



ALLERGY VS INTOLERANCE

Almost always when I tell people that we would like to avoid certain foods because of intolerance and sensitivity not because of allergy, their response is “if not allergy, what’s the problem?” Intolerance and/or sensitivity is getting recognised in the medical field.*¹ There are many conditions such as lactose intolerance, histamine intolerance or non-coeliac gluten sensitivity. Its mechanism varies depending on each condition. Intolerance is different from allergy which is involved in immune systems. In another way, you can’t prove it via blood/skin prick tests.*² It doesn’t prove its non-existence because we can’t see it by test, though. Also, unlike allergic reactions, the response to the allergens is often delayed, which makes it difficult to find out what caused your signs and symptoms. (See the column below) We shouldn’t feel grumpy or tired after eating. You might have seen some children get hyper-active after eating lollies, mightn’t you? They may be reacted to additives such as artificial sugar or artificial colours.*³ Elimination diet is a safe and easy way to find out. However, it can be easier than you think. After meals, if you feel exhausted or extremely full which may indicate ‘bloating’, you might have eaten something your body is sensitive to.

Onion Broth (makes 500-600 ml)

Natural anti-histamine!! Extremely affordable & safe.

What you need:

- *Glass bottle (500-750 ml)
- *About 2 handful onion skin (either brown or purple)
- *Medium size pot
- *Filtered water 500-700ml (according to the size of bottle) (optional)
- 1-2 herbal tea bags to weaken its bitterness (e.g. rooibos, rosehip, nettle, liquorice etc.)



Directions:

- 1) Wash onion skin very thoroughly.
- 2) Heat the onion skin (and tea) with half amount of water and boil it for a few minutes. This way is quicker than using full amount of water.
- 3) Pour in the rest of water to cool down. Remove the onion skin and pour into your bottle. Keep it in the fridge. (up to 2-3 days)

Note: You also can use this broth for making soup or cooking rice or add some to a sauce.



Common signs & symptoms of intolerance ^{*1}

- ◇ **Headache**
- ◇ **Fatigue**
- ◇ **Itchy skins**
- ◇ **Sneezing**
- ◇ **Runny nose**
- ◇ **Mood swings**
- ◇ **Bloating**
- ◇ **Infertility**
- ◇ **Abdominal pain**



*1 Volta U, et al (2014) An Italian prospective multicenter survey on patients suspected of having non-coeliac glutensensitivity. *BMC Medicine*. 12:85.

*2 Kvehaugen AS et al (2018) Is perceived intolerance to milk and wheat associated with the corresponding IgG and IgA foodantibodies? A cross sectional study in subjects with morbid obesity and gastrointestinal symptoms. *BMC Gastroenterology*. 18(1):22. *3 Schab DW & Trinh NH (2004) Do artificial food colors promote hyperactivity in children with hyperactive syndromes? A meta-analysis of double-blind placebo-controlled trials. *Journal of developmental and behavioural paediatrics*. 25(6):423-34.