

WALLACE INTEGRATED HEALTH CENTRE

NEWSLETTER – SPRING 2008

New Developments

- Kelly Wallace, N.D. was recently featured on Standpoint, a community show televised on Cogeco. The episode will air again on Thursday, October 2nd, on Cogeco Cable 12. Join Kelly as she discusses Naturopathic Medicine in North Bay.
- Reiki Master Karen Sarlo, has left the WIHC, in order to practice out of her home. Good luck, Karen!
- The WIHC is currently looking for another natural health care practitioner to round out our health care team. If you, or someone you know, is interested in practicing in a relaxing, healing clinic in downtown North Bay, please call Kelly, at 474-2727.

Upcoming Events

- We will be holding our annual Naturopathic Flu Clinic on Tuesday, September 30th, in Sturgeon Falls, and Wednesday, October 1st, in North Bay. This homeopathic immune booster is a safe and effective way to protect yourself and your family during cold and flu season. For more information, or to book an appointment, call 474-2727.
- North Bay's annual Health Harvest Conference is approaching, on October 25-26, at Nipissing University. This weekend will feature a wide range of speakers on a variety of health topics. If you are interested, you can pick up a brochure and registration form at the WIHC.

Articles

Food Allergies

Have you ever sat down to a great meal, and then left the table feeling exhausted, bloated or irritable? Do you get regular headaches, sinus infections or eczema? Do you eat well, exercise and still have trouble losing weight? Do your children have frequent ear infections, tonsillitis, or attention disorders? All of these symptoms can indicate the presence of chronic allergies, often to common foods.

We often hear about children or adults with severe food allergies to foods such as peanuts, strawberries and shellfish. However, we seldom hear about the connection between more chronic symptoms and food allergies.

Most allergies affect one of two branches of the immune system. The IgE system is commonly involved in immediate allergic reactions, to foods or other substances that are inhaled. Some examples of this include dust, pets, pollen and peanut allergies. If you have this type of an allergy, you usually know immediately when you have been in contact with the offending substance.

However, there are more and more people who are experiencing allergy through the IgG system. These allergies tend to appear over hours or days and can present as a wide array of symptoms, such as headaches, mood and concentration disorders, asthma, eczema, arthritis, nasal congestion, sinus and ear infections. Because of the ongoing, chronic nature of these reactions, it can be hard to pinpoint the exact cause. However, once problem foods are identified and removed from the diet, you can see dramatic results.

If there is a particular food that you think may be bothering you or your child, you can try avoiding it completely for 2 weeks, and then re-introducing it into your diet. If you are correct, you should see a difference. If you think that there may be several foods, or you aren't sure, talk to your health care practitioner about getting tested for chronic food allergies. An IgG food allergy test requires only a simple finger prick and tests over 90 different foods. It could be the one small thing that changes your life!