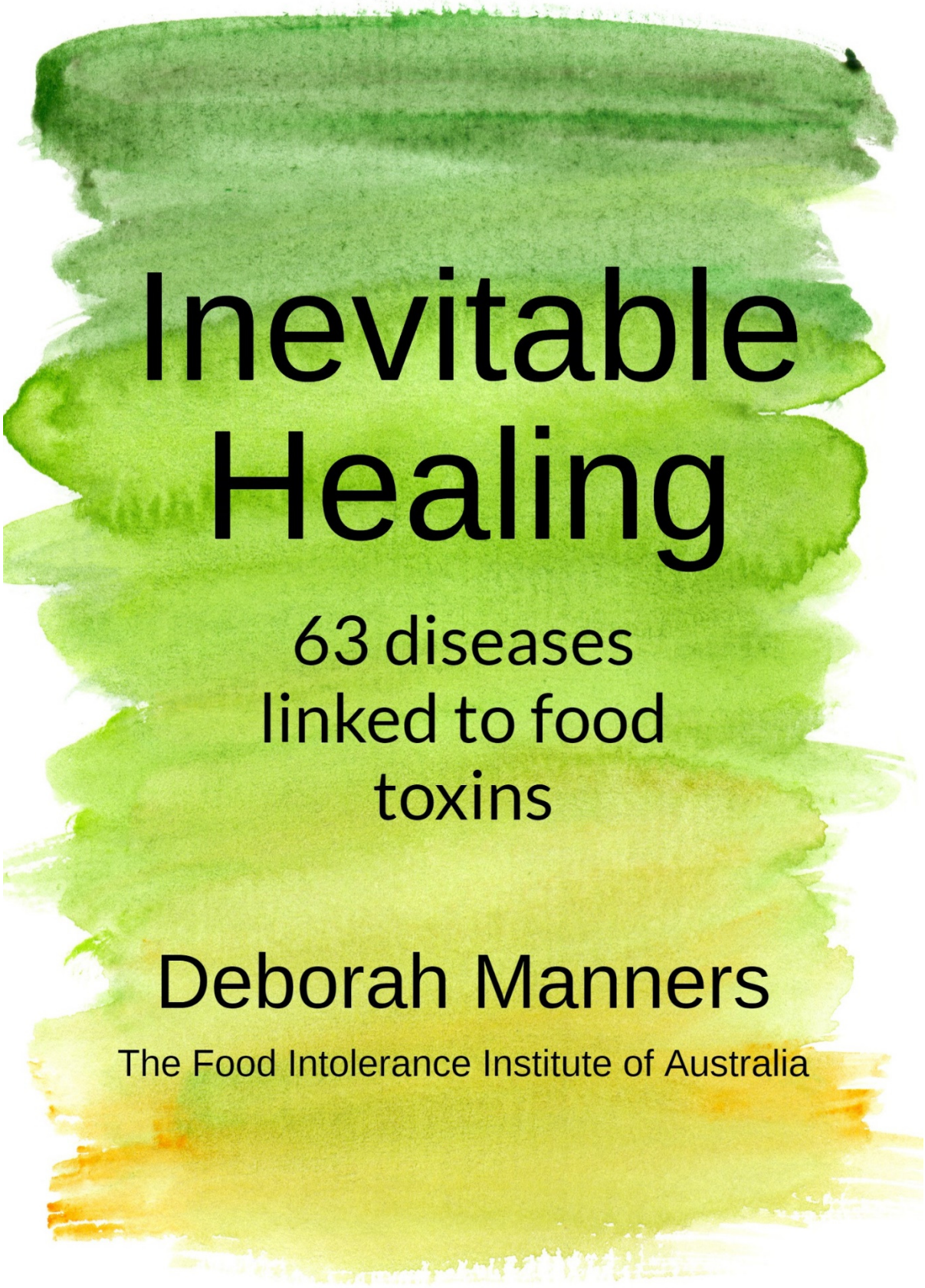
Inevitable Healing
63 diseases linked to food toxins
Deborah Manners
The Food Intolerance Institute of Australia

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About the Author

Deborah Manners BSc(Hons)DipEd is a former science and mathematics teacher. She is a consumer just like you, who suffered for years with a constant train of unexplained symptoms and illnesses including migraine, weight gain, months of glandular fever, irritable bowel, sinusitis, back ache and two miscarriages.

After discovering her food intolerances she is healthy, slimmer and 17 kg lighter. Her two children, also food intolerant - are now healthy adults with their own children. Some of them also have food sensitivities.

Back in 1996 Deborah discovered multiple food intolerances - after years of medication and doctors were unable to help. Her knowledge arose from exhaustive research of hard copy medical journals in university libraries (she had no internet back then). This learning - and her journey back to health changed everything in her life, including her career. She jumped from the corporate world (Business Development Manager at a Global accountancy firm) to food intolerance expert – and website entrepreneur.

Her passion is to *share this knowledge* with anyone who wants to stay healthy in body and mind ... or wants to achieve improved fitness and athletic performance.

Her university studies (Monash University, Australia) included physiology and chemistry majors. These disciplines assisted her original research and created the rich website content at foodintol®.

SPECIAL NOTE REGARDING MEDICATIONS

At the Food Intolerance Institute we are NOT medical professionals and make no recommendations about medications. You must NEVER change your prescribed medications in any way without consulting your doctor – regardless of how much better you are feeling.

Always consult your medical professional regarding medications.

Chapter One. Changing our view of disease

If you are reading this, you or someone you love has been diagnosed with disease. We feel for you! And thanks to new scientific findings in food intolerance - we may be able to help.

Unlike doctors – we at the *Food Intolerance Institute* are not in the business of cures or treatments. Those belong in the realm of medicine.

We are all about *finding the cause*. Because if you know the cause - and can avoid it – all the evidence says, your body can start healing itself. *Inevitable healing!*

We want to help you ***avoid disease*** - and **void it**. That is, not only prevent disease – but if you are already diagnosed – stop its progress. Especially chronic degenerative disease. This is our purpose.

Would you like to achieve that?

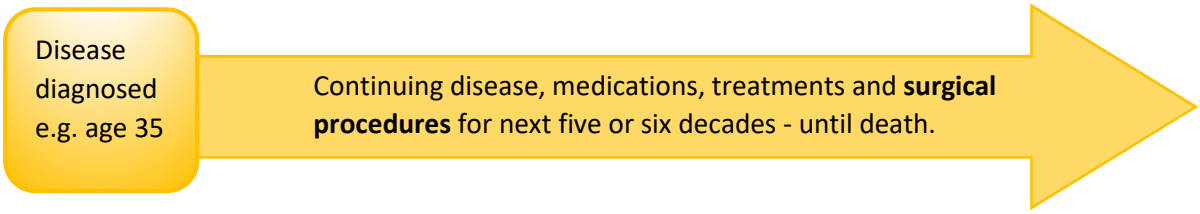
Okay. First up - you cannot avoid (or void) your disease unless you start talking about it, understanding it better - and finding out ***all*** your options.

Because left unattended, chronic degenerative disease applies to virtually everyone. Few families are untouched.

The diseases include diabetes, obesity, autoimmune disease, cancers, inflammatory disorders, mental illness and respiratory and arthritic conditions. All the ones which fill up our hospitals and aged care facilities with failing Australians - and drain our workplaces of wise and worldly experience.

Everyone is familiar with the medical approach to chronic disease. Our grandparents and parents know it best: *diagnose-then-treat*. However – using this approach only **extends disease.**

Fig. 1 The traditional approach to chronic disease



A diagnosis means continuous medication and occasional **surgical procedures** for the long term.

Of course this carries with it gradual loss of physical fitness, personal freedoms, alertness, memory, intellect and lifestyle.

In fact - we usually equate advancing age with all these losses.

Imagine you are diagnosed at age thirty five with diabetes type 2. Even with the very best medical treatment, as we have in Australia - you can expect to follow this path.

But this 'life expectancy' approach as we all know – comes with all the health and lifestyle losses listed above.

Have another look at Fig. 1. This is twenty first century medicine.

Things to note:

- There is no cure, no way to stop its progress – and no reliable prevention.
- Only increasing disease and disability - to the grave

So - what is missing from this approach?

- There is no search for the cause!

Doctors are not trained to look for the cause – just to *diagnose-then-treat*.

The fact is – 'Diagnose-then-Treat' is virtually *the only approach* applied to chronic or infectious disease by doctors all over the world.

Most of us believe this is our only option. However if you are interested in an alternative - read on.

HOME TRUTHS: Diabetes in the street

These are the legs of a man I saw recently. Diabetes legs. The front one is an artificial leg – after an amputation, thanks to years of poor circulation.
His back leg has ulcerated sores – signs of advancing disease and of more surgery to come. For now he can still push the wheelchair – though he often rests in it.
Constricted blood flow to his eyes are causing retinopathy – leading to blindness. Nobody has told him that the diabetes could have been caused by the foods he chooses. Or that choosing different foods could stop its advance.

Clearly he is not man of means. But even a small budget can serve up lean meat and fresh greens – if only he knew of the benefits.

Instead he chooses a loaf of bread, cheese slices and a huge plastic jug of milk . . . some of the most poisonous of the so-called 'modern' foods.

Though familiar to us these were unknown to our Old Stone Age ancestors.

Food is our fuel . . . we need to get it right. Unfortunately some items presented to us as 'healthy' can have a devastating impact on our bodies.

But others like fresh fish, meat, eggs, green vegetables, fresh fruits and seeds keep us sparkling into our nineties – without diabetes legs.

Many of us – aware of our parents' situation - regard chronic disease as 'inevitable'.

*But now **healing is inevitable -** if we can avoid food toxins.*

Discovering the cause of disease

Unlike doctors – scientists use a totally different method to solve problems.

Most of us learned it in school science class. It is also used in TV crime dramas:

i. The police gather and study all the evidence
ii. They make a list of all possible suspects
iii. They dig deeper by interviewing suspects , verifying alibis, checking their bank statements, phone accounts and cross-checking with witnesses
iv. With each new piece of information they re-evaluate the list of suspects – deleting some, adding new ones - and eventually narrow it down to discover the perpetrator(s).

What might happen if we applied this reasoning to the problem of disease?

The problem: rampant chronic disease

Statistics say 75% of Australians are *suffering one or more* chronic diseases by age sixty five. With three in four of us affected - this drains us as citizens physically and emotionally - and as a nation economically. This is a problem worth solving.

The list of suspects

What could be causing all this disease? The possibilities:

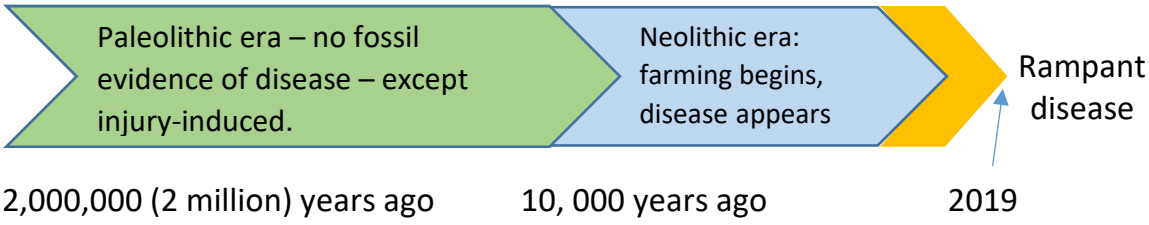
- Environmental pollution?
- Poisons leaking into the food supply: insecticides, fertilisers etc.?
- Inappropriate diet?
- Failure to exercise?
- Magnetic energy from overhead electricity pylons?
- Radiation from nuclear power generators?

The evidence: what we already know

You might be surprised to learn that disease is a 'modern' phenomenon. In the fifty years, cutting edge technology has been applied to Old Stone Age human fossils. This archaeology has revealed:

- In 'Old Stone Age' Paleo human fossils (up to two million years old) there is no evidence of osteoporosis, cancers, rheumatoid arthritis or other chronic diseases. Nor is there evidence of communicable infectious diseases like tuberculosis or leprosy. *NOTE TO SELF: No disease in tall lean Paleolithic humans!*
- But suddenly in the following Neolithic (New Stone Age) era – just ten thousand years ago - it all changed: **farming began**. Suddenly human fossils from this era are riddled with disease: osteoporosis, decaying teeth, communicable infectious diseases and rheumatoid arthritis – along with shorter stature. NOTE: *Yes, humans became shorter by about four inches!*

Fig. 2 Timeline for human disease[1]



[1] From Manners D *On the Origin of Disease* – download at foodintol.com

Reviewing the list of suspects

What caused all the new diseases ten thousand years ago in the Neolithic era? Was it any of the suspects on the list? Actually - we can now delete most of them:

- ~~Environmental pollution~~. No, there was none in the Neolithic era.
- ~~Poisons in food supply: insecticides, fertilisers etc~~. No, same as above.
- Inappropriate diet . . . maybe!
- ~~Failure to exercise.~~ Neolithic folk had plenty of exercise, no.
- ~~Magnetic energy from overhead electricity pylons~~. No, there were none.
- ~~Radiation from nuclear power generators.~~ No.

Applying what we know to the problem

Some 'thing' or things suddenly made Neolithic humans seriously sick in huge numbers. This extends right through to today's humans.

So what were Neolithic people doing differently from their Paleo ancestors?

The archaeological evidence points to their diet. In the Neolithic 'first farmers' era the first crops of **grass grains** were grown and eaten: barley, wheat and others. Along with this came the practice of corralling animals for breeding – abandoning the catch-and-kill practice.

When cattle, for instance, breed the young are fed with milk from the mother. For the first time humans accessed **milk from other species** and began treating it as a food source.

But there was a price.

Relationship between diet and disease

Paleo hunter-gatherer diet NO DISEASE – except those related to injury	**Neolithic (farming) diet CHRONIC & INFECTIOUS DISEASES APPEAR**	**Modern day diet RAMPANT CHRONIC & INFECTIOUS DISEASES GLOBALLY**
Meat, fish, crustacea, molluscs	Meat, fish, crustacea, molluscs	Meat, fish, crustacea, molluscs
Green leafy – and other above ground vegetables.	Green leafy – and starchy root vegetables.	Green leafy – and starchy root vegetables.
Fruits in season	Fruits in season	Fruits in season
Eggs from birds and other animals	Eggs from keeping poultry	Eggs from keeping poultry
Seeds	Seeds	Seeds
Occasional nuts	Occasional nuts	Nuts in large amounts
Occasional honey	Occasional honey	Honey
	Milk products	Milk products in large amounts
	Grains – wheat, rye, corn, barley	Grain products in large amounts
		Sugar in large amounts
		Salt
		Pulses – dried beans and lentils, chick peas – often used as meal staples
		Nightshade vegetables: capsicum, tomatoes, potatoes, eggplant, chilli
		Additives, chemicals

The shortlist of suspects

These two main 'modern' food groups: **grass grains** like barley, wheat and rye - and also **milk products** - were gradually integrated in the human diet over a few thousand years. This moved us away from the traditional (disease-free) hunter-gatherer diet – and introduced mild slow-acting poisons.

(Note: Today grains and dairy dominate our diet with products like bread, cheese, butter, yogurt, pasta, cakes, ice cream, pastry, crackers and cookies.)

Neolithic people suffered arthritis

With these new foods chronic diseases appeared: porous bones, decayed teeth, **deformed hands, hips and legs from arthritic disorders** – and communicable diseases from bacteria and viruses.

When searching for causes of disease - this surely casts the 'modern' foods: grains and milk as hot suspects.

Examined more closely – the huge proteins in these two - glutens and caseins – are more difficult to digest than those from any other food. They can poison us.

This is good evidence that we have found our culprits for disease. But it is not conclusive. We scientists like to have even more evidence. For example, how much evidence might we find amongst independent clinical studies implicating glutens and caseins in chronic conditions?

Well – as it turns out – there were not just a few dusty papers on library shelves – but *hundreds* of published peer-reviewed studies. The evidence is so voluminous the medical profession must no longer ignore it – or try to explain it away.

(A small cross-section of them are listed at http://www.foodintol.com/references-from-medical-journals . . . have a look.)

Nailing the perpetrators

So in 2019, after five decades of ground breaking scientific and archaeological findings – there is such great bank of clinical evidence against them – that ***suspects,*** grain and milk products - are looking like very shady characters.

CONCLUSION: When grains and dairy first came into the human diet, **disease** appeared. Before that, there was virtually none.

Disease is sending us broke

Globally, *billions* is spent on research – especially for new treatments. Yet millions of us fall sick every day. Disease affects our bodies, our families, our careers and our communities – not to mention the national economy.

Australian health expenditure is 10% of GDP. In the US it is a whopping 19.1%. Governments worldwide scramble to pay for healthcare systems that gobble up ever greater chunks of revenue.

$180 billion

Health expenditure in Australia in 2016-17 (AIHW).

In a 25 year period 1989 – 2014 Australian healthcare expenditure:

1. Grew *faster than inflation* - by 208%
2. Grew *faster than population growth* – by 123%
3. Grew *faster than ageing of the population* by 69%

Therefore despite ready availability of world class medical services Australians are sick and getting sicker. The bottom line is – regardless of all the research, medical breakthroughs and billions spent . . . we are actually *failing* at disease.

And nobody can say why.

Why can't doctors fix disease?

Certainly we are indebted to our doctors for their hard work, knowledge and compassion. But their medical training – hallowed as it is in society – presents *diagnose-then-treat* as a ***one-size-fits-all*** approach for humanity's ailments.

At the *Institute*, our concern are its poor results: *disease prevalence* increases annually – and new diseases appear at the rate of thirty per decade. And even though antibiotics may clear *this* bacterial infection – we are easily infected again. Another very grave concern worldwide: antibiotics are less and less effective against ever more resistant bacteria. Soon they will be no use.

Interestingly - despite all the millions in research funding 'to search for a cure' . . . very few diseases are ever cured permanently.

Just like Al Gore's *An Inconvenient Truth* on climate change – the terrible inconvenience of disease is a battle we are losing - and needs our full attention.

It is time to re-evaluate the *actual approach*: that is conduct a critical review of *our method* of tackling disease.

In Australia – as in other countries, medical students graduate with two degrees: Bachelor of Medicine and Bachelor of Surgery. These are both *treatments.* Doctors are trained to *treat* disease - not look for the cause, as in scientific method.

Of course diagnose-then-treat is invaluable for emergency situations, injuries, obstetrics and some other areas of health. But regarding humanity's most pressing issue, **chronic disease** – we must re-evaluate whether *diagnose-then-treat* should be the sole approach.

'When we fail to look for the cause - it can never be found.'

But using a scientific approach we have a better chance.

Chapter Two. Our work at the *Institute*

Here at the *Food Intolerance Institute* we are experts in food intolerance . . . so you ask, what has *that* got to do with chronic disease?

Well – as it turns out – a very great deal.

In our years of research and helping our members identify their food sensitivities - some **interesting patterns** have emerged.

In our quest to learn more about food intolerance – we turned up hundreds of studies **linking common food toxins** to chronic diseases. Links never mentioned in the doctor's surgery – possibly because, as solutions to illness - they do not call for *treatment*.

But discoveries about disease by scientists *outside medicine* have little chance of being noticed – and every chance of being discredited as fanciful quackery or otherwise doubtful. Yet … five decades of studies and thousands of scientists around the world from Britain, Sweden, the United States, Finland, the Netherlands, Australia, Germany, Italy and elsewhere cannot all be wrong.

We may be on the brink of major reform in medical practice - as a few independent doctors are already applying these principles. Nonetheless – in the quiet of the doctor's surgery – discussion around food toxins in relation to disease is remarkably rare . . . and the prescription pad remains as popular as ever.

So millions of sick people in Australia and elsewhere have not been informed of a possible new approach which goes to the *cause of disease;* findings which ***rewrite*** the rules on chronic conditions; discoveries that show how society *need not* be weighed down by, or indeed bankrupted by, disease any more.

A personal question

If you were diagnosed with diabetes type 1, or rheumatoid arthritis, depression, multiple sclerosis, or pulmonary disease – would you be prepared to make a few changes to your diet *to remove slow-acting poisons* – and gradually start to heal?

Even if you dislike the idea of switching to gluten-free or other '-free' foods to start healing – would you like to know it was an option?

Put another way – if you were *not given* the information – and learned about it a few years later - after your disease had progressed - would you be okay with that?

Members' experiences

Since 2003 at **foodintol.com** we have helped thousands of people discover their food intolerances. Some seek relief from stomach bloating or headaches, skin issues, diarrhea or constipation: the symptoms most readily associated with food intolerance.

However we have observed a pattern amongst our members with remarkable consistency:

a) Adopting a diet that leaves out their particular 'problem foods' sees ***a marked improvement in symptoms and disease markers***

b) Abandoning their new eating regime coincides with a return of symptoms and disease markers

Many are surprised because they had never linked the two.

Member Jill finds she is intolerant to nightshade vegetables and gluten grains – and decides to avoid them completely. She is delighted because – within a few days - her migraines and bloated stomach symptoms fade away – her memory improves and she has more energy.

But something else has happened. After two months she reports her psoriasis, an autoimmune condition diagnosed thirty years earlier, has diminished with only a few small outbreaks left. That is – it has started healing despite three decades of medical treatment.

[We can only assume that *what she has stopped eating* was the probable cause of the skin issue too.]

Member Barbara suffers with excess weight, food cravings, insomnia, depression and 'pain everywhere' from fibromyalgia – so much that all she can do is '*sit in a chair'*. After using a journal to find her food intolerances she reports, *'Now I am nearly pain free, I am sleeping so much better – I don't have the food cravings and have lost about 20 pounds.'*

Member Bob: Dear Deborah, my neurological issues have reduced significantly! This is great, since it was the category that was giving me the most grief. I have had two to four migraines with aura per month for the last two years. I have now gone 31 straight days without one! That's huge! I truly hope it's not a coincidence. My skin issues have diminished significantly. My musculo-skeletal symptoms have decreased to almost nothing. Thanks, Bob S

Member Pauline: Hello Deborah...and **thank you** for the Gift you have given me of a life free of the dreaded 'd' word (diarrhea)...and many other symptoms.

Yes, of course, you can use my words...any of them...and I do not mind if you use my name or not...I can be a testament to the success of Foodintol! I can never thank you enough - all that really hard and dedicated work you did REALLY has saved my life...and I really mean that. People were talking about how ill I looked (not knowing how really ill I felt inside) until I found out it was food intolerance that was causing the illness. Warmest regards ...Pauline

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Member Carol: I want to check in with you to let you know that I'm doing very well. I've gained 3 pounds (up to 98 now), and I think I've really made progress. It baffles me (now that I am better educated thanks to you) that a gastroenterologist will diagnose IBS without checking for food intolerances as well.

When I think of the years I wasted, feeling awful and lethargic, suffering awful brain fog and getting acquainted with every toilet in the county, I get sad.

Member Valerie: "I wish to tell you that your program has been wonderful for me! What an amazing difference in my overall health! I can sleep better than I have in years! No more belly trouble, or worse, BACK PAIN! I've had that back pain for over 20 years! I'm not afraid to work in the yard or do other strenuous things that I always thought were "hurting my back"--I'm healthier than I thought! I wish I had found you sooner, but am so grateful to have found you at all! Thanks for a sensible, systematic approach to taking care of the body! I just thought my body was "out to get me!" I'd seen at least 6 doctors over the years, and not one asked about my diet…" Valerie H., CA, USA

Member Eva: It has now been 43 days since I started the Detection Diet and I feel WONDERFUL! I was creeping up to nearly 150 lbs, and at first had not lost any weight, but now am down to 139.5 lbs. I lost inches in the beginning. I was so bloated I did not even know it. I knew something was wrong, but had no idea what. It turned out all that I was eating was killing my stomach and intestines.

My doctor diagnosed me with intestinal spasms and gave me some medication to stop the spasms. Just prior to that appointment, I purchased the Detection Diet, read up on it for three days and got started, without taking the medication for spasms.

I am SO grateful for this. I have been on Prilosec for 12 years and every morning and evening I HAD to take it. Now, I take it about once a week if that. Unreal!
I never thought I was feeling so bad because of my diet. I ate healthy, in fact people look to me for advice on it.

I THANK YOU. Wish I would have done this before. Please use it in your newsletters, and I am happy to talk with anyone about it. THANKS AGAIN! Eva

Poisoning: A possible solution to disease?

Repeated and consistent observations like this amongst hundreds of our members made us reimagine *why and how* disease actually appears. In other words – have we stumbled across the root cause of many diseases? Simple slow-acting poisons (food toxins) hiding in plain view? . . . in foods we eat every day? Yes, maybe!

In the scientific literature (medical journals like *The Lancet, JAMA Journal of the American Medical Association*) there is ample evidence supporting the idea. Food toxins like those in milk and grains like wheat are causatively linked to dozens of disorders:

- Neurological – migraines, schizophrenia, autism, learning difficulties, motor neurone disease, Parkinson's and depression
- Disrupted organ function – diabetes, thyroiditis, liver, reproductive and kidney disease
- Respiratory – chronic obstructive pulmonary disease, pulmonary haemosiderosis, sinusitis
- Inflammatory – colitis, eczema, arthritis, Crohn disease
- Serial infections: colds, 'flu and yeast infections like *candida*.

It stands to reason - once you find out the cause of an illness – you only have to **remove it** to start healing

- No medications needed – no risk of side-effects
- When the cause is removed – the brilliant human body often heals itself.

HOME TRUTHS: Autism Miracles

When children *recover from autism within four months* simply by switching to a different diet – we realise food toxins are likely responsible. Clinical studies show – a diet free of gluten (wheat and other grains), casein (milk) and soy – is effective for correcting autism spectrum disorder, ASD.

Studies on removing food toxins from the diet of ASD children:

'The positive results of this study suggest that a comprehensive nutritional and dietary intervention is effective at improving nutritional status, non-verbal IQ, autism symptoms, and other symptoms in most individuals with ASD. Parents reported that the vitamin/mineral supplements, essential fatty acids, and (healthy gluten-free, casein-free, soy-free) HGCSF diet were the most beneficial.'

Adams JB et al. Comprehensive Nutritional and Dietary Intervention for Autism Spectrum Disorder-A Randomized, Controlled 12-Month Trial. *Nutrients.* 2018 Mar 17;10(3). pii: E369.

'Research by Dr. Harumi Jyonouchi shows that 91% of people with ASD who were put on a strict gluten-free, casein-free, soy-free (GFCFSF) diet improved. Jyonouchi's papers say that ASD children have an aberrant immune response to the dietary proteins found in gluten, casein and soy. This peer-reviewed research merely backs up what parents have been saying for more than 10 years. Countless parents report that the diet is dramatically beneficial for their child.

'The most common comment we hear from parents is that their child "came out of the fog" when we started the diet. Many parents report that their children began to talk or increased their speech with the diet as well.'

https://tacanow.org/family-resources/research-on-dietary-interventions-in-asd/

Food 'tolerance' – and food intolerance

Most of us have some level of 'tolerance' to common food toxins. But even without noticeable symptoms they can still be doing us damage. And as we age - the work required by our immune system and other systems to deal with semi-digested 'foreign' substances becomes too much.

How? Why? Foreign things including food toxins disrupt our nerve function, digestion, blood circulation, memory and thinking, muscle activity and more. Any food toxin can set off responses from the immune system - which becomes overworked.

So our 'tolerance' wanes: noticeable symptoms begin to bug us - and we slide into 'intolerance'.

As symptoms grow gradually worse a diagnosis often follows. We observe that ***classic food intolerance symptoms*** like headache, migraine, bloated stomach, back pain and constipation are the Red Flags . . . there is much more happening behind the scenes.

As you have learned - medical professionals are unlikely to pick up on food sensitivities. They have one purpose in mind – to arrive at the correct *treatment*. So they can miss important opportunities to help patients heal.

Our concern is that millions are still unaware of the power of food toxins to make them ill - so don't understand why they should be avoiding them.

That is why we have published this book. It is a directory of diseases linked to the damaging effects of food toxins – along with **suggested diet strategies** to begin healing.

HOME TRUTHS: Your Best Friend's arthritis

Just like humans who may contract rheumatoid arthritis from habitual consumption of grains like wheat and barley for many years – other mammals are also candidates if given the wrong foods.
A dog's 'ideal diet' includes meat, meat, meat and a very small amount of vegetables.

Unfortunately most commercial dog foods *begin with grain* like gluten-heavy wheat - and add things to it. There are even dog foods advertised which claim the 'goodness of whole grains for your dog's diet' in their products!

Most veterinarians advise against grain-based foods for both cats and dogs.

Sarah has arthritis

Breeds like German Shepherd, Labrador and Weimaraner are especially susceptible. Look for **'grain-free'** dog food in the supermarket – and look after your Best Friend into her old age.

Chapter Three: 63 Diseases linked to food toxins

We now present a number of diseases for which there is enough evidence to implicate some combination of food toxins as the root cause.

That is – for each of the below we find there is good evidence that if the relevant food toxins are avoided – and the recommended diet is followed *exclusively for life* – symptoms will diminish - and disease progress will slow down.

Depending on the disease there can also be *healing*.

For each disease below you will notice that there is a *particular combination* of food toxins which our research suggests are to blame. Diet strategies are suggested for each disease.

Give it time

Following your new diet for as little as a week will show a decrease in symptoms. But if you go back to eating food toxins – the symptoms will return: back pain, headache, diarrhea or others.

Following it for two months should start to show improvements in disease markers – as well as a sense of increasing wellness.

It is important to follow the strategy closely for best results . . . no cheating!

Of course if you do cheat by sneaking back to toxin-laden foods – you will be the first to know about it!

List of Diseases Linked to Gluten & Dairy

. . . and how to start healing.

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Adeno carcinoma, small bowel	Cancer	Leaky Gut allows 'foreign' peptides to maraud in the bloodstream - and interfere with immune defences, leaving the body vulnerable. Normal defensive functions like disabling defective cells are compromised: tumours form due to accelerated cell replication.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Immune system is slowly restored and restarts its defensive work. Low toxin regime enhances effectiveness of medical treatments. Tumour growth may slow down or stop.	A
Alzheimer disease	Neuro degenerative	Leaky Gut allows unfriendly particles into bloodstream. Formation of plaques in the brain disrupts neural pathways affecting cognition and memory.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Rate of disease progress may slow down plaque formation. Unfortunately damaged neurones are difficult to heal.	A
Anaemia	Malabsorptive	The small intestine is damaged by 'foreign' peptides. Leaky Gut means absorption fails: minerals and other nutrients are lost from the body. Result: calcium, iron or other deficiency conditions.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions.	C

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Anorexia	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted changing cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Expect a reduction in stress levels regarding food and a gradual return to normal eating pattern.	C
Anxiety, panic attacks	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted changing cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Removing food toxins takes away the agents which are causing issues. Bouts of panic may become less frequent and less severe.	C
Athero sclerosis	Cardiovascular	Formation of plaques: unrecognised 'foreign' peptides from Leaky Gut are coated and deposited in the arteries. Over time these block blood flow - raising blood pressure.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Over time plaques may start to break down clearing blockages in major arteries. Blood pressure may be reduced.	C
Attention-deficit hyperactivity disorder ADHD	Cognitive	Leaky Gut allows unfriendly particles into bloodstream. Neural signals are disrupted altering cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Reducing culprit food toxins allows neural activity to normalise. Behaviour may improve over a few weeks.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Autism spectrum disorder, ASD	Cognitive	Leaky Gut allows unfriendly particles into bloodstream. Proteins from soy, wheat and milk are not correctly metabolised. In the brain neural pathways are disrupted interfering with cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Reducing culprit food toxins allows neural activity to normalise. Behaviour may improve over a few weeks.	B
Autoimmune hepatitis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Behavioural issues, children	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted altering cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Removing food toxins takes away the agents which are causing issues. Bouts of poor behaviour may become less frequent and less severe.	C
Cardio myopathy, idiopathic dilated	Cardio vascular	Heart muscle is adversely affected by 'foreign' peptides. Possible immune inflammatory response. The heart ventricle becomes dilated and unable to pump blood at normal rate.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removing food toxins reduces inflammatory immune response. However a dilated heart ventricle may need ongoing treatment.	A

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Cardio vascular disease	Cardio vascular	Formation of plaques: unrecognised 'foreign' peptides from Leaky Gut are coated and deposited in the arteries. Over time these block blood flow - raising blood pressure.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Over time plaques may start to break down clearing blockages in major arteries. Blood pressure may be reduced.	C
Cholestatic liver disease	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Chronic constipation	Gastro-intestinal	Foreign' peptides interfere with small intestine function. As motility slows down too much fluid is removed from waste materials making elimination difficult.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms gradually normalise.	C

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Chronic diarrhea	Gastro-intestinal	Foreign' peptides from grains and/or milk products tamper with gut function, disrupting elimination.	Gliadins from gluten, soy, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms gradually normalise.	D
Chronic obstructive pulmonary disorder, COPD	Inflammatory	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off high level inflammatory responses and excess phlegm production in the lungs.	Gliadins from gluten, soy protein, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides.	A diet with no food toxins quickly works to relieve inflammatory symptoms and conditions. Affected tissue may gradually heal - allowing organs to resume normal function.	A
Coeliac disease	Autoimmune	Gluten peptides tear holes in the lining of the small intestine, creating a 'Leaky Gut'. This sets up vulnerability to dozens of chronic and autoimmune disorders.	Gliadins from gluten, soy, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Full recovery	D

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Colitis	Inflammatory	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off high level inflammation. Results include swelling, pain, excess fluids, tissue damage and disruption of processes.	Gliadins from gluten, soy protein, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides.	A diet with no food toxins quickly relieves inflammatory symptoms. Affected tissue may gradually heal - allowing organs to resume normal function.	A
Coronary artery disorders	Cardiovascular	Formation of plaques: unrecognised 'foreign' peptides from Leaky Gut are coated and deposited in the arteries. Over time these block blood flow - raising blood pressure.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Over time plaques may start to break down clearing blockages in major arteries. Blood pressure may be reduced.	C
Crohn disease	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Dementia	Neuro degenerative	Leaky Gut allows unfriendly particles into bloodstream. Formation of plaques in the brain disrupts neural pathways affecting cognition and memory.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Rate of disease progress may slow down plaque formation. Unfortunately damaged neurones are difficult to heal.	A
Depression	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted changing cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Removing food toxins takes away the agents which are causing issues. Feelings of hopelessness may become less frequent and less severe.	C
Dermatitis herpetiformis	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B
Diabetes type 1	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Diabetes type 2	Organ dysfunction, pancreas	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of offending food toxins stops disruption at the pancreas; disease progress slows down or stops. However damaged beta cells in the pancreas may not heal.	B
Eczema	Inflammatory	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off high level inflammation. Results include swelling, pain, excess fluids, tissue damage and disruption of processes.	Gliadins from gluten, soy protein, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides.	A low toxin diet quickly relieves inflammatory conditions. Affected tissue may gradually heal - allowing organs to resume normal function.	C
Enteropathy-associated T-cell lymphoma EATL	Cancer	Leaky Gut allows 'foreign' peptides to maraud in the bloodstream - and interfere with immune defences, leaving the body vulnerable. Normal defensive functions like disabling defective cells are compromised: malignancies form due to accelerated cell replication.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Immune system is slowly restored and restarts its defensive work. Low toxin regime enhances effectiveness of medical treatments. Disease progress may slow or stop.	A

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Epilepsy	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted changing cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Removing food toxins takes away the agents which are causing issues. Episodes may become less frequent.	A
Factor V Leiden	Genetic	In genetically susceptible people foreign particles due to Leaky Gut disrupt blood coagulation, forming dangerous blood clots.	Gliadins from gluten, microbial transglutaminase.	Removal of troublesome particles allows bodily functions to return to normal. Disease progress may slow down.	A
Graves disease, hyper thyroidism	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B
Hashimoto disease, hypo thyroidism	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Hepatitis, autoimmune	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B
Huntington disease	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B
Hypertension	Cardiovascular	Can be from formation of plaques: unrecognised 'foreign' peptides from Leaky Gut are coated and deposited in the arteries. Over time these block blood flow - raising blood pressure.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Over time plaques may start to break down clearing blockages in major arteries. Blood pressure may be reduced.	C

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Infertility, female	Organ dysfunction, reproductive	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of offending food toxins stops disruption in reproductive organs. Ovulation may resume and normalise.	C
Infertility, male	Organ dysfunction, reproductive	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of offending food toxins stops disruption in reproductive organs. Sperm production may resume and normalise over time.	C
Inflammatory bowel disease	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	C

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Irritable bowel syndrome	Gastro-intestinal	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms gradually normalise.	D
Learning difficulties ASD	Cognitive	Leaky Gut allows unfriendly particles into bloodstream. In the brain neural pathways are disrupted interfering with cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Reducing culprit food toxins allows neural activity to normalise. Behaviour may improve over a few weeks.	C
Lupus	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Mineral deficiencies	Malabsorptive	The small intestine is damaged by 'foreign' peptides. Leaky Gut means absorption fails: minerals and other nutrients are lost from the body. Result: calcium, iron or other deficiency conditions.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms may gradually normalise.	B
Miscarriage, recurrent	Organ dysfunction, reproductive	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of offending food toxins stops disruption in reproductive organs. Normal uterine function may resume over time.	C
Motor neurone disease, MND	Autoimmune	Leaky Gut allows ‘foreign’ protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Micro-Ribonucleic acid mRNAs from casein peptides. Gliadins from gluten, microbial transglutaminase (food additive). May be worsened by lectins, phytates, phytic acid – and alkaloids.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Multiple sclerosis, MS	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Non-Hodgkin lymphoma, B cell	Cancer	Leaky Gut allows 'foreign' peptides to maraud in the bloodstream - and interfere with immune defences, leaving the body vulnerable. Normal defensive functions like disabling defective cells are compromised: malignancies form due to accelerated cell replication.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Immune system is slowly restored and restarts its defensive work. Low toxin regime enhances effectiveness of medical treatments. Disease progress slows or stops.	A
Obesity	Organ dysfunction, thyroid	Foreign' peptides from Leaky Gut trigger inappropriate immune responses - tampering with organ function and scrambling processes.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid and alkaloids.	Expect to see less addictive behaviour regarding food, fewer cravings and gradual weight loss.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Osteomalacia	Malabsorptive	The small intestine is damaged by 'foreign' peptides. Leaky Gut means absorption fails: minerals and other nutrients are lost from the body. Result: calcium, iron or other deficiency conditions.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms may gradually normalise.	B
Osteopenia	Malabsorptive	The small intestine is damaged by 'foreign' peptides. Leaky Gut means absorption fails: minerals and other nutrients are lost from the body. Result: calcium, iron or other deficiency conditions.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms may gradually normalise.	B
Osteoporosis	Malabsorptive	The small intestine is damaged by 'foreign' peptides. Leaky Gut means absorption fails: minerals and other nutrients are lost from the body. Result: calcium, iron or other deficiency conditions.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Removal of food toxins allows the small intestine to heal and get back to its normal filtering and absorption functions. Symptoms may gradually normalise.	B

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Parkinson disease	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Micro-Ribonucleic acid mRNAs from casein peptides. Gliadins from gluten, microbial transglutaminase (food additive). May be worsened by lectins, phytates, phytic acid – and alkaloids.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Primary biliary cirrhosis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Prostate cancer	Cancer	Leaky Gut allows 'foreign' peptides to maraud in the bloodstream - and interfere with immune defences, leaving the body vulnerable. Normal defensive functions like disabling defective cells are compromised: malignancies form due to accelerated cell replication.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. Worsened by phytates, phytic acid.	Immune system is slowly restored and restarts its defensive work. Low toxin regime enhances effectiveness of medical treatments. Tumour growth may slow down or stop.	A

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Psoriasis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	D
Psoriatic arthritis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and removes them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	D
Psychosis	Psychiatric	Leaky Gut allows unfriendly particles into bloodstream. Neural pathways are disrupted changing cognition and memory function.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Removing food toxins takes away the agents which are causing issues. Perception and reasoning ability may return slowly.	C
Pulmonary haemo siderosis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	C

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Rheumatoid arthritis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	C
Schizophrenia	Neuro degenerative	Leaky Gut allows unfriendly particles into bloodstream. Formation of plaques in the brain disrupts neural pathways affecting cognition and memory.	Casein mRNAs, glutenins and gliadins from gluten and soy protein breakdown peptides. May be made worse by phytates, phytic acid.	Rate of disease progress may slow down plaque formation. Unfortunately damaged neurones are difficult to heal.	A
Sclerosing cholangitis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	C
Sinusitis	Inflammatory	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off high level inflammation. Results include swelling, pain, excess fluids, tissue damage and disruption of processes.	Gliadins from gluten, soy protein, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides.	A diet with low food toxins quickly works to stop adverse immune responses. Nasal inflammation abates.	D

Name	Disease type	Possible disease mechanism	Implicated food toxins	Expected benefits of toxin removal	Recommended diet strategy
Sjogren Syndrome	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Ulcerative colitis	Autoimmune	Leaky Gut allows 'foreign' protein fragments into the bloodstream - setting off inappropriate immune responses. Healthy cells are misread as 'foreign' or unfriendly - and the immune system attacks and destroys them.	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair - and a slowing of disease progress.	A
Urticaria	Inflammatory	Leaky Gut allows 'foreign' protein fragments into the bloodstream - triggering inflammation. This manifests at the skin in raised weals	Gliadins from gluten, microbial transglutaminase (food additive), micro-Ribonucleic acid mRNAs from casein peptides. May be worsened by alkaloids, phytates, and phytic acid.	Reducing food toxins removes the cause of the immune system's over-reaction. Expect gradual intestinal tissue repair with fewer new breakouts less often and less severe.	C

Diet Strategies to start healing

Use this table to see which diet plan you need to follow.

Strategy	Option #1: Journal	Option #2: App *WhatNot2Eat*	Recommended for	Gravity of disease
A	**Grain-free**, dairy-free, soy-free, no nightshade vegetables, no additives, no alcohol, no pulses, no nuts, low sugar	Select foods to keep your daily score under 3.0	If Strategy B has been adhered to for 3 months or longer - and even further improvement is sought.	Disease is serious or life-threatening.
B	**Gluten-free**, dairy-free, soy-free, corn-free, no nuts, no nightshade vegetables, no alcohol, no pulses, low sugar	Select foods to keep your daily score under 4.0	If Strategy C has been adhered to for 3 months or longer - and further improvement is sought.	Disease threatens ability to: - live independently - attend school or work - care for children, others
C	Gluten-free, dairy-free, soy-free, low sugar, no nightshade vegetables, no pulses	Select foods to keep your daily score under 5.0	If Strategy D has been adhered to for 3 months or longer - and further improvement is sought.	Disease threatens ability to: - enjoy normal social life - play sports - attend school or work - care for children, others
D	Gluten-free, dairy-free, low sugar	Select foods to keep your daily score under 6.0	For early stage disease – or diagnosed non-life-threatening disease.	Disease threatens ability to: - advance career - enjoy normal social life - play sports - care for children, others

Two ways to get started

The foodintol® Journal option:

The Healing Program

Track all foods eaten using purpose-designed journal. Includes food lists, shopping guides, tips, recipes and more. Full member support: all your queries answered 24/7.

Low cost App Option: WhatNot2Eat

Especially for iPhone, this is *the simplest* way to decrease your intake of food toxins. Download this **free app** – and start receiving a free **series of email messages** with how-to tips, recipes, member stories and recommendations.

Every food has a ***score*** for food toxins (or AntiNutrients) given on the dial. It's so easy – you'll love using it!

Keep your daily score low – as recommended for your diet strategy.

Download on the App Store

Upgrade to Premium for Recipes, in-depth info, warnings, recommendations and more: USD $8 per month. Cancel any time.

Chapter Four: Are you poisoning yourself?

Your brilliant body is vulnerable to poor food choices

In your bloodstream - there is huge activity going on. Like a tiny superhighway your blood carries all the nutrients, hormones, enzymes, red corpuscles, white blood cells, macrophages, waste products, salt, water, vitamins and everything else we need – to where it needs to be – and back again.

That's how your body works. We digest foods, feel emotions, grow hair, develop into adults and reproduce. All those biochemical reactions happening in perfect synchronisation and in exactly the right order - unless foreign things get in.

Blood travels everywhere and anywhere in the body: to the legs and feet, to the skin, to the stomach and intestinal tract, to the heart, pancreas, liver and other organs, to the eyes and the brain. Whatever needs to be moved somewhere goes via the blood train – a clockwork system that keeps all the other systems functioning perfectly.

Toxic agents from foods

But sometimes something gets into the blood *that should not be there* – say a poison, a bacterium or virus. This too gets a free ride to anywhere it likes in the body. Usually your immune deals with foreigners, gobbling them up, removing or disabling them.

But toxins throw everything into disarray. Yes! This beautifully co-ordinated *system* of systems can be compromised so easily by a snake venom, spider bite, nicotine, asbestos, pesticides – or even innocent-looking foods like bread, potatoes, pasta, cheese and yogurt.

Food intolerance is not a 'disease' … but slow poisoning

Our work here at the *Food Intolerance Institute* has investigated why so many people suffer illness from certain foods – an ailment known as 'food intolerance'. In the course of our research, the idea that food intolerance is a 'disease' was turned on its head. Here's why.

The 'ideal' diet

We all know if you give goldfish the wrong food they die quickly. It is the same with most animals. You don't give chocolate to a dog. You don't give beefsteak to a horse.

All animals have an 'ideal diet' that keeps them robust and healthy. Straying from that diet compromises their health. *Homo sapiens* also has an ideal diet – the one of our Paleolithic ancestors.

Now we do not say everyone should go Paleo! But we want you to understand what can happen from eating 'modern' foods: their damaging action interferes with normal body functions – the same way as other poisons do.

So the idea that *an inability to digest a food is* ***a disease*** seems silly.

If we are unable to digest arsenic for dinner and it started make us sick – would we say we have a 'disease'? No! We would have been poisoned.

- Food intolerance ***is not*** some kind of abnormality or disease. Rather - the illnesses arising from eating some foods are a perfectly *normal response* to ingestion of poisons – or toxins.
- That is, people with food intolerance are **normal healthy human beings** who are being **mildly and continuously poisoned** because they are eating the wrong stuff – just like the goldfish. The 'foods' are to blame – not the people!

In our profit-focussed society food manufacturers entice us to buy their products.

But many things are presented to us as 'healthy choices' - which we should not be eating**.**

Findings not yet embraced by medical profession

Increasingly – scientists are finding that food toxins like lectins (**caseins, glutens, soy phytates) plus alkaloids, excess sugars, saponins and salt - and additives** could actually be the root cause – and/or exacerbators of most chronic degenerative diseases.

Food toxins disrupt vital processes – and lead to disease. And while the medical profession fails to embrace this knowledge, our citizens – folk like you, your Mum,

your children, friends and neighbours - continue to fall ill and enter the slippery slope of extended disease – with lifelong medication and serial surgeries.

Here at the *Food Intolerance Institute* we have a long history assisting people to become well by avoiding food toxins. With our publications and support many illnesses have healed, some diagnoses have been changed or reversed – and people's lives have been changed for the better. Why . . . how?

- ❖ Because we focus on finding the *cause* of illness

The origin of *diagnose-then-treat*

If you ask your doctor about the root cause of your illness – she may talk about 'unknown causes' or 'risk factors' - often an unsatisfying answer.

But remember – your doctor is working with *diagnose-then-treat* – a practice put forward by philosophers *two thousand years ago* in Ancient Greece. It was a time when many aspects of life were a mystery – in the lap of the gods.

- Human anatomy was not understood because of a ban on studying dead bodies
- Nobody had ever seen bacteria under a microscope
- They did not have the compelling archaeological evidence we now have about human disease

Ancient Greek thinkers were *working blind* – trying to come up with something to alleviate suffering. So when disease struck – there was *no point looking* for a cause. They turned straight to *treatments.*

In 2019 however, medical practice - as it relates to chronic disease - may be due for a serious review. Because by adhering to the traditional approach – disease is only extended (Fig. 1, Chapter One). And patients never learn about *the other pathway* for tackling disease: the low-toxin diet.

HOME TRUTHS: Beating depression

Recent discoveries implicate milk products as well as glutens in a whole raft of mental disorders: anxiety, depression, psychosis, schizophrenia and others.

Tragically mental illness remains the most frequent reason for hospital admission affecting both young adults and older Australians.

Clinical studies have shown that removing certain food toxins from the diet sees a return to normal among a majority of patients within a week or two. How can something so simple to fix still be such a terrible burden in our society?

Here at *The Institute* we find it distressing that food manufacturers are still permitted to advertise products laced with food toxins as 'nutritious'. On the contrary - we believe it is time these products were required to *carry health warnings*. Because millions of unsuspecting Australians are affected.

In fact – so-called 'staples' are the worst offenders: bread and baked items, breakfast cereals, pasta products, crispbreads, biscuits and others.

Know your body: Four ways of coping

Your wonderful life-saving immune system[2]

There are a number of ways we *Homo sapiens* are naturally protected from disease. The human immune system has a whole suite of brilliant strategies to save us from disease. Read and wonder!

#1. Inflammation

One common response of the immune system to any arriving toxin is to create *inflammation.* A product of our stunning evolutionary development – the body responds in predictable ways to any poison. Its main purpose is to *protect you* by disabling or eliminating foreign stuff.

Think of a bee sting. When your immune system notices a strange protein – a whole train of events is triggered: leukocytes (special white blood cells) are despatched to the area to 'eat up' or disable the aliens, cell signal activity increases, heat is generated – and fluids arrive to sweep away waste.

For the sufferer there is hot swelling and pain until the process is finished – depending on how much toxin has been ingested – sometimes hours or even days to clear just one lot.

Now imagine a mystery inflammation happens at your left hip joint.

[2] Full information in Manners D *On the Origin of Disease* – download at foodintol.com

Unaware of your gluten intolerance say, the inflammation means you cannot get comfortable in bed, you can't walk far – and you have trouble climbing stairs. Your body can take days to deal with the toxin – for the pain and swelling to subside. It's awful!

But because you were not told of the possible cause - by that time you have already eaten more gluten – say a bowl of pasta – or a sandwich. Plus, the next morning you have cereal for breakfast followed by toast. RESULT: the hip joint is constantly inflamed, painful and getting worse.

Chronic inflammation

In other words, you have *chronic* inflammation. Your body cannot clear things fast enough – and you just keep eating the toxins.

When the arrival of 'foreign' proteins is *continuous* – then *inflammation is also continuous – or chronic.* After a few months of this your doctor may diagnose rheumatoid arthritis.

So - inflammation can happen at skeletal joints, but also in the lungs (e.g. swelling and fluids in breathing passages), on the skin and in the neural system say by demyelination. There are so many ways simple **inflammation** can disable us and lead to disease.

Are you feeding your disease?

Many chronic diseases are nothing more than *long term mild poisoning*: inflammation – often accompanied by tissue damage. They include rheumatoid arthritis, eczema, psoriasis, migraine, chronic obstructive pulmonary disease and others . . . due to continually eating toxin-laden foods.

Say you are diagnosed with **ulcerative colitis** and have been prescribed medication – and you are *unaware of your food sensitivity*. If you continue eating

toast, breakfast cereal, milk, yogurt, bread, pasta, cheese, biscuits and cakes - ***all you are doing is feeding your disease.***

There is a whole bank of evidence that when you substitute those foods with gluten-free dairy-free varieties – your small intestine can begin healing.

Chronic inflammation from food toxins can also meddle with the operation of vital organs: the **kidneys, pancreas, thyroid, brain** and others - leading to diseases like obesity, diabetes, psychiatric illness and Hashimoto's.

Again – a shift in eating habits is rewarded with diminished symptoms and slowed disease progress.

#2. Extrusion via the skin

For some people the removal of indigestible foreign things happens through the skin. The appearance of an itchy rash or lesions with shedding is one way to be rid of unwanted waste materials.

Psoriasis is caused by gluten

Dermal disorders including eczema and psoriasis both allow shedding of affected skin cells – and regrowth of healthy ones. If the flow of toxins stops - skin cells will gradually stop acting as the waste outflow - and become healthy.

Until then however there is a great deal of discomfort for the sufferer. So until our sufferer learns about her casein, gluten or other sensitivity – all she does is scratch and scratch at her skin.

#3. Expulsion via the respiratory system

The respiratory system has another practical solution for getting rid of foreign stuff. Undigested and troublesome peptides can be coated in sticky phlegm.

Staged bouts of coughing raise phlegm to the throat, nose and mouth where it can be expelled from the body . . . a 'productive' cough. You never thought a nasty cough was a functional waste removal system, did you?

Again – unless the poor sufferer learns about their food sensitivity – they just keep on coughing and coughing – becoming worse with age - chronic bronchitis.

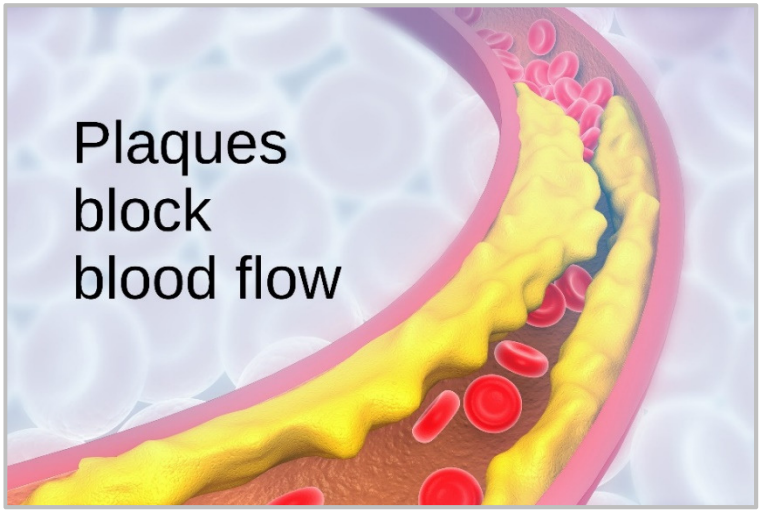
#4. Depositing of plaques

Despite all efforts to *dismantle* foreign things – there is some stuff your body just cannot process. Nor is it able to eliminate them. Another solution is to coat these partly processed nasties with minerals e.g. calcium - rendering them solid and unreactive though bulky . . . **plaques**. These are deposited and 'stored' at various sites – supposedly unable to cause any more mischief.

However, plaques get bigger because we keep eating the food toxins – and they start to cause physical blockages, threatening the sufferer's life.

Clogged arteries are a major contributing cause of high blood pressure and coronary heart disease. Plaques may also be deposited in the brain – and over many years can lead to Alzheimer's and other types of dementia.

Although the medical profession is aware of plaque deposits – they do not seem interested in food toxins as a possible cause. We hope this situation changes soon so they can catch up with new findings.



Once again – unless our citizens learn about the serious consequences of eating grains and milk products in particular – disease prevalence will only increase.

Many ways of *not coping*

Despite these four brilliant systems for disabling bad things – some poisons *outwit* our resources – and eventually do us terrible harm.

When toxins turn up at our pancreas, our thyroid gland, brain membranes, intestine, kidney, reproductive organs and eyes – little can be done to stop their slow-acting damaging effects.

When vital organ processes are muddled – or neural signals get scrambled – we suffer awful diseases. Of course we do – that is what poisoning is all about.

Hello motor neurone disease, cystic fibrosis, metabolic disorders, obesity, autoimmune disease, bowel cancers, blood clotting disorders, psychosis, depression, schizophrenia and others.

Our immune resources are limited[3]

A very important thing to note – our immune defences are *finite*. The human immune system is a fantastic resource – but **it is limited**.

Say your immune resources are fully taken up attacking foreign proteins at your left hip joint. Now there is not enough left to protect you from marauding infective agents.

Bacteria, fungals and viruses *are always present*. So when your immune defences are down, they jump in. With an inflamed hip joint you are much more likely to catch a cold or influenza - and have greater difficulty getting over it.

In fact, *the mere appearance* of such an infection say *candida* (thrush) is actually a Red Flag – telling you that your immune system is already busy fighting something else . . . with no reserves left.

Tip: investigate food intolerance!

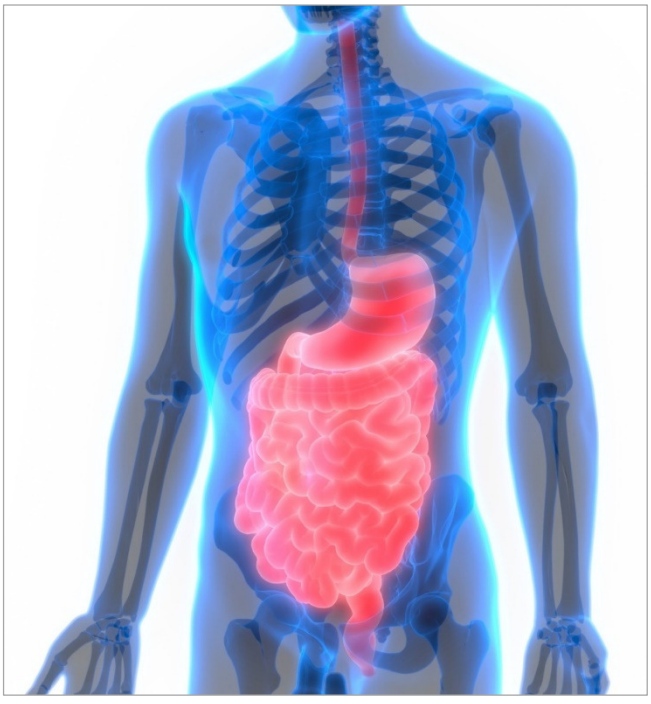
[3] Xenos Theory, described Manners D, *On The Origin of Disease* – free download at foodintol.com

Chapter Five: How Toxins Cause Disease

'Leaky Gut' opens the flood gates

If we habitually eat something which slowly damages the delicate tissues of the digestive system itself - we become very vulnerable. So-called Leaky Gut – where the small intestine is damaged is now even accepted by the medical profession. Tiny holes are ripped in its lining by rogue molecules of half-broken down toxin like gluten protein – and the intestine fails.

The **small intestine** is your *second last line of* defence. This takes up most of the space in your abdomen. Normally it absorbs the good stuff into the bloodstream – like nutrients - and directs the bad stuff away as waste.



But if it is damaged, suddenly *anything* can get into the bloodstream: nutrients, toxins, waste materials – even infective agents like bacteria and parasites which were previously blocked. Suddenly we are very vulnerable to disease.

Thought to affect millions of people - a 'Leaky Gut' allows all kinds of nasties into the bloodstream *continuously. Your immune resources are occupied constantly.*

A small intestine that 'leaks' fails us in two major ways:

1. ABSORPTION FAILS: It fails to absorb the good things (nutrients) from foods. RESULT: malabsorption and nutrient deficiencies like osteoporosis, anaemia and others
2. WASTE FILTRATION FAILS: It fails to exclude bad or 'foreign' things (e.g. food toxins like semi-digested particles) which escape into the bloodstream. These include lectins like gliadins, phytates, caseins - plus bacteria and fungals. RESULT: poisoning.

The trouble begins!

Now disease can take over

When your immune system notices anything foreign in your body – say viruses, bacteria or strange proteins – it is designed to move in and attack them. The immune system is our *very last resort defence* level.

When all is working well a silent battle goes on in your blood cells – and you don't feel a thing . . . brilliant!

Sometimes however – if the influx of foreign things is too great - the immune system is overwhelmed and runs out of puff. Infective agents (always around and opportunistic by nature) jump into action: bacteria, viruses and fungals start to multiply and flourish . . . infections like Ebola, candida, haemorrhagic fever, tuberculosis and influenza.

Dreadful interference with organ function

Despite the four ingenious ways our bodies deal with foreign invaders – many persist in the body *interfering with organs* such the pancreas, thyroid, reproductive system, kidney, neural system and brain.

Dialysis treatment for kidney disease

Unfortunately these can cause enough disruption to bring on prediabetic conditions, obesity, renal disease, thyroid disease like Hashimoto's, miscarriage, motor neurone disease, intestinal cancers, Crohn disease, depression, dementia and behavioural disorders.

It is amazing that the action of *just a few foreign proteins* provides a scenario which explains dozens of chronic diseases. But - it is easier to understand when we regard it as 'poisoning'.

The good news: many diseases are actually avoidable if we understand and avoid common food toxins.

HOME TRUTHS: Miscarriage and infertility

Everyone wants to have a beautiful healthy baby. But gluten is strongly associated with infertility in both men and women – and with miscarriage.

Bits of broken down protein called gliadins interfere with the male and female reproductive system in a number of ways. You don't need all the chemistry! But the results can be devastating. The good news is – a gluten-free diet can work wonders. Studies of couples with multiple miscarriages who followed a gluten-free diet for a few months – show the majority soon became pregnant and gave birth to healthy babies.

'CONCLUSIONS: The high incidence of abortion (miscarriage), of low birth weight babies, and of short breast-feeding periods is effectively corrected by gluten-free diet in women with celiac disease.'

http://www.ncbi.nlm.nih.gov/pubmed/8677936

'We present a case in which adherence to a gluten free diet resulted in a successful full-term pregnancy in a woman with recurrent fetal loss. Celiac disease is a consideration for women with unexplained infertility.'

https://journals.aace.com/doi/pdf/10.4158/ACCR-2018-0095

'I wish I'd been more pushy with my doctors. 'I lost two babies in shattering miscarriages... all because I was allergic to gluten.'

https://www.dailymail.co.uk/health/article-1174001/I-lost-babies-shattering-miscarriages--I-allergic-gluten.html

HOME TRUTHS: Breastfeeding and a 'colicky' baby

Despite what you may believe, an exclusively breast fed baby can certainly be affected by food toxins. But this is not widely appreciated – even by those who give maternal health advice.

Food toxins are present in breastmilk

Lectins from wheat, soy, corn, cow's milk casein – plus alkaloids among other toxins arrive in the milk, depending on what the mother eats. They cause terrible distress to some babies, known as 'colic'.
Unfortunately m*any doctors are dismissive of colic saying the baby will 'grow out of it'.* But we believe there is *always a reason* a child is distressed. Our experience with colic: it is *almost always* gluten related.

If a breastfed baby is suffering from colic – the mother could try going gluten-free to see if things get better. Improvement should happen within two to three days. In general if the mother's milk contains toxins and the baby is sensitive – there will be distress.

In fact sometimes it is a 'colicky baby' that first flags the possibility of gluten sensitivity in the ***unsuspecting mother***. But as soon as she goes gluten-free, the milk becomes safe for the baby.

HOME TRUTHS: The transition to solid foods

Watching infants for food sensitivity

Not many understand that **food intolerance is genetic**. So if you have it, you have probably passed it down to your children.

The **transition to first solid foods** should be watched closely. Only feed one meal of the new food – then monitor hour baby's responses closely for two days after.
If the child has a sleepless night crying and pulling up his/her legs – it may be a bad reaction to the food.

For example with baby's first wheat cereal - see whether the child is at all distressed afterwards or the following day. If yes, feed gluten free (e.g. rice cereal) instead and carry on monitoring.

This way you may pick up an important food intolerance early - which could otherwise adversely impact your baby's future physically and/or intellectually.

Recapping your learning

What have you just discovered? . . . Something you thought was awfully complicated: *how and why* disease happens! Certainly worth knowing.

You have now learned the *Food Intolerance Institute's* basic principles of the ***origin of disease***. To summarise:

- IT ALL STARTS WITH **LEAKY GUT**: FROM HERE TO INTESTINAL DISEASE TO PSYCHOSIS, AUTISM, ARTHRITIS, MULTIPLE SCLEROSIS, MOTOR NEURONE DISEASE, CROHN DISEASE, HEART DISEASE, MISCARRIAGE, INFERTILITY, SKIN DISORDERS, BOWEL CANCER, RESPIRATORY DISEASE, DEPRESSION, SCHIZOPHRENIA AND MANY OTHERS.
- WHEREVER THERE IS CHRONIC INFLAMMATION – 'FOREIGN' SUBSTANCES ARE AT THE SITE, BROUGHT THERE BY THE BLOODSTREAM
- YOUR BODY WILL DEAL WITH MOST FOREIGN THINGS USING ELEGANTLY DEVELOPED DEFENCE SYSTEMS - IF YOU GIVE IT TIME
- CONTINUOUS (CHRONIC) INFLAMMATION MEANS YOU ARE CONSTANTLY ALLOWING FOREIGN THINGS INTO YOUR BODY
- IMMUNE RESOURCES ARE LIMITED: FREQUENT INFECTION (LIKE COLDS AND 'FLU) MEANS YOUR IMMUNE SYSTEM MAY BE BATTLING WITH OTHER 'FOREIGN' THINGS IN YOUR BODY: LOOK FOR FOOD TOXINS IN YOUR DIET
- YOU CAN HALT DISEASE PROGRESS – OR EVEN HEAL – BY AVOIDING TOXINS LIKE NICOTINE, ASBESTOS, CHEMICALS . . . AND FOOD TOXINS

Epilogue

So how did these ‘foreign’ things get into your body?

Only a handful of ways:

1. You had an injection, snake bite, spider bite or insect sting
2. You cut yourself or somehow broke open your skin
3. You swallowed or breathed in a poison e.g. cigarette smoke, cocaine
4. You ate a food that contains a toxin

Two ways to get started

The Healing Program

Track all foods eaten using purpose-designed journal. Includes food lists, shopping guides, tips, recipes and more. Full member support: all your queries answered 24/7.

Or choose Free App Option:
WhatNot2Eat

Especially for iPhone, this is *the simplest* way to decrease your intake of food toxins. Download this **free app** – and start receiving a free **series of email messages** with how-to tips, recipes, member stories and recommendations.

Every food has a ***score*** for food toxins (or AntiNutrients) given on the dial. It's so easy – you'll love using it!

Keep your daily score low – as recommended for your diet strategy.

Download on the App Store

Upgrade to Premium for Recipes, in-depth info, warnings, recommendations and more - for a few dollars per month. Cancel any time.