Food Allergy Vs. Food Intolerance Continued

Your digestive system is a protective barrier between the food you eat and the rest of your body. When you cannot break down a food properly the villi (finger-like wall in your small intestine that produce digestive enzymes and help absorb nutrients) in your intestines become damaged which can lead to inefficient absorption or an inability to absorb necessary nutrients. This is also damaging the protective barrier, which can lead to leaky gut.

Leaky gut is when the toxic food particles enter your blood stream and cause havoc elsewhere is your body. This my friends can lead to autoimmune disorders. How so? Well your immune system recognizes these food particles as harmful because they are not supposed to be there in the first place, at least not in the form they are in. This is just one example, food intolerance can result in numerous health complications. Think about it, your digestive system spans from your mouth to the point of exit and involves accessory organs such as the liver and pancreas, so if you "deal" with the "not so bad" warning signs of a food intolerance you will be sorry later.

Your body always tells you when something is wrong and it is important that you listen to it. We like to use "band-aids" and hope the problem just goes away on it's own, but trust me, it is ALWAYS better to change what is causing the problem in the first place. It is not always easy to figure out what is causing the problem, but it will be worth the effort.

- Nossal GJV. Life, death and the immune system. Sci Am. 1993;269(3):53-62