

## In Spring allergies reappear, and intolerances?

### **NUTRI-lipidomics** *Molecular nutrition and healthy diet*



## What can be seen as “allergies”:

Spring is the time of year when all the nature come back to life, but with it reawakes the symptomatology of many persons who suffer from inhalant allergy, such as pollen. Exists furthermore, cross-reactive alimonies, when ingests, they can amplify the reaction.

**Allergy** is an immune response, **predominantly antibody type**, characterized by a rapid appearance (within a few hours, sometimes even a few minutes) of acute symptoms such as respiratory disorders (for example asthma or rhinitis), oral allergic syndrome, rash and angioedema, gastrointestinal disorders up to the anaphylactic shock if not pharmacologically action is taken.

**The allergen** is the substance that stimulated the reaction is a protein (e.g. milk caseins).

## Some other disorders beside allergies:

Otherwise there are people who suffer all year round from continuous disturbances attributable to an immunity system stimulation, known as sub-clinical inflammation which consequently leads to gastro intestinal disorders, swelling feeling, difficult digestion, up to a full overt pathology such as gastritis, intestinal syndrome, frequent headaches. This condition often becomes a purchase for companies and “health professionals” who propose intolerance tests, non-scientifically validated for diagnostic purposes. The validated tests have been published by the Department of Health in the “*food allergies and consumer safety*” report.

## The intolerance scenario:

Let's start by defining what an intolerance actually is or what lies behind those frequently increasing “food intolerance”. The intolerance is enzymatic **lack/absence**, like the lactose intolerance, a sugar present in milk, does not allow the absorption and digestion of it into the small intestine. The lactase breaks down the lactose disaccharide in glucose and galactose, two monosaccharides able to be absorbed. Condition that can be verified through lactose **breath test**, which consists in the collection of the breath after the assumption of a lactose mixture.

The amount of hydrogen produced by bacterial fermentation of undigested lactose, determines tolerance/intolerance.

Another form of intolerance, much more rare, is Favism, which consists in the absence of an enzyme, normally present in red blood cells (glucose 6-phosphate-dehydrogenase) which comes in in the metabolic pathway of pentose-phosphate sugars. This condition has been wrongly named Favism since present in those subjects, mostly males, when consuming fava beans or simply inhaling the pollens near fava bean fields, leads to hemolytic crises.

However, we must say, that even **Lactobacilli**, bacteria present in the **intestinal tract** or in foods like **milk kefir**, produce lactase, so even a dysbiotic condition, an imbalance of the intestinal microbial population, could make us more sensitive.

This condition, but even the real allergy can become worse due to a ‘leaky intestine’, known as **Leaky Gut Syndrome**, meaning a more permeable gut to many other substances, including food particles that intended to come in contact with the **intestinal**

**immune system (GALT)** and became a silent inflammation cause and a disease. Also **NCGS**, non celiac gluten sensitivity, is related to intestinal permeability.

## Which is therefore the best way to restore a state of health?

Certainly eliminate the foods which you are allergic to, whose allergy that has been diagnosed by validated tests (prick test, prick by prick, patch test, oral simulation test, ...) or intolerant (dairy products containing lactose, fava beans); in all other cases it is advisable to consult a specialist who evaluate the patient's lifestyle, including food habits, and take the necessary measures.



Nutrition and the food choice have a fundamental part; abandon sugars rich foods, hydrogenated fats, industrial foods in favor of low-processed foods, rich in fiber, source of **short-chain fatty acids** and **useful fats**, with an **anti-inflammatory activity**, such as those present in fish, in nuts, **wheat germ** of whole grains of cereals or whole wheat flour, which are not the result of mixtures of white flour and bran.

It is also very important to learn **reading the label**, especially the ingredients list, to verify the absence of the **allergen**, or the presence of additives or a large quantity of 'useless' ingredients, if not 'harmful', from a nutritional point of view.

Must pay attention also to the expiry date; a whole wheat flour, for example, cannot have a **shelf-life** of more than 10/12 months, since the presence of wheat germ increases humidity and therefore the deterioration of the product.

Be intolerant of overwrought food and a sedentary lifestyle!

[http://www.salute.gov.it/imgs/C\\_17\\_pubblicazioni\\_2788\\_allegato.pdf](http://www.salute.gov.it/imgs/C_17_pubblicazioni_2788_allegato.pdf)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6148544/> Diet induced changes in the microbiota and cell composition of rabbit gut associated lymphoid tissue (GALT)  
<https://www.ncbi.nlm.nih.gov/pubmed/22955358> Mucosal permeability and immune activation as potential therapeutic targets of probiotics in irritable bowel syndrome.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4517012/> Gluten Psychosis: Confirmation of a New Clinical Entity

---

Article by:

*Dr.ssa Maria Elena Cafagna* – Nutritionist Biologist  
[info@nutrizionistacafagna.it](mailto:info@nutrizionistacafagna.it)

*The dietary advice in this article is not intended to replace a personalised dietary plan and should be adapted to specific cases.*

---

Photo: ©Mladen Mitrinovic /123rf.com | ©Antonio Guillem /123rf.com | ©Natalia Klenova /123rf.com



Condividi su:



Tags: Intolleranza

---

## Add Comment

*Il tuo indirizzo email non sarà pubblicato. I campi contrassegnati con \* sono richiesti*