Testing for Delayed Food and Chemical Allergies Helps People Improve Their Health

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According to the Journal of Allergy and Applied Immunology, acute allergic reactions are the most frequently unrecognized cause of illness in the U.S. However, for most people, the acute type of allergic reaction to items in the air is less likely to be the cause of their symptoms than are the delayed types of allergic reactions to foods and chemicals.

Many people are now searching for a better approach to health than taking drugs or having allergy shots and surgery. Instead, they want to make improvements in their lifestyle.

Doctors and health researchers who believe in the importance of delayed food and chemical allergies believe in discovering the underlying causes of symptoms rather than just treating symptoms.

These specialists have discovered there is a type of food allergy that is the underlying cause of many different symptoms. These symptoms often do not appear for hours or days after the food is eaten. They also discovered that delayed allergies to chemicals are common.

A large body of medical evidence demonstrates that there are several types of allergic reactions other than the acute type. The additional types are known as delayed food and chemical allergies, and they damage and kill white blood cells. Symptoms can occur anywhere in the body and include a long list of ailments, both physical and emotional, usually thought to have other causes.

Repetitious exposures help to cause delayed allergic reactions and they can overwhelm the body’s protective mechanisms. These reactions can damage any part of the body and cause compulsive behavior, fatigue and migraine headaches, to name just a few symptoms.

One of the common effects of delayed food allergies is weight gain. How often have you heard people complain that they have not been able to lose weight even though they have tried several weight-loss diets.

Delayed food and chemical allergies, sometimes called sensitivities or intolerances, can cause inflammation throughout the body. This can keep a person continually puffy because damaged tissues often retain several pounds of water.

Sometimes this condition is made worse because the person develops an addiction to the food. Recently the relationship between allergy and addiction has become better understood. Food allergies often become food addictions and this can lead to other addictions.

There is a cause and effect relationship between delayed food allergies, food addictions, compulsive eating and being overweight.

In children and adults, one sign that delayed allergic reactions are occurring is the allergic shiner, a darkening of the skin under the eyes. This is caused by leakage of red blood cells from the capillaries and results in discoloration similar to what happens when you bruise your arm. In time, lines and then bags appear under the eyes. Most doctors mistakenly believe this problem is inherited and there is nothing you can do about it.

Sinus and respiratory symptoms are often caused by delayed allergic reactions to foods and chemicals, but they are often misdiagnosed as allergies to inhaled particles.

A broad range of chemicals can cause delayed allergic reactions, including those in detergents, fabric softeners, solvents, pesticides, printing inks, fragrances and other ingredients in cosmetics. Allergy causing chemicals are also found in the food chain, air pollution and prescription drugs.

Delayed food and chemical allergies often cause many different symptoms. Here are some patterns to look for: 1. A puzzling and seemingly disconnected combination of ailments; 2. Symptoms that come and go; 3. So many symptoms that people are often called hypochondriacs; 4. Symptoms continue after traditional medical treatments; 5. Fatigued but have trouble sleeping; 6. Still overweight after dieting.

Skin tests and blood tests used by most traditional allergists do not reveal delayed food and chemical allergies. This leaves people falsely believing their symptoms are not caused by delayed allergies.

These traditional allergists keep trying to limit the word “allergy” to mean reactions which involve only the IgE part of the immune system. This IgE type of allergy can cause acute symptoms, but is not involved in most health problems.

In June of 1999 the American College of Allergy, Asthma and Immunology, one association of traditional allergists, completed a national survey which revealed that the percentage of people suffering with allergy symptoms had more
than doubled from what it had been a few years before. These doctors had no idea what had caused the sharp increase to 38 percent of the population. However, the doctors who understand delayed allergies have seen this increase happening and they realize that when all of the symptoms caused by delayed allergies are included, the percentage of people suffering is much higher.

Do not be surprised if your doctor does not believe in delayed food and chemical allergies. Most board-certified traditional allergists have been fighting for decades to suppress the awareness of delayed allergies. They claim that if their allergy tests do not reveal delayed food and chemical allergies, they do not exist. They have been very successful in controlling the thinking in the medical community and the government.

In the 1930s, Theron Randolph, MD, a board certified allergist, discovered that the traditional approach to allergies usually missed people’s most important reactions. For over five decades, he had thousands of his patients fast for a week on just pure water in a special hospital that was built without allergy causing chemicals. This enabled them to become free of their symptoms and feel better than they had in years. He would then have them eat one organically grown food per meal, three foods per day for three weeks, so they could discover which foods were causing their symptoms. This approach made believers out of his patients, but it was far too time consuming and expensive. A better way had to be found.

There is now a blood test to discover your symptom-causing foods. It involves testing your white blood cells to reveal reactions. The test is based on scientific research which shows that delayed allergic reactions to foods and chemicals destroy white blood cells inside the body.

### Shared Experiences

In 1978, I was looking for the answer to my health problems and discovered they were caused by a type of food allergy that does not show up on traditional allergy tests. Fortunately, I was able to find an accurate white-blood-cell test and the necessary counseling. This information empowered me to become free of my symptoms.

I became well because I was free to choose the approach that worked for me. If the medical establishment and government had blocked me from discovering my delayed food allergies, I would have suffered unnecessarily for years.

The Quality Longevity Program assisted me in taking the correct action to improve my health. The improvement was so dramatic, I decided to change my career. In 1980, after studying the research underlying the Program, I started counseling people so they could also take advantage of this advanced approach to health.

One of my great joys is sharing this awareness with others and then watching them improve their health.

**Mark Matulis**, health consultant, Dana Point, CA, 1984

By combining a person’s white blood cells with a microscopic amount of each food and chemical, a laboratory technician can clearly see when the white blood cells stay healthy and when they are killed by an allergic reaction.

The blood test now used to obtain the best results is the Prime Test®. It is more accurate than the fasting and food challenge technique, elimination diets, skin tests and other blood tests for delayed food and chemical allergies. And, there is no harm done to the person. Follow-up studies have shown success rates of more than 90 percent.

For more information and the name of a doctor in your area who provides the Prime Test® and does the specialized counseling, contact: Preventive Care Center, Inc. 34146 Selva Road, Suite 200 Monarch Beach, CA 92629 Phone: 949-661-4001 Fax: 949-661-1666 Website: PreventiveCare.com

Lovendale has been able to sort out the facts from all the information. He is doing a good job of helping people become informed.

**William H. Philpott, MD**, psychiatrist, author of the books, Brain Allergies and Victory Over Diabetes, 1980

The white-blood-cell test identified some delayed food allergies that were causing my chronic joint pain and contributing to bronchial and sinus disorders. An unexpected benefit has been a new sense of mental clarity.

**Elizabeth Freeman**, registered nurse, Seattle, WA, 1984

Twenty years ago I was looking for the solution to my health problem. After seeing many doctors and engaging in a week of medical tests at a world-famous medical clinic in the Midwest, I was unable to find answers of any value.

Ultimately I found a physician who understood food allergies and with his advice I was able to regain my health. Through the years since then, with the aid of white-blood-cell testing, I have been able to remain in excellent health.

**Stephen White**, consultant, Newport Beach, CA, 1985