

ALTERNATIVES TO REACTIVE FOODS

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Bioresonance testing reveals the foods that are reactive within the body. In order to deal with these reactions, clients are asked to remove the foods completely from their diet while they are having bioresonance treatments. It is advisable to stay off the reactive foods as long as possible in order to give the body, especially the intestine, time to repair.

GLUTEN INTOLERANCE OR REACTION

Foods to avoid: Gluten is the protein contained in the majority of grains, including barley, bulgur, couscous, farina, graham flour, kamut, matzo, rye, semolina, spelt, triticale, wheat and wheat germ.^[1] Gluten is hidden in many processed foods under the titles maltodextrin, starch or dextrose.^[2] It is also found in MSG (monosodium glutamate).^[3]

Tolerated foods: Alternative flours for those with a gluten intolerance are those made from almonds, amaranth, arrowroot, beans (chickpea, fava or garbanzo bean), buckwheat, corn, flaxseed, millet, potato, quinoa, rice, sorghum, soy, tapioca, teff (Ethiopian grain), and yam.^[4] Also, cornmeal, buckwheat groats and kernels, and rice itself are gluten-free. Some of these grains may be reactive to the damaged bowel, therefore, a fully grain-free diet can be necessary. This is known as the Gaps (Gut and psychology syndrome) diet.^[5]

WHEAT INTOLERANCE OR REACTION

Foods to avoid: all wheat products. This will include breads, cakes and biscuits. Labels will need to be checked to ensure wheat is not hidden in processed foods.

Tolerated foods: Spelt is a preferred alternative to wheat, plus all the other substitutes listed for gluten allergy.

MILK INTOLERANCE OR REACTION

Foods to avoid: all dairy, includes milk, yoghurt, cheese and margarine.

Tolerated foods: rice, goat, almond or oat milk. Soy milk is not a preferred alternative. Sheep or goats cheese, butter and cream (100% cream or pure cream)

Sources of Calcium

Tahini paste, sardines, whitebait and figs^[1] with lesser amounts available from broccoli, leafy green vegetables and fortified grains

Sources of Vitamin D

Absorption of Calcium is increased in the presence of Vitamin D

Fish liver oils, fatty saltwater fish (especially mackerel but also halibut, oysters, salmon, sardines and tuna), dairy products, eggs, cod liver oil, halibut, liver, milk, shitake and chanterelle mushrooms, oatmeal, sweet potatoes, and vegetable oils. However, vitamin D3 – which is synthesised from skin exposure to the sun – is the most active form.^[2]

The tolerance of the alternative is dependant on testing.

[1] <http://www.iofbonehealth.org/patients-public/about-osteoporosis/prevention/nutrition/calcium-rich-foods.html>

[2] Balch 2006: 24

[1] Perlmutter & Loberg 2013: 68

- [2] Cabot, S. & Jasinska, M. (2011). p. 160 *Infertility: The hidden causes*. Camden, NSW: WHAS.
- [3] Lazarides, L. (2010). p. 222 *A textbook of modern naturopathy*. London: Health-Diets.net.
- [4] Lieberman 2007: 115; Perlmutter & Loberg 2013: 68
- [5] Campbell-McBride, N. (2010). *Gut and psychology syndrome*. Cambridge, UK: Medinform.

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