







## FOOD Allergies

The Complete Guide to
Understanding
and Relieving Your
Food Allergies

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## My Qualifications To Discuss Diet

### **Professional qualifications:**

- Medical doctor: Creighton University, Omaha, Nebraska.
- General medical officer: USAF, started allergy clinic.
- Allergy fellowship: Mayo Clinic.
- Certified: American Board of Allergy and Immunology.
- Fellow: The American College of Allergy, Asthma and Immunology.
- Practice: Consultant allergist specializing in food sensitivity.
- HealthEast Care Allergy Clinic: started clinic, still operating.
- I have Alzheimer's disease.

## **Diets Delay Dementia**

Mediterranean diet: resists onset of Alzheimer's.

Dash diet: resists onset of Alzheimer's

Mind diet: "Early studies show it lowers the risk of Alzheimer's by 53% in those who follow it closely and by 35% in those who follow it more loosely."\*\*

- These diets encourage fruit, vegetables, fish, chicken, legumes, olive oil, nuts and whole grains.
- They avoid sugar and MSG.



# What Makes A diet Unhealthy

- Sugar, MSG and citric acid powerfully irritate nerves.
- Years of this irritation injures nerves.
- Nerves die. Brain shrinks. Dementia results.
- Aging genes & poor body/mind exercise promote dementia.
- Hope: The brain can heal itself. Stop poisoning it!

### **How Food Chemicals Cause Disease**

- Sugar (fructose): (includes alcoholic beverages).
  - disrupts blood sugar levels and insulin (diabetes).
  - induces body to convert sugar to fat (obesity).
  - deposits fat in heart and brain arteries (stroke, heart attacks).
- MSG: (includes LC sweeteners, gluten, maybe spices).
  - damages and kills nerves by chronic over-stimulation (migraines).
- Citric and malic acid: (includes tartaric acid of grapes and wine).
  - irritates virus-infected nerves (cold sores, eczema).
  - may promote synthesis of MSG through citric acid cycle.

The three chemicals act together to cause disease.

## Diseases responding to the Mediterranean diet

- Diseases associated with injury to nerves.
  - Alzheimer's, Parkinson's, vascular, Lewy body, other dementias.
  - Migraine headaches, balance disorders, AMD.
- Diseases associated with fat formation and storage.
  - Obesity, strokes, heart attacks.
- Diseases associated with endocrine disorders.
  - Diabetes.
- Disorders associated with mental health.
  - Depression, autism, ADHD.

### **Summary of Mediterranean diet benefits**

#### RANDOMIZED CONTROLLED TRIALS

- Improved cognitive function
- Less depression
- Lower death rates
- Less heart disease, strokes
- Less atria fibrillation
- Improvement heart disease risk
- Less type 2 diabetes
- Better blood sugar control
- Sustained weight loss
- Less cancer
- Less breast cancer
- Fewer fractures
- Less inflammation
- Less GI reflux disease
- Less diabetic eye disease

Miles Hassell, MD

**Brain Health and** 

**Lifestyle: Which Choices** 

Matter.

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#### **PROSPECTIVE OBSERVATIONAL STUDIES**

- Less dementia, Parkinson's disease
- Less mild cognitive impairment and progression to dementia
- Less depression
- Lower death rates
- Less heart disease, stroke, and peripheral artery disease
- Less type 2 diabetes
- Less cancer
- Better cancer survival
- Less menopausal symptoms, hot flushes and night sweats
- Less inflammation
- Less age related macular degeneration
- Less childhood obesity and ADHD
- Less non-alcoholic fatty liver disease

Also: less autism, better grades on tests, fewer migraine headaches

### When Should You Start The Diet

- Consider at any age.
- When you notice symptoms of 'aging'.
- At any age, before an important test.
- You can't remember yesterday's activities or today's breakfast.
- Your thinking becomes fuzzy, you can't remember common words.
- When you tire of making excuses.
- You can't remember how you started a long sentence.
- Before they take away your keys, place you in a memory unit.

# Degree Of Impairment Determines Diet.

#### • Mild:

 'Aging' symptoms: Decreased sight, hearing, strength, stamina, sensation in arms, legs, mild memory deficit.

#### Moderate:

• Symptoms worsen but still able to remember most things and able to care for self. Friends and relatives become concerned. More trouble with speech and self-care; home-care worsens. Sight, hearing, thinking, planning, conversation worse.

#### Severe:

• Symptoms much worse. Mood unstable, speech halting, hearing deteriorating, AMD worse, numb feet, balance poor, stroke, MI, poor thinking, planning and self care, driving forbidden, memory care.

# **Following The Diet**

### Guidelines.

- Begin with carefully avoiding these 'aging chemicals' to ensure they cause your symptoms.
- Skilled staff can be extremely helpful.

### Maxims in following the diet:

- 'Everything in moderation'. MSG, citric acids OK if consumed at tolerated levels. Sugar is addicting, try to totally avoid.
- 'God' perfect; we're not'. Strive not for perfect diet, only for symptom relief.

# What You Can Eat And Drink

- Depends on the severity of your symptoms.
- Meat: all unprocessed pork, beef, fish, fowl and eggs. Avoid seasoning/spices.
- Fruits: contain sugar/citrus. Regard as candy.
- Vegetables: those without sweet/citrus taste (avocado, asparagus, beans, cabbage family, peas, spinach, squash, boiled potatoes, rutabaga, yams).
- Beverages: water, coffee, tea. Limit/avoid alcohol.
- (controversial). All fats acceptable. High fat diet.