

Newsletter

July 2019

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Nutrition and Allergies

TODAY MORE THAN 95% OF ALL CHRONIC DISEASE ARE CAUSED BY FOOD CHOICES, TONIC FOOD INGREDIENTS, NUTRITIONAL DEFICIENCIES AND LACK OF PHYSICAL EXERCISE , ,

MIKE ADAMS

Nutrition

A Balanced diet is critical for long term wellness as poor nutrition with high calorie intake will lead to lifestyle diseases such as Diabetes, Heart Disease and High Blood pressure. Also, being over-weight is exhausting.

At the opposite end of the spectrum, a low intake of nutritious food causes a condition called Anorexia Nervosa. Hence, a good balanced diet is essential for good health.

Often poor eating habits commence due to an unstructured lifestyle like late nights, not sleeping well, starting the day off rushed resulting in not eating breakfast. This may lead to the consumption of Fast Foods as well as high carbohydrate processed foods which results in excessive calorie intake. This pattern often is driven by a stressed lifestyle, complicated by, smoking, substance abuse which will result in high risk to ones wellbeing.

To change this pattern, drill down to the trigger that initiates the negative cycle. Once that is under control there is a good chance that order and harmony will be brought back into your life which will lean to on-going wellness. Getting back into healthy eating habits is difficult, therefore, a team effort of a dietician, a counselor for emotional support and your Doctor's support can bring about the change.

Allergies

The bodies defense mechanism can sometimes cause problems. A hypersensitive immune system where the type of antibody produced changes from IGG, or IGM to IGE, will cause an allergic reaction. It may be triggered from food eaten, pollen breathed in or from an insect sting such as bees. One may also be allergic to certain medication.

If you are allergic, keep an Epipen available as it may save your life.



NUTRITION

July month is National Nutrition month. The focus is on making informed nutritional choices and being aware of the importance in developing good eating habits which includes doing physical activities.

Nutrition is defined as the intake of food into our bodies. Therefore, the cornerstone to good health is the intake of healthy nutrition that boosts the immunity systems and protects us from susceptible diseases which includes a variety of cancers. Good Nutrition is also vital for healthy growth in the development of children and adolescents alike.

There are seven types of nutrients namely:

- Carbohydrates – The main source of energy;
- Fats – Also a source of energy;
- Roughage (fiber) – Essential to the digestive system;
- Minerals – Critical for the normal functioning of the body;
- Proteins – Essential for the growth, repair of muscle and body tissues;
- Vitamins - Essential to the many chemical processes that take place in the body;
- Water – Essential for normal body functions and to carry nutrients to other parts of the body (the human body is made up of 60% water),

These nutrients are then classed into two categories which are:

- Macro-nutrients - Carbohydrates, fats, fiber, proteins and water. These nutrients excluding fiber and water, provide energy which is measured in kilo-joules and are sometime called calories;
- Micro-nutrients - Minerals and vitamins. These nutrients don't provide energy but are essential for other reasons

Our body is made up of different chemical compounds, consisting of elements such as :

- Carbon;
- Hydrogen;
- Oxygen;
- Nitrogen;
- Phosphorus;
- Calcium;
- Iron;
- Zinc;
- Magnesium;
- Manganese.

These chemical compounds and elements occur in various combinations (e.g. hormones, vitamins, phospholipids, hydroxyapatite etc.) in the human body, plants and animal organisms that humans eat.

The key to healthy nutrition is to:

- Drink plenty of water;
- Watch salt, sugar, alcohol, saturated fat and trans-fat intake;
- Eat a variety of foods which includes fruits, vegetables and whole-grain;
- Eat lean meats, poultry, fish, beans and low-fat dairy products.



“ THE MORE GREEN-TEA YOU DRINK, THE MORE THE ALLERGIC REACTIONS ARE SUPPRESSED. GREEN TEA HAS AN ANTI-INFLAMMATORY EFFECT OF THE IMMUNE SYSTEM ”

AMY LEIGH MERCREE



ALLERGIES

What is an allergy?

An allergy is an over exaggerated response from the body to a substance that our immune system identifies as foreign. It is the body's immune system job to defend against foreign invaders like bacteria or viruses which cause infections while still monitoring the individual cells for any changes. These foreign invaders are called antigens which responded through the production of antibodies.

In most nonallergic individuals, substances that are seen by the body's immune system as harmless and won't respond to them. However, in allergic individuals the body's immune system generates a response in the part of the body this is allergic.

Individuals that are prone to allergic reactions when they come into contact with an allergen are said to be allergic or atopic. Allergic antibodies that defend against infection are called immunoglobulin or IgE, IgG IgM and IgA. IgE was discovered and named in 1967 by Kimishige and Teriko Ishizaka.

IgE is an antibody that we all have in small amounts. However, the allergic individual develops specific types of antibodies which responded to certain substances chemical causing an allergic reaction. Once IgE is formed it recognises the antigen and triggers an allergic response.

Allergies can develop at any age, although some individuals outgrow them over time. The environment also plays a role in the development of some allergies. Genetics is another factor because an individual with a history of allergies in the family is more prone to these allergic conditions.

Allergy-producing substances are called "allergens" which could be but not limited to:

- Pollen;
- Dust mites;
- Mold;
- Animal protein;
- Foods; and/or
- Medications to name a few

The symptoms of an general allergic reactions are:

- Localized swelling;
- Inflammation;
- Itching; and
- Mucus production.

The following are common allergic conditions

Rhinitis

- Runny nose;
- Stuffy nose;
- Sneezing;
- Itch nose, ears and throat;
- Postnasal drip.

Asthma

- Shortness of breath;
- Wheezing;
- Coughing;
- Chest tightness;
- Allergic eyes (conjunctivitis);
- Redness under the lids;
- Watery, itchy eyes;
- Swelling of the membranes.

Eczema (atopic dermatitis)

- Dry skin;
- Rash that can occur anywhere.

Hives (urticaria)

- Raised red welts that resolve themselves over a few hours to a few days;
- Intense itching;
- No residual marks or bruising upon resolution; and
- Swelling.

Anaphylactic shock

- Hives itching or flushing present;
- Nasal congestion;
- Swelling of the tongue and/or throat;
- Abdominal discomfort;
- Nausea vomiting diarrhea;
- Shortness of breath wheezing coughing;
- Low blood pressure leading to lightheadedness;
- Passing out or shock.

Anaphylactic shock is an emergency condition and is life-threatening which occurs when blood vessels dilate due to the allergic reaction.

Treatment

Primary healthcare practitioners are able to treat mild cases of allergies but for more serious episodes emergency medical treatment must be sort immedicably.

References

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