Unlocking the Mystery of Food Sensitivities Transcript

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Introduction to Food Sensitivities

Well. Hey, everybody. Great to be back with you. I have Doctor Meletis with me. And if you haven't seen Interview on Inflammation connected to Gut Health, you'll want to watch that.

Very, very important because chronic inflammation pretty much puts you at risk of all chronic diseases. So you got to understand how the gut connects to that.

But today we're going to talk about food sensitivities and get health. And this is something in recent years a lot of people are interested in. There's tests available directly to consumers.

People want to know how these things work, how that can help them. But Doctor Meletis, you've been practicing for over 30 years now, and you're actually an educator on the whole topic of food sensitivities.

Yes, I am, and thanks for having me. And I just love chatting about these kind of things. The guide to food sensitivities. This is what makes us excited.

And of course, we all know the Latin word disorder is doctor is a teacher. So a good doctor is a really great teacher and educator. And so whenever I'm hiring a doctor for myself and my family, because I put a cutting point to get a doctor up to this point for my family, then I'm going to I want to blame things.

And so when we look at food sensitivities, I will point out, first off, there's food allergies. Those are classical IGE and think of it for emergency room.

Their hives their asthma I can't breathe. That's the classical in it. Or maybe an egg allergy. It's like wow. There's just so those are allergies. Then there's food sensitivities.

And that falls into the category of IG, g, IG and to a degree IG for.

Food Allergies vs. Food Sensitivities

And so then what we want to do is we want to look at the aspect of, well what does that mean. So the conventionally trained what we turn allopathic MD d o that aren't functional, some are very functional.

And they're doing exactly what you and I like to do. They're adopted the knowledge of where the current science is. But they're saying hey, notice I g ig don't worry about it, but think of g for gradual.

And so just like I use it for emergency room G is gradual. They're sneaky. And if you and I were to eat a food and it could be something healthy for us, for me it's of a condo.

But I mean, I know you're in California, but and not to pick on your one of your major exports, but hey all the toddler. The great thing. It is great for everybody.

Cept for me, apparently. I think there's probably other people too. And it's like, well, wouldn't it be nice to know that? And the Greek kiddin me. I found out I was on the scale of food sensitivity test.

I was I was maxed out on Allman's. My relatives in Greece grow olives, oranges and almonds and like, olives, oranges. Would I make a good farmer over there?

Apparently I'm allergic to the outcome of the product. So what we want to do is we want to measure a food sensitivities because they're gradual and the half life.

So we think radiation we think half life. Okay. Well it's going to be a years. Well the half life if I eat of food today, the half life of an IV radical food is between 21 and 25 days.

So I can now know once again, if you're not testing, you're guessing. So once again, I always recommend people doing IGG food sensitivity test. Then what you can do is say, okay, well I'm not going to eat that.

And life is a buffet. And so think of a salad bar you're going to have. Mushrooms aren't my thing. Or bonds of being my people. Just put on your side now you're on power to make that right choice.

Well, that's very good information. Let's talk about why people have food sensitivities. It seems to me there's probably like three categories. One is just genetic.

Maybe genetically you're just prone to having certain ones. And you might be able to tell them to a certain degree or they never go away. Two would be eating the same foods all the time.

Three maybe got leaky gut. And if you got other, you know, categories, let us know. But if you could maybe just go through those so people can understand, you know, why they developed food sensitivities.

So certainly and I actually categorize them very similar to you. So there's what I call fixed. Welcome to the gene pool. Thank you. Mom and dad heard the good things and some of the challenges we have genetically.

There's earned over been over consumed. And then there is the leaky gut. And there's another one I will often speak to when I'm doing doctor doctor education of doctor lot or doctors.

Why Food Sensitivities Develop

And they're tough cases and it's about cross-reactivity. And so I happen to be the perfect guinea pig. I'll use myself when it's here in Oregon. You can tell from my Oregon town that I'm in Oregon and it's like, So if its first season, which will be March and April of every year here, and I know it well, well then I should not eat certain foods at the same time because they're known to react with a tree.

So I should have been eat carrots, apples, hazelnuts, like organic Nutella. And I should be very aware of other things in those categories because they're problematic.

So I'm inhaling pollen. I'm ingesting antigens, proteins, and they're triggering immune reactions. So once again, that proverbial Oreo cookie I of course would never know what a cookie tastes like, but I imagine being the cream.

Haha. I was a joke, you know, that's a very good point. I know I saw some literature and see it with some patients where maybe they have candida yeast overgrowth and or digestive tract and they start cross reacting more like wheat and gluten.

I've seen some research on glyphosate roundup. People are reacting to that in the foods and maybe cross reacting to wheat and gluten. So I'd be in that kind of category to the cross reaction.

Yeah. And then the leaky gut side of things was huge. We often think of our intestinal tube is sick. Being on your garden hose and the muscle side of it is very thick.

It's very tenacious, you know. Of course, you and I had anatomy when we're in school, so we of course learned the human body hands on as we were working with cadavers.

But the reality is the cells are single layer of the colonial sites and terror sites. And so if that single level of cells are not healthy, we get what's called leaky gut or increased permeability.

And there's a saying a leaky gut, leaky brain. And when we think about our microbiome, they eat, like I said on the other interview, we did like little Pacman and women, but what they spit out from their metabolisms, butyrate and

butyrate, actually goes into each one of these little intestinal cells and fuels the mitochondrial production via the acid pathway.

So literally where dependent upon the butyrate, either from butter or from our bacteria, and the bacteria make a whole lot more of it to actually fuel the health of our intestines.

So we're not excessively resorting protein molecules. And I give the example of a barcode. And many of us are very trained shopping carts. We, you know, remember when you go to the store we used to go in, they would scan everything in our cells.

Now most of us have to scan our own things. Self-checkout is what it's called, right? And we have to make sure is that our code is visible. Well, that barcode is a whole lot of amino acid sequences.

And that amino acid sequence says, okay, I am Y or Z. But now we can see up that barcode through chewing our food. And you and I resonate from the same medical school, and we were paid to your food 15 to 30 times.

And you like, wow, that's a lot. And have you ever done that much chewing on your food? Like, well, that's a good little workout of the master muscles.

But then what we want to do is we want to look at showing the mindfulness. And we all know mindfulness on eating can help digestion and gastric acid and digestive juices, food sensitivities to a degree, because you're breaking down those proteins and those proteins are being perceived by our immune system.

The scanner. And here's the food as a barcode, as friend or foe, friend or foe. And so really looking at that mindfulness, we go to a shopping mall. And what do they pump out?

Cinnabon smells, Euro smells. You know various restaurants. Well that's to get the gastronomical response. Join the Castro response. So we need to sit down for 15 to 20 minutes and just be mindful and not shoveling it while we're watching a video, but just sit there and appreciate the fact that without this food, we would not be here.

And we're very, you know, that attitude of gratitude.

Leaky Gut, Digestion, and Mindful Eating

And I hope the lot with digestion lessens the stress induced from sympathetic to parasympathetic sympathetic nervous system stress fight fight or fought down flight.

Okay to buy on. Yes. Absolutely. So patients have multiple food sensitivities. They experience some or their tests show that I presume you're you're suspicious.

They have leaky gut. Yes. They often go hand in hand. And so lots of times there's a test we do on stool tests which I recommend people get and I'm it is on is an indirect measure.

Hey, do we have leaky gut. You can have a normal. Those will have a leaky gut that's too leaky for you. And so when we have a lot of food sensitivities, you were thinking, okay, I'm not digesting well.

I have some leaky gut. I potentially, as you point out, over consuming it, which is what I did with the Allman reaction when I was a teenager. Patrick University, I had a little baggie of almonds, a couple of little halo oranges, and a bottle of water every day for my lunch.

So I know that was going up on the scale and it's like, So once again, over consuming things. So we want to have good digestion, but leaky gets huge. And leaky gut is a huge issue because think about drinking municipal water.

So it's fluoridated and sadly enough, much of the time is also, well, what else do we do with chlorine? We fluorinated swimming pools and hot tubs. And now, of course, we've changed the marketing to swimwear.

When I was a kid, you put on your bathing suit, went in the pool and with your bathing suit and you pretty much took a bath. And so of course, a coordinate the water lot.

But when we're drinking chlorinated water that's going to offer our microbiome cause more leaky gut. So once again, getting rid of some of those things that are not naturally occurring in a bad Blaine Brook or a river or stream of rainwater going back to nature. Yes.

And so for the viewers out there, and certainly I'm sure a lot of them have like a moderate amount or a very high amount of food sensitivity is always causing abdominal maybe distension, discomfort, pain, changes in your stool, maybe acid reflux, those types of things.

What hope do they have in your experience if they start taking the things or break their food down, better take their time to chew. Get off those food sensitivities for a while.

Get the microbiome. Can these people see good results, and if so, how long does it normally take? It usually takes for the average person that's upward in their food sensitivities, and they ideally have done a stool test to really work on their gut.

So you work on your gut health and you're working on the mindfulness and stress management to the best of our ability. Now can totally dodge that one, usually 3 to 6 months to see meaningful, sustainable differences.

That seems like a long time, but the reality is, has taken us a long time to get to where we're at. It's like, okay, how do I end up in the ditch? Or how do I end up getting lost on some rural forest road in Oregon?

I took a left or right or left and left and then I forgot how to get back. And so we got there some, and it was an antibiotic, or maybe it was a medical procedure, or maybe we had a loved one that was in the hospital, or we were a caregiver for them.

And so they had what we call no hospital based infections from a nursing care facility. We've been exposed. And so now what we need to do is we need to rebuild strong.

But what's beautiful is we're rebuilding a health savings account, know all this effort in because you're sick and tired of being sick and tired. But then when it starts paying interest in dividends because you're feeling it better, you have more energy to do it. To start with.

When you're feeling from me, whether it be brain fog, body paint, the bloat, distension, you're like, I'm miserable. I can't do this. Yes, you can, and you have to, because if you don't do it, no one else can or will for you.

They get fried, but we have to be willing to participate. So I, I end up being as much an educator, but also a coach and kind of sometimes a cheerleader on not literally, but like, you can do it.

You're doing great. And remembering that when you have GI issues, if you can have one good day where like, wow, I wasn't so bloated, did it hurt so bad?

That means you can have a second day and a third day, and we start adding those days together. All of a sudden you have a week of goodness. Wow. I haven't felt that for a long time.

And so obviously you have a very serious health condition. Go to your gastroenterologist, your primary care. But it was a food based. You just know certain foods on that.

And so food sensitivity testing is great and I encourage people to do that. And I'm sure you'll offer some resource to how to get that done. The other one I will say is beyond the IG food sensitivity.

You want to be aware of histamine foods. And I'll provide a handout if you want for the audience on that would be great. Yes, please. And they include things like pickled things, fermented things, certain nuts and seeds.

There's a big long list and even things like alcohol consumption.

Recovery, Testing, and Histamine Foods

I don't pick on alcohol if you enjoy alcohol within your moderation. Wonderful. But alcohol actually blocks a substance called DAO in our body diamine oxidase that actually quenches histamine.

So it might be an ECG, g food might be an IV food. That's what the world allergist or working with you or I or something like that do a lot of that that test to and but then maybe it could be a histamine.

So history want to avoid those as well and be only aware of them. Okay. Every time I eat this and our patients have became detectives, your listeners have became detectives.

They know. Well, I got to take charge of this. So tracking what you're eating and what made you miserable, important. But then the other big one is lectins.

And selecting foods include lagoons. So if you and I were to have a big social for a lot of our colleagues, probably the dish we would not offer is a large being, like kidney beans or pinto beans, unless you have a lot of bathroom facilities available.

Because first off, you're not very sociable when you eat too many beans, but that's in part because of lectins. I'll finish on this note. Lectins are can rip up your GI tract tremendously because a lot of pain and that seeds and nuts.

And I can provide a list of those two for the audience. But what's intriguing is they did a study in England and this was 20 plus years ago. And then he said, we're going to offer a healthy dish for the hospital workers.

And they did. They offered a B dish, much like I was mentioning. And lo and behold, the E. R. for that hospital got inundated. I feel like, oh, I got terrible, like a gasped for or bad stomach.

And they were like, well, they're hospital workers. And most patients have gone through the process and they all seem to have to eat that being there.

So from an epidemiological, that's what we do, is we're playing detective. They started saying, what was it? Was it a Cole? I was a bachelor's. They found that being district of the way it was prepared was high end lectins, and they were actually having a lectin response.

It's like, wow. So things like IGG tested absolute life was about saying, know what you're eating, know what you're shopping for was like, yeah, that was not worth it because I don't want to feel miserable.

And if for all of us that I've had gut issues also, I will impact your brain or pack your joints. You have reactive arthritis. You get worse than your eggs in our psoriasis.

So what's in our skin is a great measure. And I think we all we're not supposed to judge a book by its cover, but when we see a loved one is like, they don't look like you're feeling very well.

We're not judging them in a condemnation perspective, but something's not going on. Or reading around the gills or gray or acid or anemic. So really take care of that gut because it's the interface between the outside world, the inside world.

So testing is absolutely essential. Yeah. So basically you're saying that if someone has a digestive problem, you got irritable bowel syndrome, you got inflammatory bowel disease like ulcerative colitis, Crohn's disease, you have acid reflux.

You know, gas belching lose to all these types of things. Definitely. You got to look into the food sensitivities, the leaky gut. But like you're saying, it goes beyond to the whole body.

So if you got imbalances and other parts of the body, again, consider the food sensitivities and a leaky gut. Maybe. Chris, if you would, I know you have a new book out which relates to God health.

Maybe tell us some of the gold nuggets of that, what the book is and some of the gold nuggets of it, if you will. Oh thank you. It's called the theory.

It stands for microbial mucosal milieu. And so all our mucous membranes so mucosa mucosal milieu. So I know long as GI tract pelvic regions. Well we have of course microbiota. We know the gut.

Of course the gut microbiome has the audience listening to us. But what about our skin microbiome and went about our pelvic microbiome. We are a continuous concert of a shifting microbiome.

So I say the big. The microbiome the coastal milieu is may have lots of men's. And so all our microbiota and they claim up to 100 trillion microbiota in our gut.

Yeah. We're only made at 37.2 trillion. So they claim so I'm not sure who counted. That's why I say like I would lose track probably after maybe 1213.

Like okay, was that in the thousands already.

Lectins, Systemic Symptoms, and Gut Health

So and of course I'm joking around here. But the reality is we need to look at things. So as our gut microbiome goes so do endotoxins. And so we discussed that endotoxins are made by bacteria.

So like our bacteria can make our friendly butyrate which is important at the right level for obesity which also fuels inflammation but also a healthy brain healthy gut.

And think about I've spoken about mindfulness and gut. Well was again, if these little critters are very sensitive to the hormones that we're making, and when we get stressed out and we're not in a good sympathetic space or parasympathetic balance or our vagal nervous thrown off, we end up with the role of problem.

So we speak about the vagus nerve a lot in the book, in the various chapters, and how controlling autoimmunity and immune challenges and gut health comes down to also vagal nerve, the fatal nerve.

When you and I and the audience goes to a doctor, she'll say, don't move your head, follow the pen, follow my finger there, as you and I know the cranial nerves, but the vagus nerve, cranial nerve number 1,080% of his sensory.

Which means. And if you think of the word, it actually wanders from down, right ear, down our neck, past our heart. So if you got a gut issue, I'll have heart palpitations by saying that's the only reason for them.

And then it goes down to your spleen, your patriots, your intestines, your liver. And so then it goes up at 80% a fair, a fairly sensory. So 80% of the function of that nerve is perceiving how is the state of the Union largely intestinal and GI.

And then it goes back to your brain. Then of course your brain does what it does. It freaks out or doesn't. But that's the way you get our palpitations from gut issues, conditions often attributed to Rome syndrome.

And I can provide an article on that as well. It's like they're just all these really cool things. So over the course of my career, I've written a couple hundred national articles and on PubMed gov, lots of books, as many books as you've written.

You actually haven't trumped on that one. And it's just like, it's absolutely amazing. But I think that doctor in both of us, the teacher and both of us, you know, keeps us going.

The Microbiome, Vagus Nerve, and Ongoing Learning

It's just so much, you know, and I can tell you what I didn't know could fill lots of books. When I graduated. I thought I knew a lot of kids, so forth and so on.

But I would say this when people are looking for a good doctor, find a doctor that's a perpetual learner and I will finish. On this note. I was lecturing at the local medical school when I was a dean and chief medical officer of the Nature Path University, and I said, well, what am I going to tell these fourth year graduate M. D.

doctors? I says, the people that sat in these chairs last year, year before, but five years ago, you know, so much more than them. You have more diagnostics, you have more treatments.

You know, the field of medicine is just growing so phenomenally. But remember, five years from now, you're going to feel the same way about you. Unless you're a perpetual learner.

So get a doctor. That's where they're immersed in growing themselves beyond just cookbook medicine to actually trying to find the cause. Which means they told us we got to figure out where the splinter is, and that's why we do the testing, to start identifying and ruling things in and ruling things up.

Some test GI testing. And once again, what's beautiful about your audience and the followers, which you have millions of them, is the fact that they are taking charge.

And empowered patients are good. You want to be proactive and not wait to be reactive reactors on the journey. Can somebody help me? For actors trying to avoid the gurney?

Yeah. Wow, that's been great. Great information. Doctor Meletis, thank you so much for your time today. Thank you.