

Allergic Edema and Losing Weight

Jacqueline Weinreb, MSS

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But honest, doctor, I didn't cheat, Susan was crying. There was no way Susan could have stuck to her diet, exercised as she claimed, and, after two strict weeks, gained two pounds – at least not within the framework of traditional medical thinking. No wonder she was crying and depressed. No wonder the doctor doubted her.

Assuming Susan to be a secret eater, his next question was "What stress have you been under lately, dear?" Who, in our complex world today, cannot find some stress for the doctor to latch onto? "Aha, you must find a better way to handle that situation than eating, my dear?"

Susan left the office bewildered, frustrated and depressed – a common scenario, and, at last, we are beginning to understand why. We can now make an honest woman out of Susan.

The problem is not necessarily all stress, and not necessarily compulsiveness. It may be food allergy.

We are finding that people have very individual reactions to common foods, even those we consider healthy foods. Truly, one man's food is another man's poison.

"Our concept of what are symptoms of allergic reactions is too narrow," according to Dr. Louis Mayron, allergy consultant at UCLA Medical Center. "In addition to hay fever, hives and other overt symptoms, allergic reactions can include such diverse symptoms as pain, fatigue, depression and weight problems." The key to understanding this is to realize that an allergic reaction causes inflammation or fluid retention throughout the body. We accept inflammation in the sinus cavity as an allergy. It's therefore logical to recognize inflammation inside the skull as the possible cause of a headache, or an inflammation in another location in the brain bringing about depression.

Once we understand this, we can see our poor Susan in a new light. Allergic to several nourishing, low-calorie foods, the resulting fluid retention actually brought about a weight gain.

The medical term for this condition is edema. Marshall Mandell, MD, has been studying this condition for many years. He explains it in the following way: "Edema is the result of fluid retention due to an allergic response in the delicate, thin-walled capillary blood vessels present throughout the body. When the capillaries are temporarily injured during the course of an allergic reaction, body fluid passes through the capillary walls into the tissue surrounding these capillaries."

Dr. Mandell's research is based on sublingual testing. This is a method in which a small tasteless extract of a food is placed under the tongue without telling the patient what food it is. Within several minutes the patient reacts with a symptom, which may be pain, wheezing or even an anxiety attack or depression. Very often these symptoms have never before been associated with these specific foods.

When we tested Susan, we found three easily corrected problems. First, we noted that she did not digest vegetables properly. Because of a deficiency of some digestive enzymes, she was not breaking down and assimilating nutrients from vegetables, or eliminating the residue properly

Second, we found that her allergy to citrus fruit caused fatigue. She then eliminated it from her diet. Our third finding was that corn brought about a headache and a mild feeling of depression. Again, inflammation in different areas of her head created these symptoms.

Susan's strict diet consisted of a good deal of fruit and vegetables, with a small amount of protein. Her only "treat" was unbuttered popcorn – quite a respectable diet, calorie wise. However, as you can see, foods she ate in her low-calorie diet created a reaction that defeated her purpose. The weight gain was the result of the edema throughout her body. The depression and headache caused by the corn added to her misery.

An eating program was then tailored to Susan's own body. Actually, it had more calories than the original diet.

They were, however, all foods

which her body could assimilate. Appropriate vitamins and minerals were also added. Susan not only lost weight quickly, but she has had a much easier time keeping it off, and her occasional headaches and depression have disappeared.

We must also be aware that many young women have had the allergic factor undetected for so many years that there is some emotional overlay I liken to a secondary infection.

These women have blamed themselves, and been blamed for their excess weight, for so many years that an underlying problem with self-esteem or ego may still remain.

Another problem may be involved. When a patient has been addicted and allergic to a food for a number of years, the learned behavior is to believe the food causes satisfaction, and then the food addiction takes on a life of its own.

As a result of findings such as these, much exciting work is evolving on the frontiers of health. In his recent book, *Diet, Crime and Delinquency*, Alexander Schauss, PhD, a noted penologist, reported on a study of 300 delinquent teenagers. The majority of the delinquent teenagers not only ate a great deal of junk food but drank enormous quantities of cows' milk. These kids' allergy to milk caused them to be hyperactive [and delinquent]. Dairy products are some of the most common allergy-causing foods.

Other researchers in this field include Theron Randolph, MD, in Chicago, and William Philpott, MD, in Oklahoma City. A great deal of success in the reduction of physical and emotional symptoms of previously undiagnosed bizarre ailments is attributed to their work, as well as to an increasing number of others.

If that 'good, sensible, low-calorie diet' is not working for you, don't despair. Help may be closer than you think. You may be allergic to some foods in that carefully prescribed diet.

Highlights edited from *Let's Live*

Many food-allergy specialists now use the Prime Test® to detect delayed food and chemical allergies. For additional information, contact PreventiveCareCenter, Inc., 34146 Selva Road, Suite 200, Monarch Beach, California, 92629. Phone 949-661-4001; Fax 949-661-1666 Website: PreventiveCare.com ML

Shared Experiences

The information in *Quality Longevity* and from my Prime Test have made a remarkable improvement in my health. Since I started the Quality Longevity Program eleven months ago, my weight is down 30 pounds, and I have been able to keep it off. I have a 33 inch waist for the first time since college.

Even more exciting is that my body fat dropped from 22% to 13.3%. With exercise, I am building lean muscles and my percentage of body fat remains low.

My total blood cholesterol level has dropped from 238 to 160. This indicates that I am cleaning out blockages from my coronary, cerebral and other arteries. And, I feel healthier.

When I eat something the Prime Test indicated was a problem for me and have an old symptom come back, I know what caused the problem. This leaves me much more at choice than the mystery I lived in before. Surprisingly, I rarely feel constrained by my new lifestyle.

Three generations of my family have now read *Quality Longevity* and have had the Prime Test done. My mother, wife, daughter and I are all enjoying better health. So far, each person I have enrolled into trying this approach has noticed significant improvement.

Although each area of health care currently has difficulty understanding, accepting and appreciating other points of view, I look forward to the day when we all recognize that eating properly is the highest priority.

Keep up the good work and best of luck getting the word out about the Quality Longevity Program. It's the best deal in health care.

Peter P. Farmer, MD

*Diplomat, American Board of Emergency Medicine,
Rancho Santa Fe, CA, 1999*

My son suggested I try a new health program. I'm 78 years old and have not been able to see my ankles since I was 21. I have had swelling in my ankles all that time. After three weeks on the Quality Longevity Program I could see my ankles again, the edema was gone – what a thrill.

And, after a few months my weight is almost down to where it was when I got married in 1941.

Thanks for showing me how to have a longer and healthier life.

Pat Farmer

National Assistance League, Carlsbad, CA, 1999

Two years ago my doctor recommended I go to the Pritikin Center to reduce my blood cholesterol.

The Pritikin Center has a four week live-in diet program which has been successful for many people who want to reverse artery disease and lose weight. Their diet has no added fat and almost no cholesterol. It is 10% fat, 10% protein, 80% carbohydrate and has less than 25 milligrams of cholesterol a day.

After completing their regular four week live-in program, I had not lost any weight and my total blood cholesterol came down only 28 points. I stayed another two weeks for a total of six weeks but only lost one pound and my cholesterol level was still too high. I was very discouraged.

A few months ago my personal trainer recommended I have a new type of blood test for delayed foods allergies. While reading *Quality Longevity*, I realized that I may have been having allergic reactions to some of the cereal grains, dairy products and other foods that are a big part of the Pritikin Program, and these reactions could cause me to retain excess water and might keep my blood cholesterol level from coming down to a healthy level.

After having the Prime Test and special counseling, I avoided the foods that were shown on the test to be a problem for me, including wheat and dairy products. After nine days on the Quality Longevity Program my weight dropped 10 pounds and I went down three pant sizes. After three weeks my cholesterol went down from 199 to 149, for a total of 50 points, and I became free of several other symptoms that had been bothering me. I am delighted.

When I later tried the foods that were shown on my Prime Test to be a problem for me, my weight went back up and some old symptoms came back.

The Pritikin Program and the Quality Longevity Program have the same level of fat, protein, carbohydrate and cholesterol, thus the dramatic improvement in results must have come from avoiding my delayed food allergies.

My mother had been feeling poorly almost every day. I told her about the Quality Longevity Program and she took the Prime Test and received the counseling. She has been free of her symptoms for three months and has lost 25 pounds. She is delighted.

My daughter wanted to try the Program but her medical doctor talked her out of it. She is still suffering with her symptoms, taking all types of medications and seeing her doctor regularly.

Let me know how I can help get the word out.

Carolyn Preletz, Newport Beach, CA, 1999