

# Using Food as Medicine to Treat Intolerances

Local naturopath and esteemed doctor treats individuals using food

**HAVE YOU EVER HAD UNEXPLAINED HEADACHES?** Do you feel bloated and tired after eating certain foods? While you may not have an allergic reaction to certain foods, you may be intolerant to them. By making small changes in your diet, you can begin to feel the impact of how eating the right foods and also eating healthy can dramatically change your life.

Dr. Suneil Jain, NMD of Rejuvena Health and Aesthetics, Naturopathic Doctor to Steve Nash, Grant Hill and other professional athletes, takes a different approach to discovering what your body needs to be healthy and what you may be sensitive to. "Knowing what foods to avoid helps to reduce inflammation, headaches, bloating and helps with weight loss and energy as well," Dr. Jain said.

Research states that five percent of the population has a "true allergy" while about 80 percent of the population has a food sensitivity. A food sensitivity can be

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defined as a food intolerance that usually has a delayed or hidden reaction and the symptoms are not as recognizable. For example, healthy foods like tomatoes may trigger negative reactions in the body that could cause bloating, fatigue or headaches.

In order to identify what foods cause a reaction, blood samples are taken and a food sensitivity test is administered. The test identifies reactions to more than 350 foods, chemicals and other substances associated with inflammation that are linked to chronic health problems like migraines, aching joints, gastrointestinal disorders, eczema, hyperactivity/ADD, asthma and even obesity.

Steve Nash of the Phoenix Suns has been working with Dr. Jain for the past two seasons and was initially administered a blood test in order to discover his sensitivities. When results came back, Nash found that he was sensitive to wheat, gluten, dairy, tomatoes and onions. After learning what his sensitivities were, he adjusted his diet accordingly. "I'm not perfect but I try to eat healthy, and I try to eat as much natural stuff from the earth as I can," Nash said. "I stay away from all the processed foods, as well as pastas, rice and breads."

Common food intolerances are:

- Sugar
- Wheat/gluten
- Dairy
- Soy
- Corn
- Yeast

Nash also adopted the Food as Medicine Program to help with energy and improve his overall health and performance.

Using food as medicine is not a new concept. Greek physician and father of modern medicine Hippocrates once said, "Leave your drugs in the chemist's pot if you can heal the patient with food." Unfortunately, this form of thinking has been lost as current medical philosophy revolves around being reactionary instead of being preventative. Some common conditions that the Food as Medicine program can help with are:

- Headaches/Migraines
- Heartburn
- Chronic Cough
- Ulcerative Colitis
- Constipation
- Rheumatoid Arthritis
- Fibromyalgia
- Hives
- Leaky Gut Syndrome
- Chronic Ear Infections
- Unexplained high blood pressure
- Irritable Bowel Syndrome
- Asthma
- Gas/Bloating
- Chronic Fatigue
- Crohn's Disease
- Eczema
- Rosacea
- Dermatitis
- Edema
- Cancer
- Obesity
- Attention Deficit Disorder

The small changes in Nash's diet drew attention from his teammate Grant Hill, who noticed the impact his

diet was having on his performance both at practice and during games.

"I look at being healthy and really understanding the body and what works and what doesn't work as an opportunity to extend my career and play at a higher level at an older age," said Hill, who sees Dr. Jain regularly. "But also hopefully extend my life and still be active when I'm done playing."

Dr. Jain explains that a balanced diet is key to living a healthy life. When you are trying to lose weight, Dr. Jain suggests avoiding refined sugar and reducing the intake of gluten, soy, corn and dairy. "Not only will you feel healthier, but you'll have more energy and be in a better mood."

We all know that eating right is great for your body but not on your wallet. One suggestion Dr. Jain encourages is to buy the foods that are in season, local and unprocessed. "Focus on leafy greens, in season fruits and wild, cold water fish whenever possible."

Buying fruits and vegetables that are in season is often more economical. This summer try in-season produce including:

- Apricots
- Artichokes
- Asparagus
- Butter lettuce
- Fava beans
- Peas
- Honeydew
- Mango
- Pineapple
- Strawberries
- Watercress

By sticking to foods that are in season, you can eat healthy without breaking the bank. Further, by avoiding foods that your body is intolerant to, you give your body the opportunity to absorb all the nutrients that you need. You also allow your body to heal from all the foods it was unable to digest which will promote weight loss, better skin and a stronger immune system.

Food intolerances and the symptoms associated with food intolerance can be prevented by taking the following simple steps.

Learn what foods in which amounts cause you to have symptoms and limit your intake to amounts you can handle.

When you dine out, ask your server about how your meal will be prepared. Some meals may contain foods you cannot tolerate and that may not be evident from the description on the menu.

Learn to read food labels and check the ingredients for problem foods. Don't forget to check condiments and seasonings. They may contain MSG or another additive that can lead to reactions including bloating, fatigue, weight gain and more.

The change starts with you. Making small changes can make all the

difference. Why not lead a healthier lifestyle today? 

**Rejuvena Health and Aesthetics is located in North Scottsdale and specializes in wellness and anti-aging. His practice incorporates the most current and successful therapies found today in naturopathic and aesthetic medicine. For more information on Dr. Jain and his Food as Medicine Program, please visit [www.WeRejuvenate.com](http://www.WeRejuvenate.com) or call (480) 551-9000.**

