



International Institute
of Naturopathy

Education with Vision

Distance Learning
Program
**Integrative Nutrition
and Health Consultant**



Module 5

Dear Participant

Welcome to Module 5

Module 5 offers some additional nutritional information as well as introduces you to several new significant topics. We know you have much to look forward to in this next module.

As usual, we'll begin with a brief overview of the topics covered in this module:

Sugar

What is the cause of sweet cravings? How can you escape the drug that is sugar?

Milk and Dairy Products

What is the dairy industry's astonishing development? How does milk consumption influence our health?

Food Intolerances

How does a food intolerance come to pass? What role do inflammation processes play in intolerances?

Lactose

Lactose intolerance – is it a natural state? What are the possibilities of diagnosis and what holistic measures can help?

Fructose

What happens to the body when it suffers from fructose intolerance? Which relation does dysbiosis have with fructose intolerance?

Allergies

What causes allergies and how can they disappear again? What are pseudo-allergies, cross-allergies, etc.?

Water

Do you know Andy Waterman? What type of water is the best? What are the consequences of dehydration?

Homotoxicology

What distinct significance do maladies have? Do pharmaceuticals make us sick? Can healing take place from detoxification?

Fungi in the Body

What is the reason for a fungal infection? What is candidosis and what are its aggravating effects on our health?

Intestinal Cleansing

Why are intestinal cleansings important? Which type of cleansing is suitable for whom? What are the effects of an enema?

Skin Care as Health Care

Is there a connection between the skin and the nervous system? Which factors prevent acne from healing?

We wish you lots of fun while reading and studying this module. May your inspiration and motivation continue to guide you!

Your International Institute for Naturopathy

Sugar

13. Give the typical signs for serotonin deficiency.

14. What is the role of serotonin and dopamine levels in developing a sugar addiction?

15. Give at least eight tips for overcoming a sugar addiction.

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Food Intolerances

Food intolerances which unfortunately are often not acknowledged by mainstream medicine and thus not taken into account for diagnosing affect more and more people. Therefore, those affected are frequently diagnosed with “irritable bowel syndrome” or are sent off as psychosomatic cases. Yet, relatively simple tests are available that can establish the most common food intolerances.

The currently most frequent intolerances are the following:

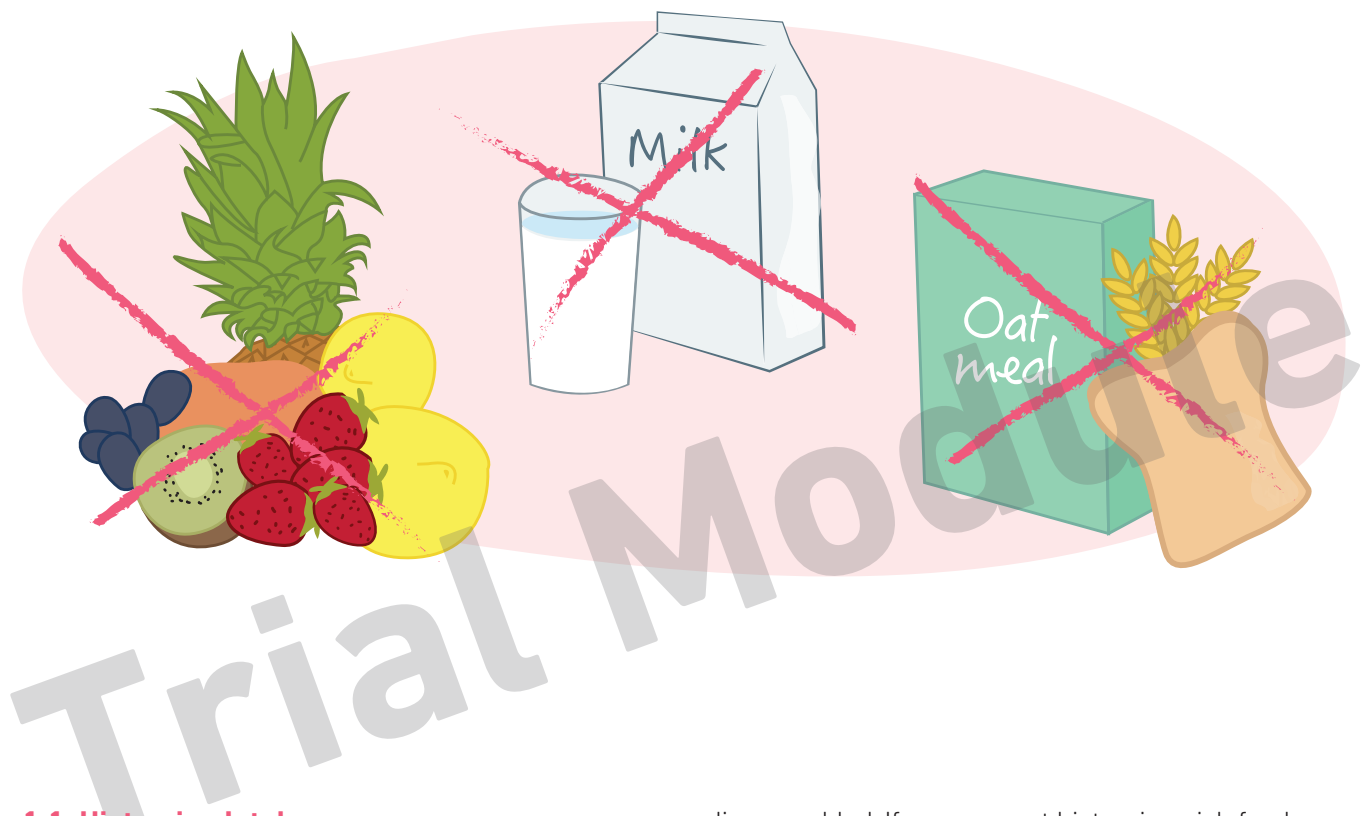
- Lactose intolerance (for details, see unit 4)
- Fructose intolerance (for details, see unit 5)
- Gluten intolerance
- Histamine intolerance
- Sorbitol intolerance

Unfortunately, such intolerances usually do not occur in isolation but in the company of other intolerances. Thus, in some cases, those affected may have two or more intolerances at the same time. Often these intolerances cause similar symptoms, thus making a diagnosis more difficult. For example, many gluten intolerants – particularly if the intolerance has existed for a long time – also suffer from lactose intolerance. Fructose intolerance is often accompanied by a lactose intolerance, but frequently also by a sorbitol intolerance.

To find out which intolerance is responsible, it is recommended – in addition to the medicinal diagnosis processes illustrated below – to keep a food diary, as described in the unit on “Fructose Intolerance”. In doing so, potential correlations between certain foods and arising symptoms may be discovered.

Nonetheless, symptoms do not always occur immediately after consuming the dishes responsible, but often arise delayed, such as only a few hours afterward or even the next day. It is also more difficult to come to clear conclusions (but not impossible) if there are several simultaneous intolerances.

Hereafter, we will briefly present histamine, gluten, and sorbitol intolerances. The lactose and fructose intolerances will be described in detail in separate chapters, because of their increasing frequency.



1.1. Histamine Intolerance

Histamine intolerance is caused by an imbalance between the histamine occurring in the body and its degradation. Histamine serves as a tissue hormone and neurotransmitter (messenger substance). It may be ingested through food, but may also be produced within the body.

Usually, the organism is able to prevent the histamine concentration within the body from rising too much on its own. For healthy humans, the endogenous enzyme diamine oxidase (DAO) disassembles the histamine again and again. For people with a histamine intolerance, however, these natural regulation mechanisms no longer work.

The DAO-producing cells lie in the intestinal mucosa. If the mucosa is – for whatever reasons – irritated, inflamed or overloaded, the DAO-producing cells also suffer from this. Less and less DAO is being produced, and therefore less histamine is being

disassembled. If you now eat histamine-rich food, drink alcohol, or possibly take medications that hamper DAO production even further, a histamine excess will occur in the body and the typical symptoms of histamine intolerance will arise. These include a running nose, headaches, itches, heart palpitations, breathing trouble, but also loose stool and flatulence.

Foods that are rich in histamine are, e.g., wine, champagne, beer, mature cheese, sauerkraut, raw sausage, chocolate, and tomato products. Yet, with the histamine intolerance, certain fruits may also cause the dreaded symptoms. For example, strawberries, pineapples, citrus fruits, and kiwis belong to the so-called *histamine liberators*. This means that they don't include histamine themselves, but they may stimulate the release of histamine by endogenous cells within the body.

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