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Health Revelations

THIS MONTH

Got Allergies and Mucus?

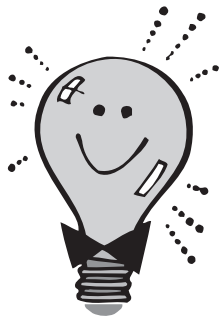
Food expiry dates

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Recipe

Brain Food

Disclaimer: The information contained in this newsletter should not be used as a basis for diagnosis or treatment which should only be provided by a qualified medical practitioner. You should consult your doctor or an appropriate health professional for specific personal advice if you have any concerns about your health or general well being.



Brain Food

What word is pronounced differently when the first letter is capitalised?

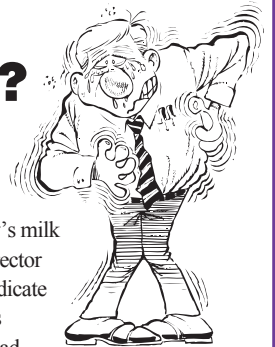
Job. Nice. Polish.

Answer to August's Brain Food

Flyleaf
Raptor
Yummy.

Got Allergies and Mucus?

If your kids suffer from chronic runny noses and sore throats, it might be time to dump the dairy.



According to the American Academy of Allergy, Asthma and Immunology, cow's milk is the number one cause of food allergies in children. According to the former director of pediatrics at Johns Hopkins University, Dr. Frank Oski, there is evidence to indicate that up to half of U.S. children have some allergic reaction to milk. For these kids (and for adults who are allergic to dairy foods), milk is a mucus maker and can lead to persistent problems such as chronic coughs and sinus infections, asthma, and ear infections.

More and more physicians and dietitians realise that removing dairy products from the diet can be the solution to many childhood illnesses such as runny noses, constipation, colic, ear infections and gas, and the list goes on.

See for yourself:

According to a report published by the American Academy of Allergy and Immunology Committee on Adverse Reactions to Food (part of the National Institutes of Health), the allergies of up to one third of children tested cleared after milk was removed from their diet.

Dr. Benjamin Spock, author of the world-famous book *Baby and Child Care*, wrote in 1998, "Cow's milk is not recommended for a child when he is sick or when he is well, for that matter. Dairy products may cause more mucus complications and cause more discomfort with upper respiratory infections."

In their book *Allergies to Milk*, Drs. Sami L. Bahna and Douglas C. Heiner report that children who are allergic to milk "may have breathing difficulty, particularly during sleep, or an irritating cough associated with a postnasal drip. The cough is frequently associated with noisy breathing and excessive mucus in the throat, and sometimes parents worry that their child is 'gagging.' Such affected children are frequently diagnosed as having upper respiratory infection, viral illness, bronchitis or pneumonia. Accordingly, they may be given unnecessary medications, including cough syrups, decongestants, or antibiotics. Relief, however, is not satisfactory until cow's milk is eliminated from the diet."

A 1997 report on food allergies in the *Journal of the American Medical Association* found that cow's milk allergies tend to hit children in their infancies. Recommended therapies for food allergies include "strict removal of the offending allergen" or possibly a diet centred on human breast milk.

A British study found that 93 per cent of children diagnosed with cow's milk allergy experienced asthma and/or rhinitis when milk was included in their diet. (The book *Asthma and Rhinitis* states that rhinitis is "characterized by itching, sneezing, nasal blockage, and discharge.")

Frank Oski, M.D., the former director of the Department of Pediatrics of Johns Hopkins University School of Medicine and physician-in-chief of the Johns Hopkins Children's Center, said in his 1992 book, "The fact is: The drinking of cow milk has been linked to iron-deficiency anemia in infants and children; it has been named as the cause of cramps and diarrhea in much of the world's population, and the cause of multiple forms of allergy as well."

In his book *Pregnancy, Children, and the Vegan Diet*, Dr. Michael Klaper explains why milk may trigger the production of mucus: "[W]hen the protein of another animal is introduced into one's immune system, an allergic/immune response is created in many places in the body. A common reaction to such an assault by a foreign protein in our immune system is an outpouring of mucus from the nasal and throat membranes. The resulting mucus flow can create the chronic runny noses, persistent sore throats, hoarseness, bronchitis, and the recurrent ear infections that plague so many children (and their parents)."

According to the metastudy *Milk Allergies*, "Cow's milk allergy, mainly a disease of infancy, is usually manifested within the first two or three months of life. No age, however, is exempt, and milk allergy may be first detected during adolescence or adulthood."

continued overleaf



Recipe

Hot Creamy Tomato, Pasta & Pepperoni Salad

250g spiral salad
1 tsp butter buds
1 tsp olive oil
1 onion, thinly sliced
100g pepperoni salami, thinly sliced
400g canned tomatoes, drained
1/2 cup AlfaLite plain powder
1/2 tsp oregano
1 tbsp chopped parsley

Add pasta gradually to a large pan of boiling water and boil rapidly, uncovered for about 10 mins or until just tender. Drain. Heat oil in large pan, add onion, pepperoni and cook, stirring for a few minutes or until onion is lightly browned. Add the tomatoes and bring to the boil. Reduce heat and simmer uncovered for a few minutes. Remove from heat. Stir in AlfaLite, oregano, parsley and then pasta. Mix well, heat gently and serve immediately.

Dr. Christiane Northrup states: "Dairy is a tremendous mucus producer and a burden on the respiratory, digestive and immune systems." Dr. Northrup says that patients who "eliminate dairy products for an extended period and eat a balanced diet suffer less from colds and sinus infections".

The mucus created by milk may cause other health problems, as well. Dr. William Ellis, who has studied the effects of dairy foods for more than four decades, says that milk is "simply no good for humans". Dr. Ellis believes the excess mucus caused by milk can harden to form a coating on the inner wall of the intestines, hindering the absorption of nutrients and possibly leading to chronic fatigue.

According to an article in the June 26, 2003, *Calgary Herald*, milk is the most common source of allergies in children. Sharon Tateishi, a Calgary, Alberta, nutritionist for more than 20 years, comments: "There are so many articles coming up. You can't ignore the issue any more. If a child has food sensitivities to milk, the symptoms can include eczema, bloating, runny nose, chronic ear infections, stomach problems. It could be asthma. Even things like kidney and bladder problems."

Unless you like phlegm in your throat and a constant runny nose, it might be time to try AlfaLite.

Numerous Alfa Foods users found long ago that simply by changing from cow's milk to AlfaLite their allergies either disappeared or were vastly improved, particularly those with pollen allergies! Why not try the 10-day test. Just give up milk and dairy products for 10 days and see how much better you feel. If you miss your milk you can then try replacing it with AlfaLite. Most people notice a difference in just two or three days but for those who are not so in tune with their bodies, after 10 days when they start to use milk again they suddenly become aware of a return of symptoms they had just thought were a normal part of living.

A guide to food product expiry dates

You're about to pour yourself a glass of orange juice when you happen to notice a date stamp that says "Best before..." and the date listed is yesterday. So should you pour or pass? Here are five tips from a *Business Week* article that reveals useful information about food expiration dates.

"Sell by" is generally a guide for grocers (potentially confusing for shoppers who might regard it as an expiration date).

"Best if used by" or "best before" usually refers to optimum food flavour or quality – it's not necessarily an indication that the food will be spoiled on or after that date.

"Use by" is an expiration date – if the date has passed, pass on it.

Milk products generally stay fresh for up to five days after their "sell by" date – provided they've been properly refrigerated.

Eggs store very well – refrigerated eggs are usually good for more than a month after their "sell by" date.

Where's Gluten?

Have you ever spent time combing over the illustrations in a *Where's Waldo?* book? Gluten is sort of like Waldo. When you go looking for it, you know it's there, but sometimes it's nearly impossible to spot.

Gluten is a typical component of several grains. As a primary ingredient of flour, gluten delivers protein and gives bread a higher rise. Allan Spreen, M.D., offered this mnemonic device to help remember the four primary sources of gluten: BROW. That's barley, rye, oat and wheat. If you're gluten sensitive, give those four a wide berth.

But gluten is often hidden in foods such as soups, soy sauce, low-fat or non-fat products, and even in candy. The best way to steer clear of gluten (besides avoiding BROW) is to know what phrases and terminology to look for on ingredient panels.

According to the Celiac Disease Foundation (CDF), ingredients that may tip off hidden gluten content include:

- Unidentified starch
- Modified food starch
- Hydrolysed vegetable protein (HVP)
- Hydrolysed plant protein (HPP)
- Texturised vegetable protein (TVP)
- Malt and other natural flavourings
- Binders, fillers, excipients, extenders.

Note that the last item on that list would include certain dietary supplements and medications that use binders and fillers. This is one of the reasons you sometimes see the statement "no binders or fillers" printed on supplement containers.

The CDF also notes that the contents of vinegars and alcohols should be scrutinised before use. Malt vinegars, for instance, contain gluten because they're not distilled.

