



## GASTRIC ISSUES AND ALLERGIES

Who would have thought, your allergies have a connection with the gastric problems you experience. Well, more than you realize, both ***allergic reactions*** and ***gastrointestinal*** (GI) matters are intertwined. This is because with all allergies (such as food, seasonal, animal or mold, to name a few) when your digestive system encounters something that is a threat to your immune system, it responds rapidly through a chemical reaction that involves the release of ***histamine*** (which helps your body dispose of something bothering you) and other matter into the body. The histamine release itself can cause an upset stomach, although its presence is essential and needed for our health and well-being. You shouldn't have to be dependent on antihistamines to get by each day, so determining the reason for its excessive release is the start to reducing this reaction in the body. The obvious question should be how do you distinguish between an allergic reaction and a GI problem? This is where we come in at the **Natural Medical Solutions Wellness Center**. **Dr. Gail Ravello** is a ***functional medicine*** practitioner. As such, she meticulously examines each patient through a series of tests to determine the root cause of either the allergic reactions or the GI concerns.

### ***The Relationship between Gastric Issues and Allergies***

There may be concealed or preexisting conditions such as bacterial or viral infections complicating your allergies that need to be treated. The GI tract is the pathway of our digestive system, starting from our mouth to the anus; so food allergies for one are notorious in creating GI problems such as nausea, stomach pain or diarrhea.

The precise source for food allergies is yet to be unraveled; however, what has been established is that specific nutrients can cause our immune system to react defensively.

Since there are similarities between the two health conditions, it's important to ascertain that a lactose intolerance problem for example, isn't confused and labeled as a food or seasonal allergy. An allergic reaction can present itself in different ways that are not related to GI problems, depending on how each person's body reacts; such as rashes, hives or itchiness of the skin; coughing/wheezing; nasal congestion/runny nose; itchy or tingling feeling in the mouth or throat; swelling of the face, are examples of symptoms. Although rare, yet very dangerous, there are food allergies that cause a condition called ***anaphylaxis***. This is a life threatening reaction that causes the body to become hypersensitive. It typically occurs within seconds or minutes of being exposed to something a person is allergic to, such as peanuts or a bee sting.

Addressing your allergies and/or GI matters is more important than you think. They could be indicators of a bigger concern. What may seem to be mild allergies sometimes develop into symptoms that become unbearable. Our bodies are created to withstand a certain level of toxins or infections, but sometimes, these reach a peak that the body can no longer handle; as the symptoms become more severe. Either way, you should live life in optimum health and comfort and we want to serve by helping you accomplish that. Please call us today (**770-674-6311**) to schedule your initial and personalized consultation with Dr. Ravello. She will prescribe a treatment plan that will facilitate a **natural** healing process, through which your body also experiences rejuvenation.