

# FOOD ALLERGIES AND SENSITIVITIES

## 食物过敏 和食物敏感



Food allergies and food sensitivities (also known as intolerances) are terms often used interchangeably. However, they are technically different. When you have a food allergy, the reaction is triggered by your immune system. If you have food sensitivity or intolerance, your digestive system causes the reaction.

食物过敏和食物敏感（又称不耐受症），这些词经常被互换使用，但它们之间其实存在一定的差异。食物过敏是机体对某种食物产生的免疫反应，而食物敏感或不耐受不是由免疫球蛋白所引发，所产生的反应主要表现为消化系统症状。

## Food Allergy 食物过敏

The immune system is your body's defence against invaders like bacteria, fungus, or the common cold virus. You have a food allergy when your immune system identifies a protein in what you eat as an invader and triggers cells to release antibodies to fight it. The next time you eat even the smallest amount of that food, the antibodies sense it and signal your immune system to release a chemical called histamine, as well as other chemicals, into your bloodstream. These chemicals cause allergy symptoms.

### Symptoms

Food allergy symptoms usually develop within a few minutes to two hours after eating the offending food. For some people, an allergic reaction to a particular food may be uncomfortable but not severe. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis. In extreme cases, even inhaling or touching a tiny amount of the allergen can trigger the allergic reaction.

Common symptoms of food allergy include:

- Tingling or itching in the mouth
- Skin reactions, like hives, swelling, itching or eczema
- Swelling of the lips, face, tongue and throat or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Digestive symptoms like abdominal pain, diarrhoea, nausea or vomiting
- Dizziness, light headedness or fainting
- Anaphylaxis, a rare but life-threatening reaction, symptoms include constriction and tightening of the airways, difficulty breathing, wheezing, shock with a severe drop in blood pressure, rapid pulse, dizziness, loss of consciousness and even death.

If you have a food allergy, you may be at risk of anaphylaxis — even if past reactions have been mild. Learn how to recognize and respond to anaphylaxis. You may need to carry an epinephrine shot for emergency self-treatment.

Also, parents and caretakers of a child with food allergies must be trained to treat accidental ingestions. Self-injectable epinephrine must always be available, and parents and caretakers should know how to administer the injectable.

免疫系统是身体的防御系统，负责抵御细菌、真菌或普通感冒病毒等入侵者。当免疫系统把进入人体内的某种或多种食物误当成外来入侵者，从而针对这些物质产生过度的保护性免疫反应，产生抗体来对抗它，从而导致食物过敏。若下次再摄入这种食物，哪怕只是一点点，抗体也会感应到它，并向免疫系统发出信号，让它释放组织胺及其他化学物质，进入血液。这些化学物质会引起过敏症状。

### 症状

食物过敏症状通常在吃入有问题的食物后几分钟至两小时内出现。对一些人来说，对某种食物所产生的过敏反应可能会造成不适症状，但不会严重。不过，对于有些人，则会引发严重的症状甚至有致命的危险，比如导致过敏性休克。在极端情况下，即使吸入或接触极少量过敏原也会引发过敏反应。

常见的食物过敏症状包括：

- 感觉嘴麻、嗓子痒
- 皮肤反应，像起荨麻疹皮疹、皮肤肿胀、瘙痒或湿疹等
- 嘴唇、脸、舌头和喉咙，或身体其他部位肿胀
- 气喘、鼻塞或呼吸困难
- 消化系统问题症状，如腹痛、腹泻、恶心或呕吐
- 头晕、轻微头痛或晕厥
- 过敏性休克，一种罕见但危及生命的反应，症状包括呼吸道收缩和收紧、呼吸困难、喘息、血压严重下降造成休克，脉搏加快、头晕、失去意识甚至死亡。

如果您有食物过敏症，就可能会有发生过敏性休克的风险——即使以往的过敏反应是轻微的，也不可掉以轻心。应该学习如何识别和应对过敏性休克。您可能需要随身携带肾上腺素的注射物，以用于紧急自我治疗。

还有，那些照顾有食物过敏的儿童的父母和监护者都必须接受培训，以便能处理紧急事故。需随身携带肾上腺素注射物，父母和监护者也必须了解如何使用注射物。

**Causes**

Eight foods account for 90% of food allergies:

**病因**

90%过敏由这八类食物引起：



Milk 牛奶



Tree nuts 坚果



Fish 鱼类



Wheat 小麦



Peanuts 花生



Eggs 蛋类



Soybeans 大豆



Shellfish 甲壳纲类动物

People who have food allergies must avoid the above.

有食物过敏症的人必须避免以上食物。

The exact cause of food allergies is still unknown, here are a few possible causes:

导致食物过敏的明确原因尚未清楚，以下是一些导致过敏的可能因素：

1. Hereditary: Many allergies tend to run in families, therefore there is an apparent genetic component.
2. There is also evidence that some allergies are the result of exposure to a certain food or foods too early in life, before the immune system is fully developed. Many infants who are given cow's milk instead of breast milk in the first month develop an allergic reaction; the same goes for children who are fed wheat, eggs, peanut butter, or other products before they are ready.
3. Overconsumption of a food is thought to lead to allergies. This can occur at any age. Wheat, for example, is a common allergen in the U.S, because most people eat it at every meal and snack.

1. 遗传性：许多过敏症都倾向于家族遗传，导致下一代对某成分过敏。
2. 也有证据显示有些过敏是由于在免疫系统尚未完全发育成熟时就过早接触某种食物。许多在出生第一个月就以牛奶来喂养的婴儿通常会对牛奶出现过敏反应；同样的，那些过早接触到小麦、鸡蛋、花生酱或其他产品的儿童也会出现过敏反应。
3. 过量食用某种食物也会导致过敏反应。这情况可发生在任何年龄层。例如，小麦在美国是一种普遍引发过敏症的食物，这是因为大多数人几乎在每一餐或零食中都会摄取到。

## Food Sensitivities/Intolerance 食物敏感/不耐受症

Food sensitivities/intolerances refer to difficulty in digesting certain foods. One has food sensitivity/intolerance when one suffers digestive problems after eating certain foods. For example, lactose intolerance is when your body can't break down lactose, a sugar found in dairy products. If a person has gluten intolerance, it means the body can't break down gluten, a protein found primarily in wheat, barley and rye.

食物敏感或不耐受症是指不能正常消化某种食物。一个人在摄入了某些食物后出现消化问题，即出现食物敏感或不耐受的症状。例如，乳糖不耐症意指身体不能分解乳糖，即存在于乳制品中的糖类。如果一个人患有麸质不耐症，这意味着他的身体无法分解麸质，而麸质是一种主要存在于小麦、大麦和黑麦中的蛋白质。

**Symptoms**

Symptoms of food intolerance tend to take longer to appear than symptoms of allergies. They are generally less serious and often limited to digestive problems. These can include:

- Abdominal cramps
- Gas and bloating
- Diarrhoea
- Constipation
- Headache
- Runny nose
- Dark circles under the eyes
- Fatigue

**症状**

食物不耐受出现症状的时间要比食物过敏来得更长。这些症状一般不会太严重，大部分症状也表现在消化问题而已。

症状包括：

- 腹部绞痛
- 胃气胀和腹胀
- 腹泻
- 便秘
- 头痛
- 流鼻涕
- 黑眼圈
- 疲劳

## Causes

Foods most commonly associated with food intolerance include dairy products, wheat, corn, soy, chocolates, citrus fruits, artificial sweeteners and preservatives.

Most food sensitivities can occur at any time in a person's life. The underlying causes of food sensitivities are as follows:

1. Not having the right enzymes you need to digest a certain food.
2. A lack of variety in the diet.
3. Poor digestion and detoxification. Most people who have multiple food sensitivities have an underlying condition known as leaky gut syndrome. This means that foods are not being broken down effectively, and once absorbed, they cause a heightened immune reaction. The key to this is to heal the gut lining and improve digestion of food.
4. Sensitivity to food additives or preservatives, artificial colourings or other chemicals.
5. Genetics are often the underlying cause.



## 因素

通常与食物不耐受有关的食物包括乳制品、小麦、玉米、大豆、巧克力、柑橘类水果、人造甜味剂和防腐剂。

大多数人在任何时候都可能产生食物敏感，潜在因素如下：

1. 机体缺乏消化某种食物的所需酶。
2. 饮食缺乏多样性。
3. 消化和排毒功能不良。那些有多种食物敏感的人群大部分都患有肠道渗漏综合症。这意味着食物没有被有效分解，一旦被吸收，它们就会引起强烈的免疫反应。解决方案首先必须先治愈肠道粘膜和提升消化能力。
4. 对食品添加剂或防腐剂、人工色素或其他化学品敏感。
5. 遗传往往是潜在的因素。



## Tests & Diagnosis 测试与诊断

Use the elimination diet (page 8) to determine which food or foods cause reaction. If you have a reaction after eating a particular food, see your doctor to determine whether you have a food allergy or a food sensitivity (intolerance).

Also, specific testing on blood, or skin scratch by a doctor can help you quickly identify problem foods. They can be avoided or you can desensitize yourself to them.

透過食物排除法（第8页）有效抓到食物過敏的元凶。如果您吃某种食物后有反应，可咨询您的医生以确定是否有食物过敏或者是食物不耐受。

此外也可以去医院进行过敏原检查，一种是点刺试验，就是把可疑的过敏原取微量扎到患者皮下，看皮肤的反应；另一种是抽血化验，进行特定抗体检测。接着避免这些问题食物或者帮助自己脱敏。

## Treatment 治疗方案

### Diet

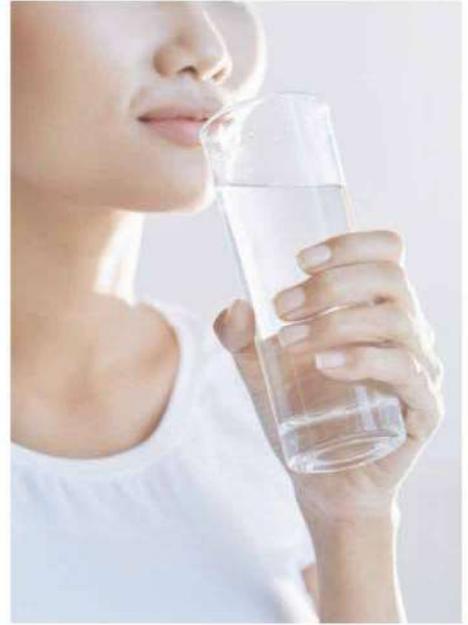
Obviously, the most important step in treating allergies is identifying them. Once you have identified the offending substances, keep them out of your diet and it will reduce your chances of having a bad reaction.

Food sensitivities can generally be improved or cured by rotating foods in the diet, improving digestion and detoxification. This is the reason why going on Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) once or twice a year is highly recommended to allow your body time to rest, detoxify and rejuvenate. The DRP can also be helpful for certain kinds of allergies.

### 饮食

显然，治疗过敏症最重要的一步就是要确认过敏原。一旦确认了这些有害物质，就要从饮食中剔除，减少产生不良反应的风险。

食物敏感性一般可通过在饮食中轮换食物、改善消化和排毒来减轻或治愈症状。这就是为什么您应该每年进行一次至两次的排毒与复健程序 (DRP)。此陈林希珠博士所创研的DRP能让身体有时间休息、排毒和恢复体力，它对某些过敏症也有帮助。



### Recommended Food

Fortify your immune system with a healthy, and wholesome diet. Eat foods that are high in immune-building nutrients: seeds, green leafy vegetables and nutritional yeast for B vitamins; and plenty of fresh fruits and vegetables for vitamin C.

A varied diet will discourage the development of allergies, so try to eat different foods every day.

Breast milk is best for infants. If, for some reason, you are unable to provide your baby with mother's milk, goat's milk is a better option compared to cow's milk, and you may use yoghurt or spirulina drink instead for more nourishment.

Drink a glass of distilled water every two waking hours to flush allergens out of your body and to encourage overall health.

### Food to Avoid

Of course, you must avoid the foods that trigger a severe allergic response. In general, it is best to buy whole foods and prepare them yourself, so that you are aware of their content, but if you must buy packaged food, learn how to read labels and scrutinize them carefully. Food preservatives and artificial colourings or flavourings can be the root cause of food reactions.

Food sensitivities can generally be rotated in the diet, until you become desensitized to the offending food.

### Improving Digestive Health

Improving the health of your digestive system by eliminating offending foods, having a consistent eating schedule, and taking a few essential nutritional supplements will have huge impact on the long-term health of your body. Here are a few nutritional supplements that are particularly helpful for improving digestive health:

1. **N.Zimes PA Plus™**: 2 teaspoons 4x daily. 3x after meal and 1x on empty stomach. Helps with digestion.
2. **Immuflo™**: 1 sachet 30 minutes after every meal. Good bacteria favourably alter the way the immune system perceives food and also help with metabolism and digestion.
3. **B Complex**: 1 tablet 3x daily after each meal. Supports adrenal gland function and allergy control.
4. **Liverin**: 1 capsule 3x daily after each meal. Supports liver function and detoxification.

### 建议的食物

实践健康饮食来增强免疫系统。摄取一些富含可强化免疫系统营养素的食物，如富含维生素B的种籽、绿叶蔬菜和营养酵母；及富含维生素C的新鲜水果和蔬菜。

多样综合性的饮食可阻止过敏症的发展，因此在每日饮食中，尽量都摄取不同的食物。

母乳最适合刚出生的宝宝。如果基于某些原因无法提供母乳，那可考虑选择羊奶，或也可使用酸奶或螺旋藻饮料来补充营养。

每两个小时饮用一杯蒸馏水，把体内过敏原排除体外，促进整体健康。

### 该避免的食物

当然，您必须避免那些会引起严重过敏反应的食物。一般来说，最好是自己购买食材和制备食物，这样您就可以充分了解食物中的成分。如果在没办法的情况下需要购买包装食品，那必须学习和仔细阅读食品标签。食物防腐剂和人造色素或调味料都可能是造成食物敏感的根源。

食物敏感症状可通过轮换食物取得改善，直到您对那些食物产生脱敏。

### 改善消化健康

通过剔除敏感性食物、实践有规律的饮食表及摄取一些营养补充剂来改善消化系统及长期促进整体的健康。以下是一些特别有助改善消化系统健康的营养补充剂：

1. **胰酶（植物）添加剂**：每日4次，每次2茶匙。三餐后服用；一次空肚服用，有助消化。
2. **免疫激菌植**：用餐后30分钟服用一包。有益菌可有效调整免疫系统感知食物的方式，也有助于新陈代谢和消化。
3. **维他命B综合丸**：每日三餐后服用，每次一颗。支持肾上腺功能和过敏控制。
4. **肝脏宝**：每日三餐后服用，每次一颗。支持肝脏功能及排毒。

5. **C Complex:** 1 tablet 3x daily. Reduces allergic reactions.
6. **Niacin:** ½ tablet 3x daily (after a week, increase to 1 tablet. Increase to 2 tablets the following week.) Promotes blood circulation and improves immunity.  
(Contraindications: Those with hepatic insufficiency, hepatitis, or hepatic cirrhosis should receive a maximum of 500mg daily. Patients with a history of bleeding ulcers, or gastritis, and patients concurrently receiving prednisone, other steroids, or coumadin should not take niacin. Not to be taken during menses or bleeding.)
7. **Flax Seed Oil:** 2 tablespoons daily. Reduces inflammation.
8. **Coffee Enema:** Once or twice daily. To reduce toxins and allergens in the blood.

5. **维他命C综合丸:** 每日3次, 每次1颗。可减低过敏反应。
6. **血液循环补充丸:** 每日3次, 每次半颗(一周后可增加至1颗, 再下一周可增加至2颗)。促进血液循环及改善免疫力。  
(禁忌: 那些肝功能不全、肝炎患者、肝硬化患者, 每日不可服用超过500毫克。有出血性胃溃疡病史及正在服用波尼松、其他类固醇药物以及抗凝血剂的病人不适合服用血液循环补充丸。另外, 月经期间或有出血状况也不适宜服用。)
7. **亚麻籽油:** 每日2汤匙。可抗炎。
8. **咖啡灌肠:** 每日1至2次。可减低血液中的毒素和过敏原。



### Elimination Diet to Detect Food Allergies

Although it takes time and dedication, an elimination diet is the best way to uncover any hidden food allergies. The first step is to come up with a list of possible trigger foods. Do this by keeping a food diary, writing down everything you eat each day for a week (or longer, if you sense that one week cannot adequately represent your eating habits). At the end of the week, note which foods you have consumed most often during the week. This is your list of possible triggers.

Next, you should eliminate all the suspect foods on your list from your diet for a total of two weeks. For many people, this stage is difficult, as you are asked to give up the foods you love and rely upon the most; try to keep in mind that you will be able to return to your usual diet, perhaps with a few modifications, soon.

If, after two weeks, your symptoms have disappeared, you know that you are allergic to at least one of the foods on your list. To identify which food or foods is the culprit, reintroduce the suspect foods to your diet one at a time. When reintroducing foods that have been eliminated, be sure to use the purest form of the food. For example, if milk is on your list of suspects, add whole milk back to your diet, not skim. If you have eliminated wheat, reintroduce it by eating cream of wheat or shredded wheat. Allow two full days to pass between reintroducing foods, as it may take a while for symptoms to manifest themselves. Should your symptoms reappear, you can assume that the food most recently introduced is an allergen, and you should banish it from your diet or work to have your immune system desensitized to it. Continue to make your way through the list as you may be allergic to more than one food. Wait at least 48 hours after the onset of symptoms before reintroducing the next eliminate food.

At the end of the elimination diet, you will know which, if any, foods produce an allergic response in your body. Depending on your reaction, you can avoid or reduce your intake of this food.

### 进行食物排除疗法, 找出食物过敏原

虽然食物排除疗法需要时间和全心投入, 但它是能找出食物过敏原的最有效、最可信的方法。首先第一步是先列出可能引发过敏的食物。您可以通过写饮食日记来记录一周内每天所吃下的食物(若一周的时间不能充分表达您的饮食习惯, 您可记录至更长时间)。最后在一周结束后列出一周内最常摄取的食物。这些食物就有可能触发过敏症的“元凶”。

接下来, 您必须在两周的时间里, 从饮食中完全剔除所有可能引发过敏的食物。对许多人来说, 这一阶段是困难的, 尤其是当您被迫放弃您最喜爱和最常吃的食物; 不过可提醒自己, 或许经过一些饮食调整后, 您还是很快可以恢复平日的饮食习惯。

两周后若症状消失了, 您就至少可以知道自己对清单上的某种食物有过敏反应。为了要更加明确知道对哪些食物过敏, 您可再次将这些食物慢慢重新加入到您的饮食中。当重新加入之前被排除的食物时, 一定要使用最完整的形式。例如, 如果牛奶是清单食物之一, 在将牛奶加入饮食中, 得必须是全脂牛奶而不是脱脂奶。如果您已经完全不摄取小麦了, 那就重新加入早餐麦片或切碎的小麦。重新加入这些食物之间必须给予两天的时间, 因为症状可能需要一段时间才会出现。如果症状重现, 那有可能刚摄入不久的食物就是过敏原, 必须从饮食中剔除, 或让免疫系统对它脱敏。一个人可能同时间对多种食物过敏, 因而可持续进行这种食物排除疗法继续找出所有的过敏原。在症状出现至少要48小时后才可再重新加入下一个被剔除的食物。

最后, 您会清楚了解到哪些食物会在您体内产生过敏反应。根据您的身体反应, 您可避免或减少摄入该引发过敏的食物。