

# **Food Sensitivities: What To Avoid**

## **By Catherine Carrigan**



You can achieve your ideal size more easily, heal your digestive system and improve your mental and emotional functioning by taking care of what foods you choose to put into your body. Since 90 percent of serotonin is produced in your gut, avoiding foods you are sensitive to can have a huge beneficial impact on your total well-being. Identifying and eliminating food sensitivities is also a huge step for helping you avoid pain. Pain anywhere in the body is inflammation, and inflammation begins in the gut. When you avoid foods that you are sensitive to, the mucosal barrier in your intestines can heal, the pain you experience may be eliminated and your immune system is strengthened.

At Total Fitness, we help our clients identify their food sensitivities. These may be highly individual – you may develop a sensitivity to any food you are consuming frequently. One of the best ways to avoid developing a food sensitivity is to rotate your diet and include lots of variety. That is one of the many reasons why we have produced this cookbook for you.

Here is a list of common food sensitivities. As you read over this list, notice how many of these foods are processed – if you simply choose a diet of organic meats, nuts, fruits and vegetables, you will avoid common food allergens and achieve new heights of health and fitness.

If you know for certain you have a food sensitivity, there is no substitute for reading labels carefully.

Lastly, if you have multiple food sensitivities, ask your Total Fitness professional how we can help you heal your mucosal barrier. You can overcome many food sensitivities by healing your gut. This is an individual process and involves identifying any pathogens (parasites, bacteria, etc.) that may be interfering with your gastrointestinal function and a six-month gut restoration program that includes replenishing the good bacteria in your gut and healing the mucosal barrier.

As you heal your gut and avoid your food sensitivities, you will notice that your abdomen flattens out, your core muscles work better and you have better balance when performing your fitness training program. The nerve that goes to the transverse abdominis is the gastric nerve, so if you are eating anything that inflames your gut, you will not be able to flatten your abs or get your core muscles working properly.

Remember, here at Total Fitness, we work to put together the big picture for you – your health, your fitness and your nutrition. Everything works together.

#### FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO WHEAT OR GLUTEN GRAINS

- Barley
- Rye
- Oatmeal
- Spelt
- Breads
- Bagels
- Crackers
- Cereal
- Pizza
- Pretzels
- Whiskey
- Breaded fish and vegetables
- Gravies
- Hot dogs
- Cookies
- Candy
- Pasta
- Cereals
- Ice Cream
- Pudding
- Meat loaf
- Processed foods
- MSG
- Bouillon cubes

#### FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO MILK

- Casein
- Whey
- Yogurt
- Butter
- Bread
- Cakes
- Puddings
- Ice Cream

Mashed potatoes  
Sherbert  
Salad dressings  
Margarine  
Donuts  
Scrambled eggs  
Soup  
Cheese  
Breads  
Coffee whitener  
Sausages  
Cream  
Chocolate  
Cocoa  
Whipped toppings  
Cookies  
Custard  
Cold cuts

**FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO CORN:**

Popcorn  
Cereal  
Corn oil  
Margarine  
Processed foods  
Bologna  
Sausage  
Some vitamin pills (check ingredient list)  
Cornstarch  
Modified food starch  
Dextrin  
Corn syrup  
Dextrose  
Lactic acid  
Inositol  
Sorbitol  
Mannitol  
Glucosonic acid  
Hydrol  
Caramel color  
Alcohol  
Food in waxed paper cartons  
Carbonated beverages  
Soda pop  
Sweetened fruit juices

Canned or frozen fruits  
Instant tea or coffee  
Cold cuts  
Ham  
Hot dogs  
Jams and jellies  
Canned vegetables  
Catsup  
Peanut butter  
Chewing gum  
MSG  
Distilled vinegar  
Grits  
Cola  
Gummed labels  
Gelatin desserts  
Gin  
Graham crackers  
Whiskies, Scotch, bourbon, brandy, wine

**FOODS TO AVOID IF YOU SUSPECT YOU'RE SENSITIVE TO EGGS:**

Bread  
Cookies  
Cakes  
Sherbert  
Beer  
Eggnog  
Pretzels  
Waffles  
Meringues  
Ice cream  
Donuts  
Pasta  
Bouillon  
Noodle soup  
Mayonnaise  
Root beer

Source: *Healing Depression: A Holistic Guide* (New York, 1997: Marlowe and Co.) by Catherine Carrigan