

Happy Tums

Salicylates and Amines

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Salicylates and Amine Intolerances

Doctors and dietitians who specialise in the area of diet and behaviour claim much greater success than is accepted by the general medical population. They believe that others fail through a misunderstanding of the correct way to create an individual elimination diet and challenges which are inappropriate. (The list that follows is given as a guide.)

FOOD CHEMICALS IN FRUIT

LOW: Fresh pears, all varieties- must be ripe and peeled. Canned pears, canned in sugar syrup.

FRUIT TO EAT IN MODERATION

Apples (sweet apples, e.g. golden delicious and red delicious), banana (not sugar banana), fresh mango and pawpaw. NOTE: Salicylates are highest in unripe fruit and this decreases with ripening. AMINES increase with ripening in fruits that go mushy, banana and avocado are a good example. Much of the natural chemical is close to the skin, which is why we suggest pears and fruits to be peeled.

AVOID: THESE ARE VERY HIGH IN SALICYLATES

Citric fruits (oranges, mandarines, lemon) sultana, raisins, pineapple, kiwifruit, all berry fruits, prune, all stone fruits, grapes tangelo, passionfruit, dates, tomatoes of all varieties, avocado.

FOOD CHEMICALS IN VEGETABLES

LOW: White potato (peeled), green beans, iceberg lettuce only, brussel's sprouts, cabbage (red or green), celery, chives, dried beans, dried peas (e.g. chick peas), leeks, lentils, parsley, shallots.

AVOID: Very high SALICYLATES

Tomato, broccoli, broad beans, cauliflower, egg plant, gherkins, olive, mushroom, spinach.

FOOD CHEMICALS IN MEAT, CHICKEN, FISH,& EGGS

LOW: Fresh beef, fresh chicken (no skin), fresh white fish (e.g. bream, sea bich, barramundi, ling), fresh prawn/shrimps, fresh scallops, eggs, lamb, rabbit, veal.

VERY HIGH IN AMINES

Anchovies, fish roe, dried, pickled, salted, smoked fish, smoked meat and chicken, canned tuna.

AVOID! VERY HIGH IN SALICYLATES, AMINES & MSG

Devon, meat pies, salami, sausages, seasoned meats and chicken, aged meats, bacon, ham, fresh oysters, pork, salmon, fresh tuna sardines, frozen and leftover fish. NOTE: Browning meat, grilling or charring will increase natural amine levels. There are no salicylates in fish and in chicken, but remove the skin of the chicken and white fish only for the amine intolerant persons. Canned fish may contain salicylates as well, from the type of oil or seasonings added. Gravy made from meat juices are high in amines and gravies made from prepared mixes contain both salicylates and amines. Stock cubes/boullion/meat extracts usually contain very high amount of salicylates and amines.

FOOD CHEMICALS IN DAIRY, EGGS, & SOY PRODUCTS

LOW: Butter, cream, fresh cheese, cottage cheese, marscapone and ricotta, plain whole milk yoghurt, cow milk, goat milk, soy milk, rice milk, tofu, tofu ice-cream, fresh eggs,

AVOID! VERY HIGH

All tasty cheeses, soy sauce, miso. NOTE: (Read label for flavours and other additives in the rice and soya milk. Ice-cream, only a few. E.g. vanilla made with real vanilla extract or mango made with real mango. Labels need to be read very carefully).

FOOD CHEMICALS IN DRINKS

LOW: Are water, milk, decaffeinated coffee, carob powder, unpreserved lemonade, Australia lemonade (e.g. Schweppes clear, 7-up and sprite), soda water, tonic water.

AVOID!! VERY HIGH IN SALICYLATES ONLY

Cordials and soft fruit-flavoured drinks, tea, peppermint tea.

AVOID!! HIGH IN AMINES ONLY

Cocoa powder, chocolate-flavoured drinks.

AVOID !! HIGH IN SALICYLATES AND AMINES

Are cola drinks, American lemonade, orange juice, tomato juice, vegetable juice. NOTE: (Best to make your own fruit and vegetable juice to be sure the fruits and vegetables you are juicing is acceptable to your diet. Remember, very few commercial juices meet the criteria of this guide. Many contain an identified variety of apple juice and other ingredients).

FOOD CHEMICALS IN HERBS, SPICES, AND CONDIMENTS

LOW: Chives, garlic, parsley, poppy seeds, saffron, sea salt, shallots, vanilla. AVOID! VERY HIGH: Meat extract, soy paste, soy sauce, vinegar, tandoori, gravies, pastes (fish, meat, tomato), all sauces, stock cubes, tomato sauce, yeast extracts.

FOOD CHEMICALS IN CEREALS, GRAINS AND FLOUR

LOW: Rice, wheat flour, rolled oats, arrowroot, barley, buckwheat, cornflour, malt, rice flour, rice cereals (plain), sago, soy flour, rye flour, wheat, wheat cereals (plain).

HIGH SALICYLATES ONLY

Corn flakes, corn meal, breakfast cereals with honey,

HIGH IN AMINES ONLY

Breakfast cereals with cocoa.

HIGH SALICYLATES AND AMINES

Cereals with fruit, nuts and coconut.

FOOD CHEMICALS IN JAMS, SUGAR, AND SWEETS

LOW: Golden syrup, sugar, toffee, caramels, carob, malt extract.

VERY HIGH SALICYLATES

Honey, jams, licorice, mint-flavoured sweets and ices.

VERY HIGH AMINES ONLY

All chocolates, cocoa.

FOOD CHEMICALS IN FATS AND OILS

LOW: Butter, ghee, margarine (unpreserved, no antioxidant), safflower oil (no antioxidant), sunflower oil (no antioxidant). HIGH: Coconut oil, copha, olive oil, sesame oil, walnut oil.

FOOD CHEMICALS IN NUTS, SNACKS, AND CRISPS

LOW: Cashews (raw, up to 10 per day), plain potato crisps.

VERY HIGH SALICYLATES ONLY

Fruit flavours, honey flavours, muesli bars. NOTE: (Cheese flavours have high levels of AMINES and MSG; spicy flavours have high levels of SALICYLATES, AMINES and MSG).

SKIN CARE

Most skin care products and cosmetics contain fragrance. Some are very high in SALICYLATES than others.

CAUTIOUS

Anyone who has an allergy or sensitivity/intolerance should remember to ALWAYS READ LABELS/INGREDIENTS. ALSO USE UN SCENTED COSMETICS, SOAPS, TOOTHPASTES, AND LOTION.

NOTE

Though Happy Tums use some ingredients that are high in salicylates, the majority of our products don't. Remember that we will always replace an ingredient that you can't have).

Allergy and Intolerance

When the body reacts to a protein in food, this is called food allergy. When the body is sensitive to some of the chemical constituents, this is food intolerance. Food allergies are more frequent in infants and young children, particularly those who suffer Eczema. The most common problems come from proteins in eggs, cow's milk and peanuts, though others may also cause difficulties (refer to KNOW YOUR FOOD, which will explain further about these foods).

If you have niggling or serious health problems that come and go, or even worse after eating certain foods, better on holiday when your diet is different, or unresponsive to conventional medical treatment, now is a good time to question whether something you are eating is making you ill. Most major health problems – Diabetes, heart disease, even Alzheimer's and most types of cancer, are now recognised as primarily diet related. So why shouldn't headaches, anxiety, digestive problems, joint aches, fatigue or whatever it is you are suffering from be diet related? In most cases, they are. There may, of course, be other contributory factors, but finding out which foods suit you and which foods can make a massive difference to how you feel.

Another possible reason why what you are eating is making you ill is simply that it's poor – quality food, lacking in nutrients. Say you live on processed food and don't consume much fruit, vegetables or whole-foods. If that's you, you may find yourself feeling tired and unwell because you're simply not getting the vitamins and minerals your body needs. We recommend a good all-round diet and basic supplement program for everybody to ensure optimum nutrition.

Some people, often those who also have food allergies are especially sensitive to certain chemicals added to food. Their symptoms can be very similar to allergic reactions, and may include hives or urticaria, which are eruptions of itchy bumps on the skin. In children with chronic hives, sensitivity to food additive such as food colourings, preservatives, emulsifiers or taste enhancers is a possible cause (read our "Beware with food Additives page" which will give you in more details what these things are made from). A double-blind, placebo-controlled study showed that 3 out of 4 children with chronic hives greatly improved within 2 weeks on a food additive-free diet, while half the children had complete relief by 6 months. If however, you or your child suffers from hives which don't improve on avoiding additives, we recommend that you investigate food allergies as a probable cause. There are other kind of food intolerance which we define as a non-immunological response to a food- that is, you get symptoms, but there's no observable or measurable immune reaction. The most common example is intolerance of lactose- milk sugar, found in cow's milk, which happens in people who lack adequate supplies of the enzyme lactase, which is needed to digest it. This kind of intolerance means milk is hard to digest- a very different thing from an allergy to cow's milk, where the immune reaction can cause inflammation, resulting in eczema. Lactose intolerance and milk allergy do often go hand in hand, however.

One of the signs that you might be allergic to something you've eating is that the symptoms come and go. One day you feel fine, the next your joints are aching, or you've got a headache, are blocked up, bloated or having problems sleeping and you don't know why? Since most allergies are delayed, symptoms often only develop hours after eating the food, making it difficult to put two and two together. (Even more confusing, eating the food you're allergic to can make you feel better immediately afterwards and only later become problematic). If you were to lay your small intestine flat on the ground, it's surface area would equal that of a small football pitch. This barrier is the gate way between your body and the outside world- your inner skin. Only food substances such as vitamins, minerals, amino acids from digested proteins and so on are allowed through, at least in theory. The police force guarding your inner gateway is your 'IMMUNE SYSTEM'. A food allergy develops when your immune system treats a food you've eaten as an invader, not a friend. This can happen for a number of reasons. In some cases, the food may contain a kind of protein that the body doesn't like. For example, many people's immune system will react to gliadin, a protein abundant in wheat, rye, and barley. This can be an inherited condition.

In most cases, food allergies develop when the inside lining of the digestive tract becomes permeable or abnormally 'leaky' because of antibiotic use, excess alcohol consumption, gut infection, excessive physical or emotional stress or other reasons. The leakiness enables food proteins to 'gatecrash' your bloodstream, and your immune system will react to these outright strangers by attacking them. This reaction happens on a number of fronts. Your immune system attaches the equivalent of handcuffs to it, called "Antibodies" attacks and destroys it with specialised cells such as phagocytes, and releases all sorts of reactive chemicals, such as histamin, which also cause many of the symptoms we experience as allergic reactions.

The two most common types of allergic reaction, namely the immediate-onset and the much more common delayed-onset, involve two different families of antibodies, called "IgE and IgG respectively. The 'Ig' stands for immunoglobulin, while 'E' or 'G' is the type or family of immunoglobulin. The best-known and most studied form of allergy involves the IgE family of antibodies, and is also known as a Type 1, immediate-onset or atopic food allergy. These allergies are considered 'classic' partly because they were documented in medicine first, and partly because of the immediate and obvious reaction they involve. These are the allergies you read about in the newspaper, when someone dies from eating shellfish or peanuts.

Immediate-onset allergies are found mostly in children. The classic symptoms, the skin, the gut and airways are the usual arena for IgE allergic reactions. So you may see a rash, urticaria (nettle rash) or eczema. You may start to vomit, or experience nausea, stomach cramps, dull aching, bloating, heart-burn, indigestion, constipation, flatulence or diarrhoeas.

(Most people diagnosed with irritable bowel syndrome are found to have food allergies.) Other immediate symptoms include the coughing and wheezing associated with asthma or the sneezing and stuffy nose of a person with allergic rhinitis. The frequency and the severity of the reactions vary greatly from person to person. At the extreme end of the scale, the person can develop anaphylaxis- a reaction where throat and mouth swell and severe asthma comes on, resulting in death from suffocation.

ANAPHYLACTIC reactions can also include a kind of nettle rash, rapid dropping of blood pressure, an irregular heartbeat and loss of consciousness. DELAYED-ONSET FOOD ALLERGY (IgG), allergic reactions are much more common than the IgE type in both children and adults, affecting as many as 1 in 3 people- and among those with chronic conditions unresponsive to conventional medicine, up to 70 per cent.

Also known as Type 3 allergies, these occur when your immune system creates an overabundance of IgG antibodies to a particular food allergen. The antibodies, instead of attaching to mast cells like their IgE counterparts, bind directly to the food particles as they enter your bloodstream, creating 'immune complexes'. The more of these you have floating around the bloodstream, the more on edge your immune system becomes, sending out phagocytes to gobble the complexes up. Basically, your immune system gradually goes into red alert.

This process takes time, which is why IgG symptoms are delayed and only appear two hours to several days after consuming the allergen. Understanding the difference between IgE and IgG food allergies might help you when the reactions and the symptoms appear. Allergic symptoms in immediate reactions occur within two hours of eating. In delayed reactions, symptoms do not appear for at least 2 hours, not infrequently showing up 24 to 48 hours later. There are even reports of delayed symptoms appearing 3 to 7 days after eating. Immediate-onset food allergy involves one to two foods in the diet, as a rule. Delayed reactions characteristically involve 3 to 10 foods, and sometimes as many as 20 foods in very allergic individuals, who are usually found to have highly 'leaky' guts. Immediate reactions to foods primarily affect the skin, airways and digestive tract. Virtually any tissue, organ or system of the body can be affected by delayed food allergy.

Immediate food allergy can often be diagnosed with a simple skin test. Delayed reactions to food often require state-of-the-art blood tests that detect the presence of specific IgG antibodies to foods in your blood. Immediate food allergy involves foods that are rarely eaten. Delayed food allergy involves foods you may well eat every day and even crave. When people quit eating foods that cause immediate symptoms, they have no withdrawal or detoxification symptoms, and don't crave or miss these foods. But powerful addictive cravings and disabling withdrawal symptoms are reported in at least one in three people when they stop eating offending IgG foods.

An estimated 1 in 4 people suffer from clinically significant food allergies, most of them from delayed symptoms that are probably the result of IgG food allergies. Unlike IgE allergies, IgG food allergies are very common and rarely self-diagnosed or treated.

NOW WE ASK OURSELVES, WHY FOOD ALLERGIES ARE ON THE RISE?

Over the past 20,000 years, people have changed very little- and genetically, not at all. The same, however, cannot be said of our diets. Many of today's killer diseases, from diabetes to heart disease, have arisen because our unchanging genetic constitution has collided head-on with a radical change in diet. Take a close look at this comparison between what our ancestors were eating 20,000 years ago and today's diet.

STONE- AGE DIET

0% of carbohydrates as cereal grains.
Favourite drinks; water and mother's milk
Great variety of fruits and vegetables eaten.

TODAY'S DIET

75% of carbohydrate as grain.
Fizzy drinks, coffee, tea, alcohol and cow's milk
8 to 10 foods make up 80% of daily calories (dairy, wheat, refined sugars, fried potatoes, processed foods).

Today we are drinking more high-sugar, fizzy drinks than water. Times have changed. Are we becoming more food allergic simply because we are eating the wrong foods? When you consider that cow's milk, grain and yeast are all essentially 'NEW' foods in our human diet, this simplistic idea makes sense. An obvious place to start in unravelling the true cause of allergies is the digestive tract. After all, the lining of the gut is the first point of contact between foods and the immune system. The intestinal lining alone is estimated to contain more immune cells and produce more antibodies than any other organ in the body. Hardly surprising, then that the intestinal lining and its immune system is an absolutely crucial defense against food allergens and infections. A research shows that people with food allergies do tend to have leaky gut walls. This might explain why frequently eaten foods are more likely to cause a reaction. There are many reasons why our modern-day diet might lead to leaky gut.

SO WHAT IS THE BEST SOLUTION?

Simple! Eliminating allergic foods means exactly that!

Find out what you are allergic to by having an IgG food allergy test (information about this on the last page) then strictly avoid your allergy foods for 3 to 6 months. This will demand very careful reading of labels on cans and packages, as they are loaded with allergic ingredients, and exercising caution in restaurants etc. The reason for the 3 to 6 months is that the IgG antibodies have a 'half-life' of 6 weeks. This means that after 6 weeks, half of your IgG antibodies have died and been replaced, and after 12 weeks another half have died and been replaced. After 3 to 6 months you no longer have any of the IgG antibodies you had to start with. Provided you've been avoiding the foods you're allergic to, the new IgG antibodies inside you will no longer react to your food allergens if you reintroduce it. (This does not apply to IgE-based, immediate-onset food allergies or to coeliac disease).

While on an elimination program or not, or you been diagnosed with a food allergy or not, it is important to minimise wheat and milk products. Avoid all processed foods and foods with preservatives, colours, flavours and added chemicals. You might not have a problem now, but it will catch up with you later.

TESTS

Analytical Reference Laboratories (ARL) provides three IgG Food Sensitivity Tests.

The most comprehensive of these, the IgG 93, which will test for 93 different foods including wheat, dairy, eggs, soy and nuts. A blood sample is required and the test is suitable for all ages.

For more information contact ARL free on

Ph 1300554480. You can email info@arlaus.com.au or visit www.arlaus.com for more details.

It is worth every cent to have this test done if you are suffering and in doubt.

HELPFUL SUPPLEMENTS

In addition to eliminating your allergen and following a rotation diet, certain natural supplements can help you to recover more quickly from food allergies and decrease your allergic potential.

Your immune system depends on a minute-by-minute supply of a wide range of nutrients, especially VITAMIN A, and B, ZINC, MAGNESIUM and SELENIUM.

In addition to eating a nutrient-rich, non-allergic whole food diet, it is recommended that you supplement these nutrients on a daily basis. Because we live a very fast and busy lives, that quite often we eat on a run and many times we don't eat the things our bodies really need. So the supplements are essential to take, to make sure our bodies are getting some sort of nutrients and minerals that it may be lacking. We should be taking these every day:

MULTIVITAMIN

(The best multivitamin and minerals supplements recommend taking two days, for the simple reason that you can't get all these ideal levels into one tablet or capsule).

VITAMIN C 1,000mg

(vitamin C is the most important anti-allergy vitamin. It is a powerful promoter of a strong immune system, immediately calms down allergic reactions and is also anti-inflammatory. It's recommended for everyone at an absolute minimum of 1,000mg(1g) a day. If you are suffering from allergic symptoms, you might want to take twice this amount on a regular basis.)

OMEGA-3 FISH OIL (500mg or 1000mg of EPA/DHA)

Omega -3 oils are one of nature's best natural anti-inflammatory nutrients, with countless other benefits besides.

MSM 1,000mg

(This has so many benefits for allergy sufferers that it's hard to know where to start. As long as you're still suffering from any allergic symptoms, or in pain, it is well worth supplementing MSM on a daily basis.)

GLUTAMINE POWDER (1 tsp=4g)

It is an essential part of any regime designed to quickly restore a healthy digestive tract and prevent further damage from foods, alcohol or medication. It is also a powerful nutrient for supporting proper immune function and protecting the liver.)

DIGESTIVE ENZYMES

(It helps to digest fat, protein and carbohydrate- that is, lipase, amylase, and protease- are well worth trying if you have any digestive problems or food allergy symptoms.)

PROBIOTICS

(Lactobacillus, Bifidobacteria) plus prebiotics such as FOS: (It can also help to calm down a reactive digestive tract and reduce allergic potential. Probiotic bacteria need to eat to survive. This is where 'PREBIOTICS' come into play. Prebiotics are non-digestible, fermented food ingredients that feed and stimulate friendly bacteria in the intestines. They increase the densities of beneficial bacteria and stimulate growth and function of the healthy intestine. This will help to heal the gut.

We stock most of these supplements, cheaper than health shops or chemists.