

News and Events:

February's Free
Teleseminar!
"Fueling for
Performance:

**Eating Principles for
Endurance Events"**

Thursday, February 4th
at 10:00 a.m. and

Wednesday, February
10th at 12:00 p.m.

Dial in #:

218-339-4300

Access Code:

875831#

**Interested in learning
more about MRT Food
Sensitivity Testing?**

Contact Yvette to
schedule your 30 min-
ute assessment for
\$30.00. We will review
your medical history
and symptom survey to
determine if MRT
Testing is right for
you.

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Is Your Food Making You Sick?



Have you ever wondered why peppers make your spouse gassy but settle just fine with you? Why a glass of red wine gives you a migraine but a beer does not or why your grandmother think dairy makes her arthritis pain worse? All of these reactions can be related to food sensitivities. Medical research has found that foods, food additives, and chemicals can provoke a variety of symptoms and leave you struggling with chronic health conditions. Symptoms from food sensitivities can vary greatly depending on the individual. Research has found that people struggling with irritable bowel syndrome, migraines, fibromyalgia, and chronic depression have higher levels of mediators circulating throughout their body. Symptoms are provoked when "mediators" (i.e. histamines, cytokines, and prostaglandins) are released from our immune cells. Therefore when the "triggers" (i.e. foods, additives, or chemicals,) are ingested the mediators are released and provoke inflammation and symptoms related to the condition. The symptoms associated with food sensitivities are commonly known as "chronic" because the mediators that are making one feel sick are being released every time the food, additive, or chemical particle is consumed, which could be daily for some foods.

Food Sensitivities Affect 15-20% of the Population.

Common Conditions and Symptoms Linked to Food Sensitivities:

- Irritable Bowel Syndrome, Diarrhea, Abdominal Pain, Cramping, Bloating
- Heartburn, Inflammatory disease
- Migraine and other chronic headaches
- Fibromyalgia, joint pain, muscle pain, muscle weakness
- Autism, ADD/ADHD
- Hives, eczema
- Excess mucous production, chronic post nasal drip, chronic congestion

How to Test Your Food?

Each person will vary in what foods may provoke symptoms. Traditionally a basic elimination diet is used to identify what foods are making one sick. However, you will never know what specific foods are causing the reaction and the process can be very tedious and time consuming. The best way to determine what specific foods are causing symptoms is through a blood test, such as MRT (Mediator Release Testing).



What is MRT?

MRT stand for Mediator Release Testing. It is a highly accurate blood test (94.5% sensitivity and 91.8 specificity) used to identify foods, additives, and chemicals that are causing immune system reactions such as digestive problems, headaches, fatigue, joint and muscle pain. MRT measures the changes in liquids to solid ratios of your blood after your blood has been exposed and incubated to the food or chemical being tested.

What foods and chemicals are tested?

MRT test for 120 foods and 30 chemicals and additives. Foods tested include dairy products (cow and goat), flavor enhancers, fourteen varieties of beans nuts and legumes, twenty-two fruits, twenty vegetables, twelve grains, seafood (unfortunately our beloved crawfish are not tested, but shrimp and crab are), beef, eggs, pork, lamb, chicken, and turkey.

Is the MRT food sensitivity test the same as a food allergy test?

The simple answer is no. Food allergies affect about 1 – 2% of the population and will usually provoke an immediate allergic response. The degree of reaction to a food allergy can vary but in severe cases can result in anaphylaxis shock. The most common food allergies include: cow's milk, wheat, soy, peanuts, tree nuts, shellfish, and fish. With food allergies, only one molecule of the food is needed to trigger a reaction and in some cases that one molecule could result in death. This is why airlines will not distribute peanuts on the plane when a passenger with a peanut allergy is on board, and why many schools enforce a no-peanut policy.

On the other hand, food sensitivities affect about 20-30% of the population and could take anywhere from 45 minutes to several days to produce a response. Reactions to food sensitivities can vary greatly and can leave one puzzled, which is why many food sensitivities will go undiagnosed. The amount of food needed to provoke a reaction can vary greatly depending on how severe the sensitivity is; often times food sensitivities are dose related.



Yvette Quantz, LD, RD is a well respected Lifestyle and Sports Nutritionist and Certified LEAP Therapist. Yvette provides counseling to both adults and children dealing with a variety of nutritional concerns including: weight management, sports nutrition, food sensitivities, diabetes, eating disorders, cardiac rehabilitation, food allergies, gastrointestinal disorders, and pregnancy.

Yvette is available to meet with clients virtually providing customized nutrition meal plans services right at your desk or in the comfort of your home. In person consults are also available during her scheduled trips to Dallas, Texas. If you would like more information about nutrition services please contact the member services. Go to www.foodtherapyonline.com and sign up for daily Foodspirations to receive daily motivational tips.

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