

MILLHOUSE INTEGRATIVE MEDICAL CENTRE NEWSLETTER JUNE 2012

Hi to everyone in the Millhouse Community

Well it is really winter and I certainly knew this when I visited Taupo on Queen's Birthday weekend. The sun peeked through but the cold blasts of wind off the volcanic plateau reminded me winter was here.

Have you had your flu vaccination yet? We still have a few left if you have forgotten. Are you taking Vitamin D supplements which activate natural antibiotic and antiviral antibodies when you come into contact with winter bugs, cold and flu viruses? Come in and get your prescription.

Script Requests. We would appreciate if, when requesting scripts by fax or email, you give the name of each prescription drug needed; this will make processing much easier for Reception.

Nurse Clinics. Cervical smears are available with Kate and Vilya. Rhiannon is continuing her 'Diabetic Conversations' with newly-diagnosed diabetics and those wanting greater information on self-management of this condition. I highly recommend these sessions to you.

Doctors. No one is on leave at present.

Books for Sale. We have run out of 'Dr Gundry's Diet Evolution' but there should be more available soon for any wanting to combine a nutritional approach with medication for artery disease and diabetes.

Website Upgrade. We are about undergoing an upgrade which will allow us to communicate more easily with you.

*In this newsletter, and the next one, I want to introduce you to the significance of the GUT and its contents, **FOOD and BUGS**, in illness and explain how using a **simple strategy of food elimination** may be an effective way to improve your health.*

Firstly some words about the GUT. The gastrointestinal tract is the largest human organ, apart from our blood vessel linings, and so perhaps the most important in the body. It passes through the interior but, from a scientific point of view, its contents actually remain on the outside of the body. The GUT has its own 'brain', a powerful defense mechanism comprising 70 percent of the immune system, which warns of foreign invaders and enables efficient absorption of food through its single-cell lining.

The GUT contains two kilograms of **BUGS** = bacteria, which most of the time provide nourishment with additional calories, nutrients like folate, B12 and amino acids, and a protective biofilm layer that lines the intestinal wall. The good bacteria in the intestines are a defense against resident bad (pathogenic) bacteria and other invaders, and may also add beneficial DNA to our genome. Through the GUT we obtain nourishment, our **FOOD**.

Hippocrates in 400 BC said 'Let food be your medicine and medicine be your food'. Moses Maimonides, the 12th century physician, said that 'No disease that can be treated by diet should be treated with any other means'.

Shortly after I began General Practice in 1977, a mother whose child's asthma had resolved by eliminating cow's milk gave me a small paperback, 'Not All in the Mind',¹ to read. Dr Mackarness, a psychiatrist, wrote of introducing Joanna, a severely-depressed young mother for whom drug treatment and electroconvulsive therapy (ECT) had failed. As a last resort, the specialist team were contemplating performing a leucotomy, where a small portion of the thinking brain is removed in an effort to improve wellbeing. (This procedure is no longer performed.) However, Mackarness suggested she might have severe food allergies, and proposed that a food-elimination trial be attempted. Joanna was admitted to hospital and placed on a water-only fast, and experienced a remarkable improvement in her mood. After five days, emulsified foods were introduced, one at a time, through a nasogastric tube directly into her stomach. Within hours of receiving single doses of her usual foods - bacon, eggs, porridge, veal, tongue instant coffee and chocolate - she became deeply depressed. On their withdrawal, she amazingly improved.

This little book made me realize that food can cause significant illness, and sparked my lifelong interest in food allergy and food intolerance. Later, Mackarness published a second book, 'Chemical Victims,' on the effect of chemicals on human health.

In the 1970's, paediatrician Dr Ben Feingold suggested that natural and additive chemicals in food may cause behavior changes and allergic illnesses, especially in children. A number of studies supported his research but currently his advice is largely ignored.

Two popular books from the 1990's told of dietary therapies that overcame personal health issues not helped by drug treatments.

**I'M ALLERGIC
TO NUTS!**



I. In 1994, nutritionist Elaine Gottschall authored 'Breaking the Vicious Cycle'² describing the experiences of her eight-year old daughter who, in the 1950's, suffered from ulcerative colitis that had not responded to steroids and sulfonamide treatment. However placing her on a *Specific Carbohydrate Diet*, which eliminated the toxic effects of fermenting sugars and starches in the bowel, brought remission from this severe inflammatory bowel condition.

II. Carol Sinclair in the 'The IBS Starch Free Diet'³ told of how eliminating starch ended her 20-year search for a dietary solution for severe Irritable Bowel disease. She also mentioned the research of Professor Erbing of London University, who found inhibiting growth of the bacteria *Klebsiella*, using a low starch diet, could ameliorate the progressive reactive arthritis Ankylosing Spondylitis.



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Recently the NZ Listener carried articles^{4, 5} on use of the FODMAP Diet in treating irritable bowel symptoms and infant colic. In 2001, Dr Sue Shepherd defined this diet, which is a refinement of the low starch diet, and her work with researchers Dr's Jane Muir and Peter Gibson from Monash University has added to our knowledge of the effects of fermentable carbohydrates in bowel conditions.

The understanding of Food Allergy and Food Intolerance is complex. Acute gut infections, the ongoing presence of abnormal gut bacteria, loss of the protective influence of good bacteria, and the effect of antibiotics may all lead to increased bowel permeability and food reactions. Increased exposure to food or food chemicals, our digestive ability, genes and the stress we are under, may all play a role in determining whether we will have food reactions.

The following table is a summary of possible food reactions, symptoms that can occur and means of diagnosis.

TYPOLOGY OF FOOD REACTIONS		
REACTION TYPE	SYMPTOMS	DIAGNOSIS
FOOD ALLERGY - reaction occurs with even the smallest amount		
Acute severe reactions <ul style="list-style-type: none"> • Most common foods - <i>egg, milk, peanuts, tree nuts & seafoods</i> Slow reactions <ul style="list-style-type: none"> • There is debate about this 	Histamine release, IGE Mediated Anaphylactic reactions, breathing difficulty, swelling, acute rashes & hives Perhaps some are IGG mediated pathways Can cause all-organs symptoms, migraines & headaches, sinus & asthma, gut & bladder symptoms and others.	Skin Testing using RAST IGE blood test IGG test - Australia & USA, debate on usefulness of the reproducibility of the tests. Use Food Elimination Diet
FOOD INTOLERANCE - reaction increases with size of dose		
<u>Dietary FODMAPs (sugars)</u> Fermentable Oligosaccharides - long chain sugars <ul style="list-style-type: none"> • Fructans - fructose chains – inulin (<i>fruits, vegetables & wheat</i>) • Fructose & galactose chains (<i>legumes – soy, peas & beans, cabbage & brussel sprouts</i>) Disaccharides -double chain sugars <ul style="list-style-type: none"> • Lactose (<i>milk & some milk products</i>) Monosaccharide - single chain sugars <ul style="list-style-type: none"> • Fructose (<i>fruit, honey & sugar</i>) Polyols <ul style="list-style-type: none"> • Sugar alcohol used commercially in foods (<i>fruits, sorbitol & xylitol</i>) 	Cause: The unabsorbed sugars drag water into the bowel, increasing intestinal contents AND Are used by the bacteria as food Symptoms: Abdominal pain , bloating, constipation, chronic diarrhea reflux, belching and flatus. Headaches & migraines, mouth ulcers Sinus congestion. Fruit fructose and Milk lactose are the big offenders	Use Food Elimination Diet Should be a response within 2 weeks and be continued for 2 months It may be necessary to follow a strict low starch diet in a few individuals in cases of reactive arthritis & inflammatory bowel disease.
<u>Other Dietary Chemicals</u> <ul style="list-style-type: none"> • Salicylates - <i>aspirin, particularly in tangy fruits and spices</i> Have natural antibacterial & preservative action against insects. • Amines – <i>found in aged foods, meats, fish, wines, cheese, chocolate, high in sauces</i> • Glutamate – <i>an amine found in MSG, a food enhancer, which excites brain cells</i> • Food Additives & Sulphite - used to enhance flavor & food shelf life • Solanum - <i>in potatoes, tomatoes, eggplants & peppers.</i> 	Cause: Formed in ripening fruits & vegetables as proteins break down. Symptoms: S - Asthma, skin swelling, hives, headaches, fatigue & depression A – Particularly headaches & migraines but also gut symptoms. G – Headaches, flushing and sweating. F – Reactions similar to salicylate & amines, in the same people. S – may be associated with arthritis. These foods are rich in chemicals.	Use Food Elimination Diet At least 2 weeks Continue longer - 4 to 6 weeks - if there is no improvement. <i>The Millhouse website has lists of salicylate and amine foods.</i>
COELIAC DISEASE - GLUTEN - reaction caused by the smallest amount		
Autoimmune reaction to gluten (<i>an ingredient in wheat and other cereals</i>) Incidence 1:100 people. Primarily affects the small intestine but can also sensitize other organs eg, the brain.	GUT symptoms of bloating, abdominal cramps & diarrhea, weight loss, mouth ulcers Also anaemia, osteoporosis, rash Brain - headaches, ataxia & dementia	Blood tests -transglutaminase antibodies, Iron & B12 tests Biopsy of small bowel Use Gluten Free diet

In the next newsletter I will discuss how to get started with identifying suspect foods and trying a Food Elimination Diet, and point to useful educational resources that may help you in this process.

Yours in good health

Dr Richard J. Coleman.

¹ Dr Richard Mackarness 'Not all in the Mind'. Pan Books 1976

² Elaine Gottschall 'Breaking the Vicious Cycle' Kirkton Press 1994

³ Carol Sinclair 'The IBS Low Starch Diet'

⁴ <http://www.listener.co.nz/lifestyle/nutrition/food-to-go/>

⁵ <http://www.listener.co.nz/lifestyle/nutrition/the-key-to-ending-colic/>