

foodintol<sup>®</sup>

The Food Intolerance Institute of Australia



## The Promise of Paleo – Without the Pain

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## Any Move Towards Paleo Is A Good Move

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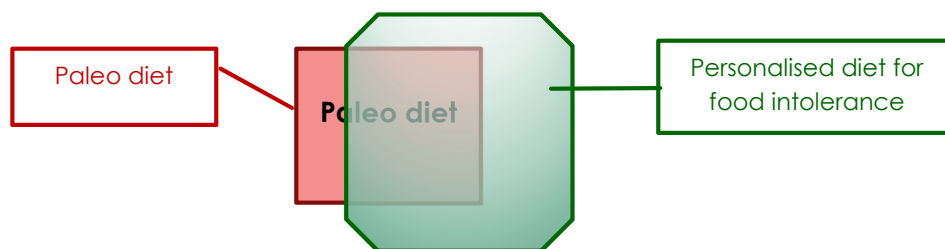
The hype and misinformation around the Paleo diet has turned it into a circus. And Paleo is often portrayed as an 'all or nothing' proposition – which can put us off.

But there is another way. Here at the *Institute* we have discovered you can enjoy the good things delivered by a Paleo diet like:

- Vanishing symptoms
- Greater resistance to disease
- Better fitness and concentration
- Loss of excess weight
- Healing of long term ailments

. . . without any of the 'pain' of a true Paleo diet. The secret is to find out your 'problem foods' – your food intolerances – and make small adjustments to your diet. Of course you can choose to go all the way to the true 'Paleo', but it can mean many changes.

From our twelve years of research and experience with members - we now know there is a great deal of overlap between the Paleo diet and a *personalised food intolerance* diet.



These many years of learning have demonstrated that **even small changes** in diet (i.e. any move *towards* a Paleo diet) - can bring terrific benefits.

Of the 900+ members who completed our landmark survey – without going Paleo – **but after finding their food intolerance:**

- 38% of overweight respondents noticed weight loss (without trying)
- 50% reported a brighter mood
- 70% found they had increased energy levels
- 79% reported stomach bloating was better
- 40% say they can concentrate better than before

These are striking and fabulous results – and the only findings of their type ever sought.

Our work underscores the enormous health benefits of adopting the diet of our Paleolithic ancestors – the Paleo diet.

But for very social twenty first century humans it can seem difficult: many abandon it – or never attempt it.

However – from the knowledge we have accumulated since 2003 we have seen repeatedly that a moderate approach - which identifies a person's individual **food intolerances** - delivers proven and lasting benefits.

In other words a personalised diet in keeping with your *particular* food intolerances delivers:

❖ *'All the benefits of Paleo – for a fraction of the effort'*

*Firstly, your program is marvellous. I finally feel I have found answers after years of misery and after spending thousands on other treatments. Kinda angry really - what a waste of years of my life being sick! I did the challenge phase yesterday for gluten. I think I am gluten intolerant! Marilyn*

## Where do we get our information?

For two decades we have researched the scientific literature around Paleolithic diets and the hundreds of studies linking foods and disease.

Thousands of abstracts of international studies are available free at *PubMed* – the US government website for sharing international medical literature.

We have also amassed a unique bank of practical knowhow. Since 2003 we have been assisting members to discover their food intolerances using the journal method.

Thousands of personal journeys to healing have given us the real life experiences which balance and complement our scientific knowledge.

❖ On the world stage – this is a unique cross-section of knowledge!

What you will learn here is different from the usual nutrition information. We call it 'new' nutrition. Rest assured it is based on published scientific studies: a whole new take.

Some of the references are listed at the end of this book. But hundreds more are listed on our website **www.foodintol.com** under the 'Research' tab.

*Regarding fitness - remember when Novak Djokovic made a clean sweep of world tennis trophies after switching to a gluten-free diet?  
This is how powerful the right diet can be!*

## Why does food intolerance matter?

Some people have never linked food intolerance to the Paleo diet. But it is so relevant!

In a word: Disease.

Food intolerance is **how and why** the very first farmers of ten thousand years ago (in the Neolithic era) were to suffer **mankind's first diseases**. The unmistakable evidence showed up in their osteoporotic and arthritic bones – the fossils.

Scientists now know this happened because they had strayed from the Paleolithic diet of their hunter-gatherer forebears (the Paleo diet).

These first farmers had begun growing grass grains like barley and wheat – and taking milk from their corralled animals. But their digestive systems were unable to properly process the 'new' foods – so only partial digestion took place. And that's where the trouble begins.

They became very gradually sick. Illness came on so gradually and in so many people that everyone thought it was a 'normal' part of ageing. But we now know that food breakdown particles like gliadins and glutenins from gluten in the grains – and caseins and lactose from the milk - had never before been 'seen' by the human immune system. These huge strange molecules triggered immune responses: inflammation and infectious illnesses – and the upshot was – our first diseases.

Although not totally to blame for all disease – the arrival of grains and milk products in our diet was the single most dramatic change between the Paleolithic and Neolithic eras.

As farming methods spread from the Middle East – northwards, east and west over thousands of years – so disease followed.

## A predictor, preventer and healer of disease

Food intolerance is how *all of us* first experience disease.

It is the beginnings of disease – or a *predictor* of disease. This makes the main reason for going Paleo - not just to 'feel better' – or improve your fitness.

- ❖ The real reason to go Paleo is to *avoid disease* – and if you are already diagnosed - to *begin healing*.

## New discoveries about *Homo sapiens*



Did you know there is a period in our history where there was *no disease*?

During the 1980s archaeologists discovered some startling truths about our species *Homo sapiens*. Using hi-tech imaging on ancient human fossils they found that in more than **two million years of human existence** in the Paleolithic era there is virtually *no evidence* of chronic or infectious disease.

Think about it – no disease in two million years of human existence!

Compare it to today - where 70% of us have one or more chronic diseases by age 65: diabetes, cancer, heart disease, rheumatoid arthritis, thyroid disorders (e.g. obesity), osteoporosis or others.

What happened?

### 'Modern' foods: symptoms appeared – then disease

It all changed ten thousand years ago when farming began – the Neolithic era. Of course, we love our farmers and the work they do! But farming brought strange new foods into the human diet: grass grains including wheat, barley, rye and corn – along with dairy foods - as we took up the new practice of milking animals.

Grains and milk products had never been eaten by humans before this – and they became known as 'modern' foods. Their devastating effects are easy to see in fossils today.

Archaeologists have tracked the changes in human health by examining fossils before and after farming began.

- The evidence is irrefutable and disturbing: mankind's *first evidence of disease* coincided with the arrival of grains and dairy foods in our diet. Neolithic people began suffering symptoms – today we call it **food intolerance**. Unfortunately then as now - symptoms become chronic – then turn into disease.
- From these studies we must conclude that the 'ideal' diet for humans is the one eaten **before farming began** – the Paleolithic (Paleo) diet.

More about this soon.

## Why Some Foods Make Us Sick

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### Every species has an ideal diet

What happens when you put petrol in a diesel car's tank? Lots of bad stuff. Engines get clogged, toxic gases are generated, energy production falls - eventually permanent damage occurs.

We are *Homo sapiens* . . . a species. Sometimes we forget this. And each species has very *particular and different requirements* . . . especially their diet.

- Pandas must eat only bamboo shoots to stay healthy – we know this
- Koalas perish without their particular eucalyptus leaves – we know this too
- A horse eats grass - but would become very ill on chili beef
- And we all know goldfish die quickly on the wrong food

All of us know from keeping animals that disease and death can arise in a species - **just from eating inappropriate foods. Yet we don't apply it to ourselves.**

It makes sense that every species needs its *ideal diet* to enjoy good health, doesn't it? Therefore when we stray from our ideal diet - and eat foods we are not 'designed' to process – like any other species - we become ill.

It also makes sense that when we remove the offending food - the body can begin healing itself. It all starts as **food intolerance**.

*Dear Deborah! I've already written you about lupus erythemathosus. Since then my daughter and I have eliminated the gluten and the dairy products from our food and have noticed a huge improvement. Thank you million times! .... Her blood tests are excellent now .... Thank you for your answer! Greetings from Slovenia! Yours Sincerely! Sonja*

### New knowledge about our species - neglected

Some stunning discoveries about our species published four decades ago lie neglected on library shelves – because they don't 'fit' with current medical or dietary guidelines.

But this 'new' knowledge exposes a serious mismatch between the science on the *ideal* human diet - and the widely accepted nutritional 'rules' peddled by nutritionists, food manufacturers and others.

Since the 1980s archaeologists have used cutting edge technology to examine fossils - and have made new startling discoveries about our species.

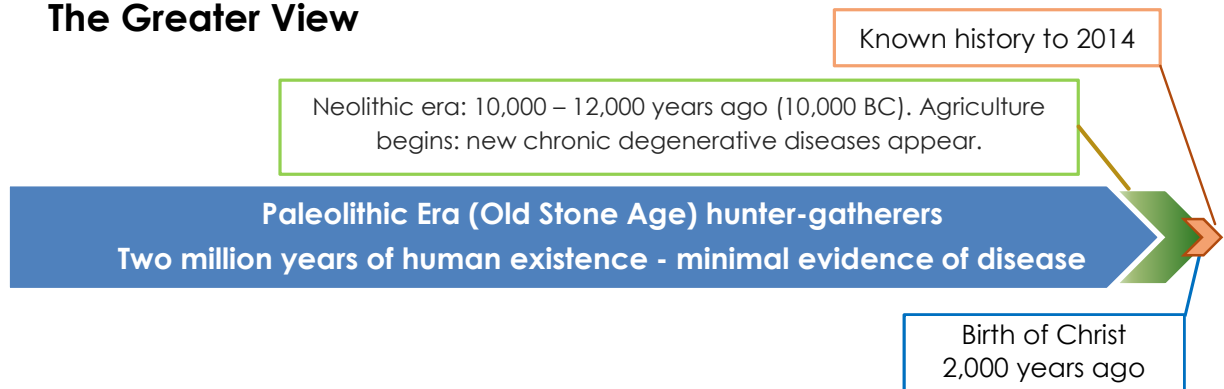
These findings call into question everything we know about human nutrition – and about why we become ill. They are captured in the **Greater View** diagram below.



# Our First ‘Helicopter View’ of Human History

The **Greater View Diagram**<sup>ii</sup> of human life: Two million years of Paleolithic (Old Stone Age) human existence is **shown in blue**. The **small green section** is the Neolithic (New Stone Age) Era – beginning around ten to twelve thousand years ago in the Middle East.

## The Greater View



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1. Blue section: Palaeolithic peoples, nomadic hunter-gatherers survived successfully for **more than two million years**. They ate:
  - Fresh meat, fish, green leafy vegetables, fruit, nuts, seeds, eggs, water.
  - But **no grains, no milk products, no nightshades**. Minimal salt and sugar.
  - NO DISEASE: Despite four decades of research Paleolithic fossils show minimal evidence<sup>iii, iv, v, vi, vii, viii, ix, x</sup> of disease – aside from injury-induced conditions and parasites.
  
2. Green section: Around 10,000 to 12,000 years ago, Neolithic era - farming began.
  - Cultivating grasses delivers **wheat and barley** crops - and keeping livestock like sheep and cows for meat leads to the **practice of milking**
  - DISEASE APPEARS: Unmistakeable evidence of disease<sup>xi, xii, xiii, xiv</sup> first appears in fossils from this era: chronic disease: osteoporosis, rheumatoid arthritis, tooth decay; and infectious disease: leprosy, tuberculosis, poliomyelitis, syphilis, hepatitis, pulmonary disease and others.
    - Whatever humans were doing up until farming began gave them a life *free of disease*.
    - So it is clear that the new foods brought disease upon our species.



## Our faulty perceptions of the 'ideal' diet

So . . . in the twenty first century - what is the ideal diet for *Homo sapiens*, humans?

Where do you find that? Food pyramid charts? A nutritionist? Health websites? Your doctor? The side of a cereal pack?

All these do give nutritional advice – *but not one of them* is working from the new knowledge of our species.

Unfortunately – the traditional understanding of nutrition seems to piggy-back off some *olde world* view of what to eat published in the **late nineteenth century** - the 1890s - by one Wilbur Atwater of the US Dept. of Agriculture. His recommendations, (intended to assist struggling farmers to prosper) about consumption of produce like grains, milk, cheese and meat were set down in booklets - and survive with revisions a whole century on as food pyramid charts.

Mr. Atwater's basic 'rules' for consumption of meat, fish, bread, cereals, vegetables, fruit and dairy were adopted by nutritionists and doctors – and from there – all consumers. Unfortunately these unsubstantiated tenets became the birthmother of virtually all nutritional advice given out today.

But they are certainly not derived from studying the human species.

The many versions of the familiar Food Pyramid chart still recommend grains and dairy as 'essential'. Unfortunately the Food Pyramid persists as a fixture in school classrooms around the world – misleading generations of teachers and children.

- ❖ Most of us therefore are not eating the ideal human diet as per scientific findings
- ❖ Most of us therefore – have some type of food intolerance
- ❖ So by definition – most of us are on a pathway to disease

➤ *In Australia chronic degenerative conditions like heart disease, diabetes, cancer, depression and rheumatoid arthritis are at all-time highs. For people aged 45 - 64 more than half, 53% have one or more of these conditions<sup>xv</sup>. For those 65 or over the number is 71%.*

➤ *That is - around **three in four** of us will suffer one or more of stroke, diabetes, rheumatoid arthritis, hypertension, heart disease, respiratory disease or any of dozens of autoimmune diseases by age 65.*

*We believe this is too many sick people.*

We cannot ignore the facts: there was no chronic disease in Paleo times – so we, as scientists, need to adjust our thinking to embrace this – even if others refuse to do so.

Evolution is a slow business. In the brief ten thousand years (since 'modern' foods appeared) – it has not provided us with the biological equipment to process 'modern' foods like grains and dairy. So, very gradually, they make us sick.

*'Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passion, they cannot alter the state of facts and evidence.'*

John Adams, 1770 – later to become the Second President of the United States

## The ideal diet for a disease-free life

Disease may not be the mystery we thought it was! We already know which foods Paleo peoples ate in their non-stop nomadic disease-free lifestyle.

- Fresh lean meat – poultry, red meat, white meat, organ meat
- Fresh vegetables – especially green leafy and above-ground types
- Fresh fish, crustacea and shellfish, even insects and larvae
- Fruits
- Nuts and seeds
- Eggs, occasionally
- Water

We can reason therefore that their foods are perfectly suited for our species:

- Paleo foods are the *ideal* diet for humans.

Many of today's foods were *not available* to Paleo people. The so-called 'modern' foods only appeared *after* farming began in the Neolithic era just ten thousand years ago:

- ⇒ Grass grains like wheat, rice, oats, barley, corn etc. (bread, cookies, pasta, cereals)
- ⇒ Milk and dairy products from cows, goats, sheep, buffalo and *all other mammals*
- ⇒ Sugars - in quantities greater than found naturally in fruits
- ⇒ Nightshade vegetables native to South America
- ⇒ Salt - in the quantities eaten today
- ⇒ Fat meat – as found today
- ⇒ Dried, processed or preserved foods e.g. pulses, oils, salami, salted foods
- ⇒ Distilled or brewed alcohol drinks
- ⇒ Food additives, chemicals e.g. medications, supplements

*We continue to wonder why the medical profession has not embraced the new knowledge about diet and disease.*

*When patients ask what caused their chronic disease - doctors blame 'unknown causes' and give only a list of risk factors. Usually the patient is told the condition is incurable and must be managed with medication for life. A change in diet is rarely considered.*

## Ten thousand years - not long enough to evolve

Human evolution is a never ending process. People ask us: 'Haven't our bodies evolved in ten thousand years since the Neolithic first farming? Haven't our digestive systems adapted to handle these foods by now?'

The answer is 'yes' – and 'no'. Some of us can handle them better than others, because we are all descended from tribes which had different exposure to these foods over time.

However the very high prevalence of incurable chronic diseases in the community is evidence of how poorly most of us cope with 'modern' foods. For if we were eating the right foods – illness would be much less prevalent.

## Evidence that 'modern' foods cause disease

Some of the ravages caused by post-Paleolithic or 'modern' foods are described below.

### A China syndrome

In the last thirty years the Chinese – especially those in urban centres have started eating dairy foods with a passion, influenced by Western values – believing they are healthful.

The rising demand for milk in China is striking, with Australian dairy companies scrambling to take advantage.

***But in thousands of years of Chinese culture there has never been dairy food. Even though the Chinese kept animals for a ready supply of meat – they did not take their milk. There was never milk, cheese, yogurt or ice cream in the Chinese diet until recent Western influences.***

Somehow they had always managed to get plenty of calcium from other foods.

### One billion Chinese can't be wrong

One measure of a nation's bone health is the incidence of osteoporotic hip fracture. Before there were widespread dairy foods available in China in the 1980s - did the Chinese routinely fall down with osteoporotic broken hips and spontaneous fractures – such as those now prevalent in the West?

Not at all.

- From one of the lowest rates in the world the incidence of osteoporotic hip fracture in mainland China increased by 34% in just four years - from 1988 to 1992<sup>xvi</sup>

In addition China and other Asian countries are now experiencing an explosion<sup>xvii,xviii</sup> in chronic disease:

- The incidence of osteoporotic hip fracture has risen already 2- to 3-fold in most previously dairy-free Asian countries during the past 30 years (Lau, 2009).
- From a previously dairy-free society - suddenly one in five Chinese citizens (two hundred million) are estimated to be suffering a cardio-vascular disorder. It is the leading cause of mortality and now accounts for a huge 41% of all deaths<sup>xix</sup>
- Another study<sup>xx</sup> of China notes that diabetes prevalence has increased so fast that *one third of all diabetics in the world* are Chinese.

## Recent hunter-gatherer tribes – no disease

No evidence of diseases has ever been found amongst *recently surviving* hunter-gatherer populations: isolated tribes observed in the nineteenth and twentieth centuries still living the nomadic Old Stone Age (Paleolithic) life.

While these pristine indigenous tribes remained true to their hunter-gatherer lifestyles they showed no evidence of communicable diseases, chronic degenerative diseases or cancers<sup>xxi</sup>. However - as they integrated with modern societies – and grains and dairy foods came into their diet – diseases appeared<sup>xxii,xxiii</sup>.

### Anthropologists' Studies

Until recently there were isolated nomadic peoples who had not been exposed to 'modern' foods - in Papua New Guinea, Africa and Northern Canada. Famous explorers observed these remote clans untouched by Western civilisation:

- ❖ Dr Albert Schweitzer was surprised at the absence of cancer among natives in Gabon, Africa in 1913<sup>xxiv</sup>
- ❖ Dr Samuel King Hutton found no cancer among Labrador Eskimos in 1925<sup>xxv</sup>.
- ❖ Roald Amundsen in his book *The Northwest Passage*<sup>xxvi</sup> recorded: 'My sincerest wish for our friends the Nechilli Eskimos is, that civilisation may never reach them'.
- ❖ Harvard anthropologist V. Stefansson, travelling in expeditions in 1906-07 and again in 1913 found no evidence of cancer among the Inuit (Eskimo) natives of northern Canada. He put it down to their diet. Later, however he was to witness the sudden appearance of cancers and other *Diseases of Civilisation* as they adopted Western foods.
- ❖ A study of indigenous Papua New Guinean highlanders<sup>xxvii</sup> published in 1994 reported the sudden appearance of pre-diabetic markers amongst a high proportion of Wanigela people living in urban squats near Port Moresby. They had given up their hunter-gatherer life and had openly embraced the Western diet and lifestyle.

# What is Food Intolerance?

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## Definition of food intolerance

Our definition of food intolerance arises from research of scientific papers – coupled with one-to-one assistance to thousands of members whilst finding their problem foods:

❖ *Food intolerance is the inability to fully digest a food*

Our research has revealed that some foods break down in our bodies – and instead of nourishing us – release toxins (anti-nutrients) in the bloodstream.

Our **basic inability to properly digest these foods** causes the trouble. What we get is *partial digestion*. Unfortunately the resulting 'foreign' particles are not recognised by the immune system as 'friendly'. So they cause disruption of normal functions and processes. Over time this triggers:

- Inflammation e.g. in back or hip joints
- Tissue damage e.g. intestinal perforation (Leaky Gut)
- Organ dysfunction e.g. in the thyroid, heart or pancreas
- System malfunction e.g. scrambled nerve signals, clogged arteries, miscarriage

In doing so these 'foreign' things use up precious immune resources. But there's a double whammy. In addition to the beginnings of chronic disease listed above – depleted immune reserves leave us vulnerable to infective agents like bacteria, fungi and viruses.

So - we catch cold and 'flu every year, suffer thrush and tinea - and are unable to throw off bacterial infections without antibiotics.

Wow, you're thinking. *Can food intolerance really do all that?*

Oh, yes! And much more.

Just like the Neolithic first farmers our bodies simply don't have the 'equipment' to digest the new foods. What happens instead is *partial digestion* – releasing 'foreign' things:

- Gliadins and glutenins from gluten in grains
- Lactose and casein breakdown particles from milk
- Alkaloids, lectins, saponins and other things from e.g. pulses and nightshades

## Other things to remember about food intolerance:

1. **Symptoms can be delayed up to 48 hours.** So it's easy to miss the connection and blame something else. (TIP: Track back over your foods yesterday and the day before looking for something new or suspect.)
2. **Symptoms not necessary:** Even if you don't notice symptoms – food intolerance can still be at work - damaging tissues.
3. **Denial is the greatest roadblock to good health.** Typical responses we have heard to explain away food intolerance symptoms:
  - 'I have had this since birth – so there's no way it's food intolerance'
  - 'My headaches are stress-related – I just take paracetamol'
  - 'My high blood pressure runs in the family. It's genetic – it's not a food'

Of course food intolerance is genetic! Of course it runs in the family. Your intestinal 'equipment' for digesting food arises from your genes, doesn't it?

Ignoring a chronic symptom, finding excuses or *explaining it away* do not search for the cause symptoms like nagging back pain, chronic fatigue, migraines, miscarriage, eczema or diarrhoea.

Believe it or not - these can all be down to food intolerance! *And unless we find the cause* - we cannot remove it to get well. Makes sense doesn't it?

## Which foods are the culprits?

### 'Modern' foods

The foods which cause us the most trouble are those which were *not available* to our Paleolithic – Old Stone Age ancestors, *earlier than ten thousand years ago* before farming. These foods only came into the diet recently, dubbed 'modern' foods by archaeologists.

- Grains
- Dairy foods
- Nightshade vegetables
- Legumes
- Processed foods
- Excess sugar and/or salt
- Alcoholic drinks

Note that these foods make up most of our 'favourite' foods today: bread, pasta, croissants, yogurt, cheeses, cookies, beer and wine. And vegetarians using legumes as staples must now realise that they ingest great amounts of lectins, saponins and other anti-nutrients.



## Why balance matters

As well as the actual foods we eat – problems can happen when *proportions* get out of balance. For example – a little sugar, say like the amount found in fresh fruit is fine. But greater amounts of sugar - in greater concentrations cause mischief in the body.

The same goes for salt or alcohol. When taken in greater amounts than found naturally they can disrupt the body's delicate balance of hundreds of biochemical processes.

These too are examples of food intolerance because biochemical processes and systems are disrupted.

*TIP: Did you know too much salt in your diet leads to insomnia? Are you having trouble sleeping? Before turning to supplements or medications – try choosing fresh unprocessed foods, low salt versions of everything and banish the salt shaker from the table. You could be very pleasantly surprised.*

## What happens when we keep eating these foods?

Quite simply, if you are intolerant to a food (if your body cannot process it) you get sick. While ever you keep eating them - those pesky 'foreign' things give you symptoms: headache, diarrhoea, eczema or blue moods, for example.

Over time, they become more frequent and worse – and eventually turn into disease. A slippery slope to a lifetime of medication.

But you can switch this idea to your advantage:

When you first notice symptoms, they are *actual evidence* that food intolerance could be at work. So ... they are *precious predictors of disease*: signals to take action and *investigate the cause*.

## How is food intolerance knowledge different from traditional nutrition?

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Traditional nutrition *begins with the foods* - and how the body utilises nutrients. Then recommendations are made for amounts of protein, carbohydrates, sugars and fats to eat. Unfortunately the method does not distinguish among types of proteins or sugars.

We now know of course that the *type of protein* matters a great deal. Meat or fish protein is completely broken down by the human digestive system. But other proteins like casein or gluten are not.

- ❖ A nutritionist has learned how to break foods down into 'nutrients' – those things which nourish us. But they fail to talk about *anti-nutrients* present in many foods they recommend – which can cause damage in our bodies.
- ❖ A nutritionist has studied at a microscopic level how foods are converted into energy in the body. But they were not taught the *Bigger Picture* of mankind's 'ideal' diet from the archaeology (the *Greater View*). So many are unaware of the slow onset inflammatory damage caused by 'modern' foods - which eventually develops into a diagnosis.
- ❖ A nutritionist will also frequently use the 'because it contains', or the 'because it's a good source of' arguments – when making meal recommendations. But they fail to point out what it may *also contain*:
  - E.g. 'Eat plenty of whole grains *because they contain* essential B group vitamins.' (But they *also contain* glutes which break down into toxins.)
  - E.g. 'Dairy food is a good source of calcium.' (But dairy food *also contains* caseins and sugars – very troublesome for many people.)

(Gosh - if we applied this to fibre we could recommend eating tobacco leaves 'because they contain' lots of fibre – and be unconcerned about the accompanying toxins!)

Food intolerance has a totally different starting point.

We begin with the new knowledge of our species *Homo sapiens* – and the diet which delivered more than two million years of disease-free life - *Greater View Diagram*.

The knowledge arises from research of human fossils and forms a bedrock for further learning:

- **The most recent discoveries about *Homo sapiens* say there was no disease - until we began eating grains and dairy.**

## Symptoms are always signals

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Unfortunately – doctors do not learn much about food intolerance during their training. So consulting a doctor about symptom usually results in a prescription or other treatment. Hardly any doctors ask you to investigate whether you have a food intolerance.

Despite their long training and the best intentions, we believe doctors miss many good opportunities to help patients get past illnesses – because treatments mostly do not cure – but only ‘manage’ symptoms.

Virtually any symptoms can indicate food intolerance. Remember – there was no illness in Paleo times. And according to the science – *even a medical diagnosis* of disease can still mean food intolerance is the underlying cause – and has been left unattended for too long.

Examples:

- Irritable bowel is certainly food related and traumatizes the intestine. Sometimes precancerous polyps follow. But removing the cause can allow healing to begin. Never underestimate your body’s ability to heal itself!
- A diagnosis of rheumatoid arthritis after many years of back pain and stiff joints can indicate that food intolerance was always present – but was neglected. (If this is you – you can still do something about it by identifying your food intolerance and ‘switching a few foods’.)
- Diagnosis of chronic pulmonary disease - many years of serial bronchial infections or chronic cough - can indicate food intolerance has been present for a very long time. (Again, don’t give up. Discover your food intolerance and start over.)

Importantly, most people believe, falsely, that a diagnosis of disease from a doctor is a ‘separate’ issue from food intolerance.

But the research says otherwise: **disease is usually a consequence of food intolerance.**

## Who Gets Food Intolerance?

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Food intolerance is not restricted to any one age group or pocket of society. For some it can begin before birth and follow into childhood, teens and adulthood. Such people have been aware of illnesses and symptoms dogging them throughout their lives.

*This used to be my experience. Now I am well - and 17 kg lighter (from 87 kg down to 70 kg). My resistance to colds and 'flu is greatly improved. When I was young I would 'catch every bug going around' – and they would last more than two weeks. Often I needed double courses of antibiotics to get over them. Now I hardly ever catch anything – and if I do, I throw it off without medication within two days. Author*

Others only become aware of the possibility of food intolerance in adulthood or even later in middle age. Suddenly symptoms become *inconvenient* and break into their day:

- ❖ Headaches or migraine, irritable bowel, anxiety attacks, bloating, asthma, hay fever, addiction, infertility, depression, serial colds and 'flu, joint stiffness or inflammation, chronic tiredness, seasonal allergies, lack of energy or raised blood pressure.

Frequently the onset of symptoms coincides with a 'life event': say, breaking up with a partner, death of a loved one, giving birth, moving house – or losing a job.

Most of us have a pet ailment. One that has followed us all our lives – so much so that we don't even think about it any more. We carry medication with us: pain relief, diarrhoea preparation, antihistamine, skin cream or the like – and get on with our lives.

*We shut the symptom out for a few hours with medication. And when it wears off – we need the medication again.*

But symptoms are signals! And signals are precious warning signs. Why do we never stop to wonder why we got it in the first place?

*If we could find the cause and remove it – we would never get it again.*

## Personalise your diet

Discovering your 'problem foods leads to a personalised diet...one that sets you on a path of healing, addresses illnesses and makes symptoms fade almost as soon as you begin.

Letters from foodintol<sup>®</sup> members:

*When I stopped eating those foods, my life changed, seemingly overnight. I lost eight pounds in 6 weeks; I'm short and have a petit frame, so every pound shows on me.*

*Since August, I have lost close to 15 lbs. Not even trying--I certainly eat my share of corn on the cob, potatoes and rice! My cholesterol has plummeted as well, to 187, down from a high of 264. **Diane, foodintol<sup>®</sup> member***

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*I have done the journal and found to my surprise that after 56 years of being constipated (going once a week/fortnight from a young child) to going every day. It's a miracle AND I have been suffering from insomnia (thought to be hormone related) for 7/8 years and am now sleeping every night like a log.*

*I am extremely happy and want to thank you for your help. My daughter had done the program and suggested I try it. I am very glad I did.... my life has been turned around. Thanks – **Lesley, foodintol<sup>®</sup> member***

A personalised diet allows your social life to flourish. Why? Because you will find many of your friends are in the same boat.

Here is an article I wrote recently when consulting to magazine - in response to the editor's question:

### **'How difficult is it for gluten-free people to dine out? How do they cope?'**

*First up - remember – you are the customer! And believe it or not – the restaurant staff are very pleased a gluten intolerant person has decided to come into their establishment to dine – instead of staying home. Plus – they want you to come back.*

- *Most places are happy to look after you – you are a customer. You are NOT a nuisance – your money is as good as anyone else's. And they know you will tell your friends whether you had a good experience - or a bad one.*
- *Most restaurants have gluten-free options already listed on their menu. Others are happy to make adjustments to meals to accommodate you.*

- Get in the habit of politely asking - when you first speak with the waiter – or person serving you. Mention that you are gluten intolerant and ask, **ask**, ASK!
  - 'Which dishes would you recommend for gluten-free?'
  - 'This option sounds great – but could I have it without the dumpling/croutons/toast?'
  - 'Could you please ask the chef his recommendations for gluten-free?'

*In our experience – restaurant staff go out of their way to assist. It's also nice – if you have enjoyed your meal - to send your compliments to the chef and thank him/her for their care to your gluten intolerance. Spread a little goodwill – and it will come back tenfold!*

## Measuring up the benefits

We now know that when people identify their *particular problem foods* - and substitute them – symptoms fade and healing begins.

The foodintol® Survey 2012 was a landmark study of more than 900 foodintol® members internationally - who had identified problem foods.

No other study before or since has given such a snapshot of food intolerance in the community. Full results: <http://www.foodintol.com/food-intolerance-survey-2012>

### **From the foodintol® Survey 2012**

*After identifying food intolerance and substituting problem foods - many respondents needed fewer medications:*

- Reduced need for medications: 36%
- Medications no longer needed: 12%

*And some respondents noticed additional benefits:*

- More joint mobility - 23%
- A brighter mood - 50%
- Less time off work - 20%
- Increased energy - 70%
- Less money spent on medical treatment - 30%

## Your Options

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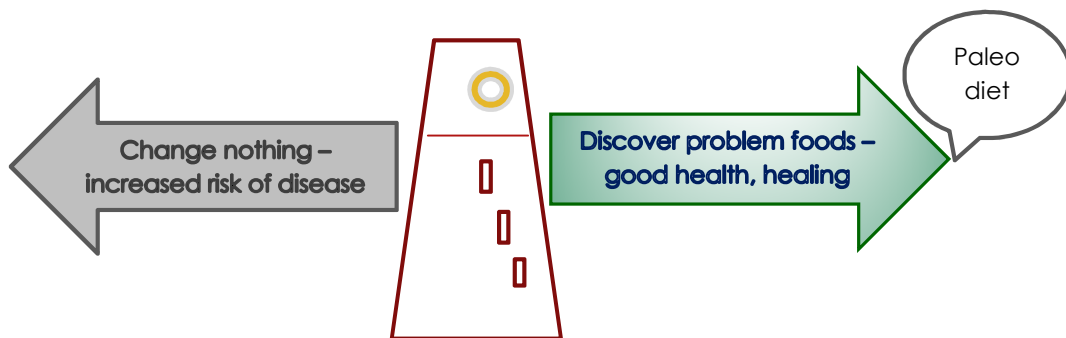
### The Food Intolerance Lighthouse

A diagram can often be a snapshot: a number of ideas all at once.

Food intolerance sits there on the horizon – like a lighthouse. Unmoving and solid. And like a lighthouse you cannot break it. You can only break yourself against it.

Food intolerance (the inability to digest some foods) is knitted into our genes – and like it or not we cannot change our DNA.

But you can *choose* to do something about food intolerance – or nothing. Up to you.



- ⇒ Now that you have remembered you are part of a *species* - and every species must eat its ideal diet for optimum health;
- ⇒ Now you *have the knowledge* that when ancient humans ate their 'ideal' diet there was no disease;
- ⇒ Now that you know our bodies are not designed to process 'modern' foods like grains and milk products - and that the breakdown products trigger disease

... which direction will you choose?

So the next question is, '*Exactly how* do I make changes in my life to take advantage of my new knowledge?'



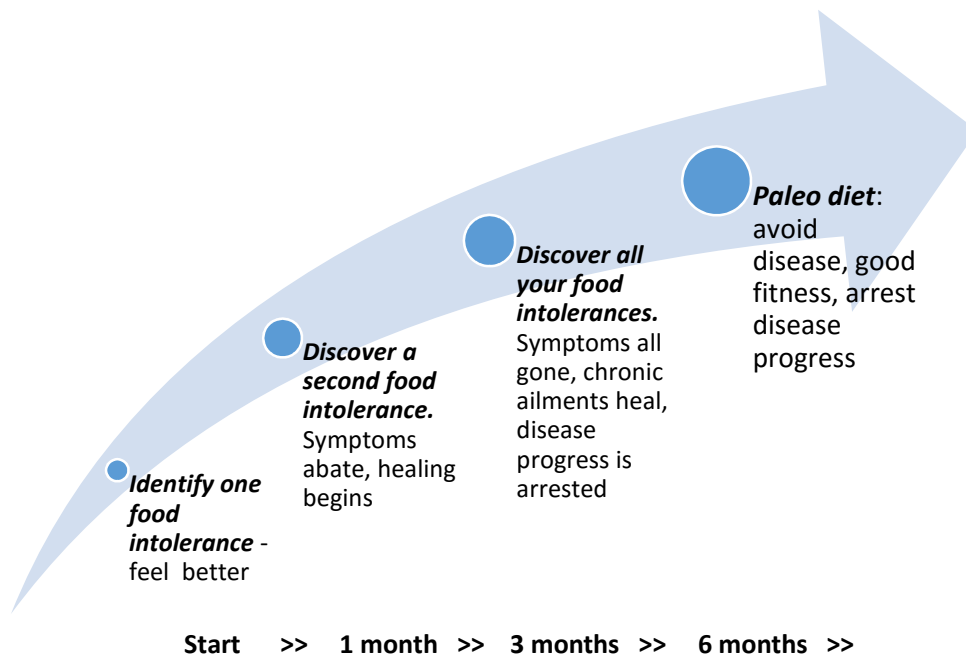
## Step-wise gradually – or cold turkey?

The gradual approach is to identify your food intolerances one at a time. Many people are delighted to discover welcome changes in their figure (excess weight loss for no effort) – as well as positive outcomes in chronic pain, bodily functions, mood and the need for medications.

Remember to investigate *just one food intolerance at once*. E.g. If you are feeling much better without milk products – you can stop there and remain dairy-free. If you still have nagging symptoms – you can do a second investigation later.

Others are impatient – and want it all at once. Which means an immediate shift straight to the Paleo diet – the foods eaten by our hunter-gatherer ancestors – *and no others whatsoever!*

## Choose your pace and your level



Depending on your ability to handle change – and determination to have better health – you can work upwards through the levels gradually across a year.

And yes, we recommend this gentle approach for best, long-lasting results!

## Food Intolerance: Signs & Symptoms

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### The foodintol<sup>®</sup> Symptoms Matrix

*Food intolerance - the inability to fully digest certain foods – interferes with the immune system – disrupting processes, scrambling hormone signals and causing chaos in the body. These lead to disease. **So understanding your food intolerance** gives you early warning – time to do something. And the Symptoms Matrix gets you started.*

Any symptoms of food intolerance are precious signals to take action! Here at the *Institute* - we believe it's better to do something about symptoms before they turn into bad news. For instance – stiff joints or back pain for months can eventually be diagnosed as rheumatoid arthritis. Who needs that - especially if it's avoidable!

Similarly – alternating bouts of diarrhoea, bloating and constipation – irritable bowel - can become intestinal disease if left unattended. And recurring headaches or migraines are too serious to be explained away as 'stress' – or masked with medication. Your health matters!

Why do we say it's better to find the cause and simply remove it? Because the human body has an awesome ability to heal itself!

Now - with the **Symptoms Matrix** you can *narrow down the possibilities* of which food intolerance you have. See if your symptoms fall mainly into one column. If yes, you may have that food intolerance – say dairy or gluten. Or if you have a lot of fungal infections like thrush - it is associated with yeast sensitivity – but also means you have more than one intolerance.

On the other hand Gastro-intestinal symptoms (to do with the stomach and intestines) are common to several types of food intolerance, but are not particularly linked to food allergy.

Some people like to mark their symptoms on the page with an 'X'. Then you can add up your total looking for a **pattern**. And remember, you may have more than one food intolerance.

## THE foodintol<sup>®</sup> SYMPTOMS MATRIX

Symptoms	Gluten	Dairy	Fructose	Yeast	Nightshades	Food allergies
Abdominal pain	●	●	●		●	
Anaemia	●	●	●	●		
Anaphylactic shock						●
Anxiety, panic attacks	●	●			●	
Arthritis	●	●			●	
Asthma	●	●				●
Athlete's foot				●		
Autism	●	●				
Auto-immune diseases	●	●			●	
Behavioural disorders	●	●			●	
Bloated stomach	●	●	●		●	
Bone density loss	●	●	●			
Bowel disorders	●	●	●		●	
Breathlessness	●	●		●		
Bronchitis chronic	●	●		●	●	
Chronic fatigue syndrome	●	●		●	●	
Clumsiness	●				●	
Cognitive disorders	●	●			●	
Colic (babies)	●				●	
Colitis	●					
Concentration difficulty	●	●		●		
Constipation	●	●		●	●	
Corn allergy						●

Symptoms	Gluten	Dairy	Fructose	Yeast	Nightshades	Food allergies
Cough – chronic		●			●	
Cravings	●		●			
Crohn's disease	●				●	
Dandruff		●		●	●	
Depression	●	●	●		●	
Dermatitis herpetiformis	●					
Diabetes type 1	●	●				
Diabetes type 2	●	●				
Diarrhoea	●	●	●	●	●	
Drowsiness	●			●	●	
Ear infections – recurring		●			●	
Eczema		●			●	
Failure to thrive – babies and children	●					
Flaking skin	●	●		●	●	
Flatulence	●	●	●	●	●	
Fluid retention	●	●		●	●	●
Food cravings			●			●
Fungal nail	●			●		
Haemorrhoids	●	●	●		●	
Headache	●	●		●	●	●
Hives (urticaria)						
Hyperactivity	●				●	●
Indigestion	●	●	●	●	●	
Infection susceptibility	●	●		●	●	
Infertility	●					
Inflammatory disease	●	●			●	

Symptoms	Gluten	Dairy	Fructose	Yeast	Nightshades	Food allergies
Iron deficiency	●	●			●	
Irritability	●			●	●	
Irritable bowel	●	●	●	●	●	
Jock itch	●			●		
Joint pain	●	●		●	●	
Leaky gut	●	●			●	
Learning difficulties	●					
Lethargy	●		●	●	●	
Memory disorders	●	●				
Menstrual disorders	●			●		
Metabolism disorders	●	●		●	●	
Migraine	●	●		●	●	●
Mineral deficiency	●	●	●		●	
Miscarriage	●					
Mouth ulcers	●				●	
Mouth/lip swelling						●
Muscular aches	●	●			●	
Nasal congestion – chronic						
Nausea		●		●	●	
Neck pain	●	●			●	
Psoriasis	●				●	
Pulmonary congestion	●	●				
Rashes - chronic	●	●			●	●
Rheumatic pain	●	●			●	
Sinusitis		●				●

Symptoms	Gluten	Dairy	Fructose	Yeast	Nightshades	Food allergies
Snoring, sleep apnoea	●	●			●	
Stomach cramping	●	●	●		●	
Throat infections - recurring	●	●			●	
Thrush	●	●		●		
Tinea	●	●		●		
Tissue swelling	●	●			●	●
Urinary tract infection	●	●		●		
Vaginal infection	●	●		●		
Vomiting						●
Weight gain (unwanted)	●	●		●		
Weight loss (unwanted)	●	●	●			
Wheeziness		●				●
Yeast infection - candida	●	●		●	●	

## How to Identify Food Intolerance

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The simplest, most accurate and most effective way to identify your food intolerance – is the **Journal Method**.

- Simply track changes in your symptoms as you 'Switch a few foods'. It's easy!

### How to use the Journal Method

The Journal Method is a low cost, highly effective way to claim back your health:

Buy a blank exercise book from the newsagent (~ \$2). Go online and get information on the food intolerance you most suspect. E.g. if you suspect gluten intolerance search for 'gluten-free diet'.

Avoid the suspect food group for three weeks and keep your Journal. Every day note down all foods eaten including snacks, supplements and medications – and importantly note down your symptoms each day. At the end of every week look for patterns of improvement in symptoms – and note the foods you ate then.

After three weeks on your chosen diet - on Day 22 - have one large serve of the avoided food and then go back to the diet for the rest of the day's meals. Watch for changes in symptoms and track them in your Journal. If the symptom suddenly reappears – your suspicions were correct. From your results you will easily see whether you have that intolerance.

Or you can choose to use the famous **Healing Program** at [www.foodintol.com](http://www.foodintol.com).

It gives you a full laid-out journal and six 'Complete Guides' to cover all food intolerances. Of course Recipes, Tips & Traps - and Shopping Guides are included!

Website: <http://www.foodintol.com/shop>





## Shortcut to Paleo

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Like to try Paleo 'without rules – just options'?

Everything you ever wanted to know about Paleo – but were afraid to ask ... free app



## About the Author

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I am a consumer just like you<sup>1</sup>, who used to suffer with a raft of unexplained symptoms and illnesses including migraine, weight gain, IBS, sinusitis, back ache and miscarriage.

Now I am healthy, slimmer and 17 kg lighter. My two children are now healthy adults having their own children. I am a science graduate and outrageously curious.

Back in 1996 – after dozens of doctors' consults and no answers - I went back to the university science library and began researching my symptoms in the medical journals. The knowledge I gained there changed my life - and my career.

What began as a simple website to share information has grown into the *Food Intolerance Institute*. Our purpose is to forge and share the scientifically valid principles of 'new' nutrition based on the only true starting point of human health – archaeology.

With wishes for the very best of health to you and your family!

### *Deborah*

Deborah Manners BSc(Hons)DipEd

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<sup>1</sup> Deborah Manners is not a medical professional and this is not medical advice. She is an expert on food intolerance and assists people to identify their problem foods. For all medical advice consult your doctor.

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