

# Food Sensitivity



## What is Food Sensitivity?

Sometimes certain foods can make you feel unwell, regardless if they're healthy or not. They may trigger any number of food sensitivity symptoms, such as headaches, digestive issues, joint pain or skin problems. Food sensitivities are largely undiagnosed and seem to be on the rise. While they are clearly less scary than a full-blown food allergy, these mysterious and highly individualistic conditions can still make us sick.

## Food Allergy vs. Food Sensitivity vs. Food Intolerance

- Food allergies are an immune system response involving IgE (think of it as E for emergency) that happens rapidly, often within minutes and can potentially be life threatening reaction. An example of an allergic reaction is someone with a peanut allergy, who requires an EpiPen simply by inhaling a tiny amount of peanut dust from a candy wrapper nearby.
- Food sensitivities take a few hours to occur or up to days in some cases, they involve other antibodies and cells of your immune system called IgG (think of it as G for gradual), but are rarely life threatening. An example of this is when you start experiencing signs of a gluten sensitivity or peanut sensitivity. People who have food sensitivities can go a lifetime without ever knowing they have one due to delayed reaction times and vague symptoms.
- Food intolerance occurs anywhere from 30 minutes to 48 hours after eating when your body lacks an enzyme needed to break down a certain food, triggering a digestive response. An example of this would be those with lactose intolerance, meaning they lack sufficient quantities of the enzyme, lactase, to break down the sugars in the milk, resulting in digestive issues.

## Common Food Sensitivity Symptoms may include:

- Brain fog, trouble sleeping, migraines, headaches
- Acne, eczema, dry and itchy skin
- Bloating stomach after eating, diarrhea, reflux
- Fatigue, joint pain
- Anxiety, depression and mood swings
- Runny nose, dark circles under eyes

## How do you know if you have a food sensitivity?

If you are experiencing similar symptoms to the ones listed above on a regular basis, you might have a food sensitivity. The tricky part is figuring out which food is to blame. Since symptoms may not show up until a few days after consumption, it makes diagnosis especially challenging and time-consuming. That's why we offer our simple food sensitivity test to keep you empowered and informed about your health.

## What is a Food Sensitivity Test?

A food sensitivity test measures your body's immune response to food to help better understand what your body is reacting to, which in most cases is a delayed reaction that may make it harder for you to determine what is actually going on. The test is done by pricking the finger to draw blood to be sent to the lab for testing.

Your [Bremo team](#) uses [US Biotek](#) lab for food sensitivity testing. This test specifically measures your response to IgG cells only to give you results of food sensitivities you might have, but does not test for food allergies or food intolerance. Take a look at the different food sensitivity [panels](#) and see which one is of most interest for your typical diet.

## What Happens after I get the Food Sensitivity Test?

A Bremo Pharmacist will interpret the results and have a one-on-one consultation in-person or virtually depending on your preference. During the consultation, the pharmacist will explain the results and provide a sample diet for rotating the foods that caused the most IgG reactivity in your body. To learn more about testing or to make an appointment for the test, please call Bremo Pharmacy at 804-288-8361. You can also [send us a secure message](#) directly to the pharmacist for more information.

