



This Stuff Makes Me Sick

(From an Article by Dr. Burstein Appearing in The Independent Press, Wednesday, March 10 1993)

‘This stuff makes me sick’ may not be far from truth...

By Dr. Edward M. Burstein

Food allergies are typically associated with hives and other rashes, or, in some severe cases, swelling of the esophagus. Yet, many people suffer from health problems that they have “learned to live with.” In fact, these conditions may be reactions to certain foods in their diet.

Most people endure headaches, ear infections, intestinal problems, joint pain, and sleep disturbance. Chronic use of symptom-suppressing drugs year after year, such as anti-inflammatories, analgesics, antacids, decongestants and sleep remedies rarely get rid of the problem and, unfortunately, the symptoms continue because food allergens are never considered.

In reality, no food is perfectly safe since every person is unique biochemically and almost every food has the potential to produce an adverse reaction in someone.

Typically, diagnosis of such food allergies involves provoking the allergy by eliminating food items from the diet and then reintroducing them one by one. Once an allergy is identified, individuals can modify their diet by totally eliminating those food products, or by consuming them only periodically. A doctor of chiropractic, who specializes in Applied Kinesiology, can also easily identify food sensitivities using fast, accurate methods.

The New England Journal of Medicine reported an account of allergic reactions in six adults with known sensitivities to dairy products. The foods they ate (tofu and rice ice cream substitutes, bologna and canned tuna) were not labeled as containing any dairy product. But the allergic reactions occurred nonetheless. This is just one example of the serious need for improved food labeling.

Some specialists believe that certain food reactions are not necessarily allergies, but rather toxic responses in which harmful substances are produced in the intestinal tract as a result of the metabolism of certain bacteria in the large intestine. Often supplementing the diet with active cultures of “good bacteria” (such as lactobacillus acidophilus found in many yogurt products) can help individuals who suffer from these reactions.

Finally, faulty liver function may also contribute to adverse reaction to the diet, since the liver is the principal organ involved in detoxifying substances from the intestinal tract. Liver function can be improved by consuming a detoxifying diet rich in specific nutrients that support the liver, such as whole grains, legumes, fresh fruits and vegetables, as well as lean and organically-grown animal protein and fish.

The doctor of chiropractic, who specializes in Applied Kinesiology, is uniquely trained and qualified to evaluate health concerns such as headaches, digestive problems, joint pain and sleeping disturbances. Applied Kinesiology is a form of health care that looks at the whole person; biochemically, emotionally and structurally. Treatment of identified food



BERKELEY HEIGHTS

CHIROPRACTIC CENTER

Pain relief, and more, for a healthy life

allergies or toxic responses often includes dietary changes, but more importantly, in mild cases, may focus on training or teaching the body to not react adversely.

So, instead of living with headaches, a stuffy nose, diarrhea and bloating, or joint pain, stop masking the symptoms with medications and find out if your concerns may be related to what you're eating. The common complaint, "This stuff makes me sick!" may be closer to the truth than you think.

Editor's note: Dr. Burstein is Clinical Director of the Berkeley Heights Chiropractic Center. He has been awarded the status of Teaching Diplomate by the International College of Applied Kinesiology, and shares this distinction with only four other chiropractors in the state and 117 worldwide. For information, call (908) 665-0770.