

# Scottsdale

L I V I N G

## *Rejuvenate*

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Refresh your skin for  
a youthful look

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Eat the right foods  
by listening to your body

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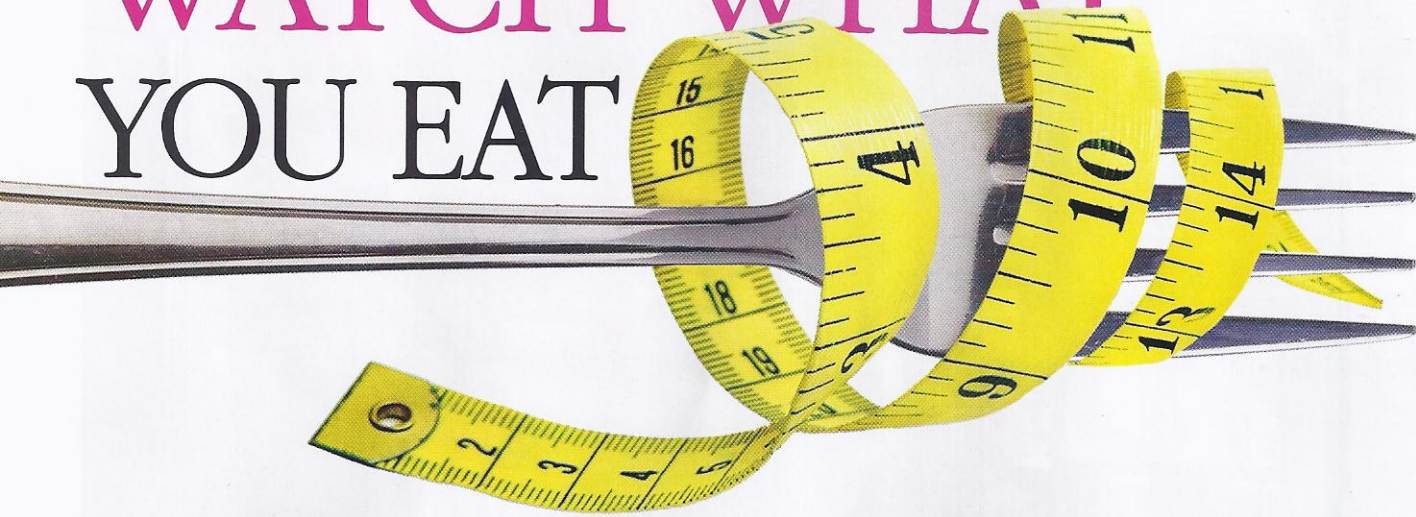
Get great looking legs

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# WATCH WHAT YOU EAT



## Eating the right foods can improve your health and waistline

**F**ood plays a vital role in the proper nourishment of the body. However, it can be difficult to know what effect food has on the body until one eats the wrong thing and experiences uncomfortable symptoms.

Believe it or not, symptoms such as stomach pains, headaches, irritability and fatigue can be treated not with medicine, but by eating the right foods for your body.

Using food in place of medicine is far from a new concept. The ancient 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 we make more advancements with medicines and solutions that treat the symptoms, but don't fix the problem.

Arizona board certified naturopathic medical doctor, Suneil Jain of Rejuvena Health and Aesthetics in Scottsdale, says food sensitivities are far more common today than many people might think.

Although often equated with food allergies, food sensitivities also include food intolerances that, unlike allergies, are toxic reactions to foods that do not involve the immune system and can be more difficult to diagnose. This occurs when something in a food irritates a person's digestive system, causing him to improperly digest or break down the food. Intolerance to gluten and pasteurized dairy are two of the most common food sensitivities.

According to Jain, the average American eats about 92 grams of sugar a day. However, the human body needs only about eight grams for energy, an amount that should be satisfied mostly through natural sugars derived from fresh fruits, vegetables and grains. Knowing these facts and the foods your body can tolerate can help reduce reaction symptoms.

Jain's Food as Medicine Program teaches patients the right foods to eat and the ones to avoid. Each personalized diet plan is based upon a blood analysis to determine underlying food sensitivities. The Food Sensitivity test involves running samples of one's blood against a diverse panel of foods to determine intolerances. This might compare to a food allergy test, however, food sensitivities differ from allergies in that:

- Reactions are delayed and not immediate or life threatening.

- A small amount of food may not provoke noticeable reaction, but a large amount will.
  - Symptoms can appear immediately or in up to three days.
  - A person may be reactive to more than 25 foods and food chemicals.
  - Even so-called "healthy" foods such as chicken, salmon, spinach, blueberries, apples or garlic can cause problems.
- Knowing the foods your body can tolerate can result in fewer headaches, less bloating and more energy. It can also help you lose weight.

As the saying goes, "One man's food is another man's poison." Different people can have very dissimilar reactions to exactly the same food. Symptoms can come and go and change throughout life. They may not be very harmful, but eventually they will affect an individual's well-being.

Food intolerances and the symptoms associated with food intolerance can be prevented by taking the following simple steps: Learn which 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, which 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 symptoms. **SL**



Rejuvena Health and Aesthetics specializes in wellness and anti-aging. For more information visit [www.werejuvenate.com](http://www.werejuvenate.com) or call (480) 551-9000.