The SHOCKING TRUTH About Sulfites and Your Health Transcript

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Are Sulfites Really Bad for You?

Sulfites, can they be really bad for me? Sulfites, can they be really bad for me? We get this question a lot and a lot of We get this question a lot and a lot of it is because some people react to it is because some people react to sulfites and other people seemingly sulfites and other people seemingly don't react.

don't react. I'm Dr. A. I break down these sort of I'm Dr. A. I break down these sort of things and answer your questions. So, things and answer your questions. So, let's get into this one about sulfites let's get into this one about sulfites and your health and whether they're and your health and whether they're dangerous or not. So, sulfite dangerous or not.

Understanding Sulfite Sensitivity

So, sulfite sensitivity is one of the things that we sensitivity is one of the things that we see a lot in people and sometimes it's see a lot in people and sometimes it's mislabeled. So sometimes people will mislabeled. So sometimes people will think that they're having histamine think that they're having histamine problems or allergic problems and really problems or allergic problems and really they're having sulfite excess issues and they're having sulfite excess issues and they can look very very similar. So they can look very very similar. So first off to deal with the question or first off to deal with the question or the part of the question that said why the part of the question that said why would one person react and another would one person react and another person wouldn't sulfites are a natural person wouldn't sulfites are a natural substance natural molecules in nature substance natural molecules in nature and inside of our body we make them and inside of our body we make them actually. So they're natural for the actually. So they're natural for the body to deal with, but they need to be body to deal with, but they need to be converted into a less toxic form called converted into a less toxic form called sulfate from sulfite. So whether I took sulfate from sulfite.

How Your Body Converts Sulfites to Sulfates

So whether I took it in through food or drink and it it in through food or drink and it raised my sulfite levels or my body raised my sulfite levels or my body through its natural theol metabolism through its natural theol metabolism raised my sulfite levels or both, my raised my sulfite levels or both, my body has to be able to convert these body has to be able to convert these sulfites down to sulfates. Sulfates can sulfites down to sulfates. Sulfates can be taken and used by the liver and the be taken and used by the liver and the brain and other places to help detoxify brain and other places to help detoxify things in a phase 2 reaction. So the things in a phase 2 reaction. So the problem usually is in people who have a problem usually is in people who have a slow conversion from sulfite to sulfate.

slow conversion from sulfite to sulfate.

Why Some People React and Others Donu2019t

So that is the reason why one group of So that is the reason why one group of people will have no problem at all with people will have no problem at all with sulfites and the next group of people sulfites and the next group of people will react to them. So then the next will react to them. So then the next thing around the question was my friend thing around the question was my friend for example was diagnosed as having for example was diagnosed as having these allergic reactions and it turned these allergic reactions and it turned out when they had those reactions they out when they had those reactions they were also consuming a lot of sulfite. So were also consuming a lot of sulfite. So you might have heard of you know you might have heard of you know sulfites being high in certain red wines sulfites being high in certain red wines and things like that. So you you could and things like that. So you you could get these sort of reactions. Why would get these sort of reactions. Why would one of us

health care providers look at one of us health care providers look at somebody's symptoms and say, "Well, somebody's symptoms and say, "Well, that's looks very allergic." As opposed that's looks very allergic." As opposed to, "Oh, that's a sulfite reaction." to, "Oh, that's a sulfite reaction.

Symptoms of Sulfite Reactions vs. Histamine

" Well, number one, allergic reactions are Well, number one, allergic reactions are much more common. But number two, if you much more common. But number two, if you look at the categorization of symptoms look at the categorization of symptoms from sulfites, you can have respiratory from sulfites, you can have respiratory problems, which includes wheezing, problems, which includes wheezing, coughing, shortness of breath, you can coughing, shortness of breath, you can have congestion in your upper have congestion in your upper respiratory passages. You can actually respiratory passages. You can actually get redness or even hive reactions on get redness or even hive reactions on your skin. You can have digestive your skin. You can have digestive problems and flushing and all kind of problems and flushing and all kind of stuff from sulfites. Well, histamine for stuff from sulfites. Well, histamine for an allergic reaction would do almost all an allergic reaction would do almost all of those things as well. So, it's really of those things as well. So, it's really easy to misappropriate histamine and a easy to misappropriate histamine and a sulfite reaction. But here's another sulfite reaction. But here's another thing that we see a lot in the patient thing that we see a lot in the patient population who are sensitive. A lot of population who are sensitive.

When Histamine and Sulfites Overlap

A lot of times they're having allergic reactions times they're having allergic reactions with histamine base and also a sulfite with histamine base and also a sulfite reaction because they're also a poor reaction because they're also a poor detoxifier, poor metabolizer of sulfite.

detoxifier, poor metabolizer of sulfite. So imagine if your body was exposed to So imagine if your body was exposed to something and your histamine levels go something and your histamine levels go up and maybe for you that's a stuffy up and maybe for you that's a stuffy head and nose, maybe it's wheezing, head and nose, maybe it's wheezing, maybe it's hives or itching, maybe it's maybe it's hives or itching, maybe it's a little bit of everything. And then a little bit of everything. And then imagine if you on top of that had say a imagine if you on top of that had say a food that had high sulfite or your body food that had high sulfite or your body was metabolizing a lot of sulfites that was metabolizing a lot of sulfites that day and you also got wheezing and day and you also got wheezing and respiratory things and itching and all respiratory things and itching and all that. You have two reasons for all of that. You have two reasons for all of those symptoms to go on. So sometimes those symptoms to go on. So sometimes it's not that it's misdiagnosed, it's it's not that it's misdiagnosed, it's just that it was left out on top of the just that it was left out on top of the histamine problem. There are also people histamine problem. There are also people who very reliably will only have one or who very reliably will only have one or the other. So in the case of sulfite the other.

Common Sulfite Reactions: Flushing, Rash, Headaches

So in the case of sulfite reaction, a lot of times they may get reaction, a lot of times they may get really red and flushed. They may have really red and flushed. They may have some respiratory things and they may get some respiratory things and they may get a rash, but maybe it doesn't go all the a rash, but maybe it doesn't go all the way to being like a hive like rash. The way to being like a hive like rash. The other very common thing are bad other very common thing are bad headaches with sulfite reactions. So headaches with sulfite reactions. So you've probably seen or heard of you've probably seen or heard of somebody that says, "Oh, I I don't drink somebody that says, "Oh, I I don't drink red wine because I get migraines from red wine because I get migraines from it." Turns out that they're very sulfite it." Turns out that they're very sulfite sensitive. Now you should know that sensitive. Now you should know that there's a smaller percentage of people there's a smaller percentage of people who have very high level sulfite who have very high level sulfite reactions. Somewhere around 10% plus or reactions.

Sulfites and Asthma

Somewhere around 10% plus or minus of the people who have asthma are minus of the people who have asthma are also very sulfite sensitive. So people also very sulfite sensitive. So people with asthma should be cautious around with asthma should be cautious around certainly additional sulfites and it can certainly additional sulfites and it can be one of the things that feeds into be one of the things that feeds into your asthma picture. So again in this your asthma picture. So again in this the literature 10% plus or minus of the literature 10% plus or minus of asthmatic people will have kind of asthmatic people will have kind of hardcore hardwired sulfite reactions.

hardcore hardwired sulfite reactions.

Rare Genetic Sulfite Sensitivity (SUOX)

There's a super rare condition where There's a super rare condition where they you lack sulfite oxidase sometimes they you lack sulfite oxidase sometimes known as suox su x and that is the known as suox su x and that is the enzyme that takes you from sulfite down enzyme that takes you from sulfite down to sulfate. So if you lack that enzyme to sulfate. So if you lack that enzyme in this rare genetic condition you're in this rare genetic condition you're going to be always sulfite sensitive.

going to be always sulfite sensitive. But what about the rest of the world But what about the rest of the world that has sulfite reactions? Normally, that has sulfite reactions? Normally, their sulfide oxidase is working, but it their sulfide oxidase is working, but it might be working slowly. And there's two might be working slowly.

Why Sulfite Oxidase Can Be Slow

And there's two main reasons why sulfide oxidase taking main reasons why sulfide oxidase taking you from sulfite the nasty stuff to the you from sulfite the nasty stuff to the better sulfate would slow down. One better sulfate would slow down. One reason would be you might have some reason would be you might have some genetic single nucleotide polymorphisms genetic single nucleotide polymorphisms or snips in that area. So if I have or snips in that area. So if I have snips in that area, I am going to not snips in that area, I am going to not code the sulfide oxidase. it'll be there code the sulfide oxidase. it'll be there not like in deficiency but it might work not like in deficiency but it might work very slowly. So that would slow it down.

very slowly. So that would slow it down. I build up sulfites. The other is you I build up sulfites.

Supporting Sulfite Detox with Molybdenum

The other is you could have either a nutrient could have either a nutrient insufficiency or a toxicity that slow insufficiency or a toxicity that slow that enzyme down sulfite oxidase. The that enzyme down sulfite oxidase. The common nutrient insufficiency is common nutrient insufficiency is malibdum. And when we have people with malibdum. And when we have people with sulfite sensitivity we always try and sulfite sensitivity we always try and give them malibdum which is a trace give them malibdum which is a trace mineral and see if that helps. it mineral and see if that helps. it usually does. But the other thing is usually does. But the other thing is enzymes are very attractive to heavy enzymes are very attractive to heavy metals and in the literature there are metals and in the literature there are three or four heavy metals listed. Some three or four heavy metals listed. Some of the more common things of course like of the more common things of course like mercury is not good for sulfide oxase mercury is not good for sulfide oxase and lead and stuff but tungsten and some and lead and stuff but tungsten and some other oddballs too. So if I have heavy other oddballs too.

Heavy Metals Can Interfere with Sulfite Metabolism

So if I have heavy metal problems it slows those enzymes metal problems it slows those enzymes down and then if the malibdum can't bind down and then if the malibdum can't bind it slows it down too. So a lot of times it slows it down too. So a lot of times if we give people malibdinum and the if we give people malibdinum and the sulfite can't still get out then we will sulfite can't still get out then we will check them for the presence of heavy check them for the presence of heavy metals and the reason that we do that metals and the reason that we do that primarily is that

malibdinum normally primarily is that malibdinum normally helps that enzyme pathway loosen up and helps that enzyme pathway loosen up and get rid of the sulfites and if it's not get rid of the sulfites and if it's not it's being interfered with probably by it's being interfered with probably by heavy metals. All right I'm Dr. A. Hope heavy metals. All right I'm Dr. A.

Wrap-Up and Next Steps

Hope that answered your question and we're that answered your question and we're going to put up some other links here going to put up some other links here for you to look at. Thank you all you for you to look at. Thank you all you subscribers. We're growing all of the subscribers. We're growing all of the time. Please do subscribe. Doesn't cost time. Please do subscribe. Doesn't cost you anything to join us. And also, you you anything to join us. And also, you know, like, share, comment, do all the know, like, share, comment, do all the things. I will see you guys on the next things. I will see you guys on the next video.