

WELLNESS WEEKLY



FOOD SENSITIVITIES VS. GUT HEALTH

Many Americans have experienced gastrointestinal disturbances in the form of gas, bloating, heartburn, and stomach aches. Problems such as poor diet, deficiencies, and dehydration may sometimes be the cause such symptoms, however, food sensitivities may be playing a large role in the stomach and intestinal disruptions.

WHAT'S INSIDE THIS ISSUE:

Food Sensitivities Vs. Gut Health- 1

What is a Food Sensitivity-2

How Does a Food Sensitivity Affect the Health?-3

WHAT IS A FOOD SENSITIVITY?

Food sensitivities are also known as food intolerances. They are very common and do not affect the immune system. However, in the digestive system, it is a whole other story. When the body is unable to break down food properly, a food insensitivity is activated. If one with a food sensitivity eats the foods that are problematic to them, it is not life threatening, however, it does affect the digestive system with symptoms such as gas, bloating, and stomach aches. The symptoms may last for several hours or longer. It is not uncommon to have a food sensitivity to several sorts of food. The difference between a food sensitivity and a food allergy is that a food allergy is an immune response, whereas a food sensitivity is a digestive system response.

When the body is unable to break down food properly, a food insensitivity is activated.





HOW DOES A FOOD SENSITIVITY AFFECT THE BODY?

Food Sensitivities are sometimes misdiagnosed as a chronic condition. Symptoms of food sensitivity can resemble other illnesses. Many times, patients suffer from conditions that are easily resolved by doing away with certain foods from their diet. Other symptoms that are associated with gastrointestinal issues from food sensitivities are fatigue, night sweats, joint pain, brain fog, and even dark circles around the eyes.

Follow us on:



Natural Medical Solutions
Wellness Center



@natmedsol



Natural Medical Solutions
Wellness Center

Visit us at:

1130 Upper Hembree Road
Roswell, GA 30076

(770) 674-6311

natmedsol.com

