how it affects your body. Back 2 Normal's **Body Reset & Regeneration** program gives you a step-by-step facilitated process for eliminating and identifying toxic triggers. This one-of-a-kind program is designed to promote health, healing, and recovery by rejuvenating you from the inside out.



Cleansing Process and Understanding Your Body

When we can identify the toxic trigger, remove it, and understand what not to eat over time, many health issues that may have affected us for years can be relieved. Inflammation reduces, body fat decreases, energy levels increase, our minds get clearer, headaches disappear, sleep quality improves, allergy symptoms are reduced or completely relieved, skin clears up and restores that glow, and overall productivity and performance are enhanced. The cleansing process can be a powerful experience to help you regain your health. If you already know what food sensitivities you have, the cleansing process can still be a beneficial tune-up to eliminate unnecessary toxins that and rebalance your cells.

To learn more about Back 2 Normal's unique **Body Reset & Regeneration** program, please visit www.back2normalpt.com or call 727-362-6866 for more details today!