

Food Sensitivities: What To Avoid

By Catherine Carrigan



You can achieve your ideal size more easily, heal your digestive system and improve your mental and emotional functioning by taking care of what foods you choose to put into your body. Since 90 percent of serotonin is produced in your gut, avoiding foods you are sensitive to can have a huge beneficial impact on your total well-being. Identifying and eliminating food sensitivities is also a huge step for helping you avoid pain. Pain anywhere in the body is inflammation, and inflammation begins in the gut. When you avoid foods that you are sensitive to, the mucosal barrier in your intestines can heal, the pain you experience may be eliminated and your immune system is strengthened.

At Total Fitness, we help our clients identify their food sensitivities. These may be highly individual – you may develop a sensitivity to any food you are consuming frequently. One of the best ways to avoid developing a food sensitivity is to rotate your diet and include lots of variety. That is one of the many reasons why we have produced this cookbook for you.

Here is a list of common food sensitivities. As you read over this list, notice how many of these foods are processed – if you simply choose a diet of organic meats, nuts, fruits and vegetables, you will avoid common food allergens and achieve new heights of health and fitness.

If you know for certain you have a food sensitivity, there is no substitute for reading labels carefully.

Lastly, if you have multiple food sensitivities, ask your Total Fitness professional how we can help you heal your mucosal barrier. You can overcome many food sensitivities by healing your gut. This is an individual process and involves identifying any pathogens (parasites, bacteria, etc.) that may be interfering with your gastrointestinal function and a six-month gut restoration program that includes replenishing the good bacteria in your gut and healing the mucosal barrier.

As you heal your gut and avoid your food sensitivities, you will notice that your abdomen flattens out, your core muscles work better and you have better balance when performing your fitness training program. The nerve that goes to the transverse abdominis is the gastric nerve, so if you are eating anything that inflames your gut, you will not be able to flatten your abs or get your core muscles working properly.

Remember, here at Total Fitness, we work to put together the big picture for you – your health, your fitness and your nutrition. Everything works together.

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO WHEAT OR GLUTEN GRAINS

- Barley
- Rye
- Oatmeal
- Spelt
- Breads
- Bagels
- Crackers
- Cereal
- Pizza
- Pretzels
- Whiskey
- Breaded fish and vegetables
- Gravies
- Hot dogs
- Cookies
- Candy
- Pasta
- Cereals
- Ice Cream
- Pudding
- Meat loaf
- Processed foods
- MSG
- Bouillon cubes

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO MILK

- Casein
- Whey
- Yogurt
- Butter
- Bread
- Cakes
- Puddings
- Ice Cream

Mashed potatoes
Sherbert
Salad dressings
Margarine
Donuts
Scrambled eggs
Soup
Cheese
Breads
Coffee whitener
Sausages
Cream
Chocolate
Cocoa
Whipped toppings
Cookies
Custard
Cold cuts

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO CORN:

Popcorn
Cereal
Corn oil
Margarine
Processed foods
Bologna
Sausage
Some vitamin pills (check ingredient list)
Cornstarch
Modified food starch
Dextrin
Corn syrup
Dextrose
Lactic acid
Inositol
Sorbitol
Mannitol
Glucosonic acid
Hydrol
Caramel color
Alcohol
Food in waxed paper cartons
Carbonated beverages
Soda pop
Sweetened fruit juices

Canned or frozen fruits
Instant tea or coffee
Cold cuts
Ham
Hot dogs
Jams and jellies
Canned vegetables
Catsup
Peanut butter
Chewing gum
MSG
Distilled vinegar
Grits
Cola
Gummed labels
Gelatin desserts
Gin
Graham crackers
Whiskies, Scotch, bourbon, brandy, wine

FOODS TO AVOID IF YOU SUSPECT YOU'RE SENSITIVE TO EGGS:

Bread
Cookies
Cakes
Sherbert
Beer
Eggnog
Pretzels
Waffles
Meringues
Ice cream
Donuts
Pasta
Bouillon
Noodle soup
Mayonnaise
Root beer

Source: *Healing Depression: A Holistic Guide* (New York, 1997: Marlowe and Co.) by Catherine Carrigan