



## How a Simple Test for Food Allergies Cured My Arthritis

When I approach clients about taking a food allergy test, a common response I get is, “But I don’t have any allergies.” In the past, I would have thought the same thing of myself, but back then, I didn’t really understand that there was more than one type of allergy.

### The Two Types of Allergic Reactions

The allergic reactions that most of us are familiar with are those that cause violent symptoms: immediate skin hives or rashes, sudden asthmatic attacks, hospitalization, *death*. These reactions are caused by an antibody known as Immunoglobulin E (IgE), which is the culprit in so many rare – but devastating – allergies such as peanut and shellfish anaphylaxes that we see today.

The other, more insidious types of allergic reactions that so few of us know about are better known as *food intolerances*. I say “insidious” because the symptoms could take hours or even days to appear, and oftentimes, become so chronic that we may not even be consciously aware of them anymore. This type of allergy is caused by the presence of the antibody known as Immunoglobulin G (IgG), and is far more prevalent in today’s society than IgE antibody reactions.

Food intolerances do not cause anaphylaxis, but they can be equally destructive in the long term. They cause inflammation, which is partially responsible for a plethora of ailments and diseases: acne, rosacea, asthma, weight gain, chronic fatigue, arthritis, Irritable Bowel Syndrome, gout, heart disease and so much more.

### My Experience with Arthritis and Food Allergies

In the winter of '07-08, I suddenly began experiencing arthritic pain in both hands. What started as an irritating little pinch in one single joint slowly grew into a constant throbbing dullness in all of my fingers. It finally got to the point where I could barely complete my workouts because I couldn’t grip anything heavy anymore. Interestingly enough, the pain almost always got worse on weekends, which incidentally, was when I ate out most of the time. Could my pain be linked somehow to certain foods I was eating?

I decided to take a food allergy test – the test kit was simple: prick your finger, let the blood drip onto a small blotting pad and allow it to dry, wrap it up in a little plastic baggie, put the baggie in the pre-paid envelope, and mail it away. The results are emailed to you in about three weeks. Just like that.

When I got my results back, I found that I was allergic to various cow’s milk products, and that I was very, VERY allergic to eggs. I then eliminated all milk and egg products completely out of my diet. Within a couple of weeks, I already started noticing that the pain in my hands was slowly getting better. It still continues to get better with each passing day.

### How it Helped So Many Others and How it Can Help You

I am not the only one who has benefited from knowing their food allergies. A colleague of mine suddenly noticed that he no longer had to clear his throat constantly. Another colleague miraculously cured her supposed Irritable Bowel Syndrome when she eliminated her allergenic foods. And yet another noticed how much easier he was able to breathe during a strenuous workout.



This experience made me wonder how many countless numbers of people suffer from some sort of ailment and who take an excess of over-the-counter or prescription drugs that merely serve to mask the symptoms, when they could have otherwise been able to attack the root of the problem by knowing the results of a simple allergy test.

Allergy testing is not the only means to improved health; it is one of the endless methods of natural and holistic treatments available to us in the quest for longevity and vibrant health. But I will say this: It certainly helped me. Perhaps it can help you, too.

To learn more about food allergy testing, or to find out how you can order your own allergy-testing kit, please email:

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