



How Bioresonance Can Be Useful In Identifying Food Intolerances

Description

What we put into our bodies matter a lot. It is already a commonly known fact that we require an adequate supply of daily nutrients, which can be obtained by consuming a lot of fresh whole foods, such as vegetables and fruits, as well as consuming food sources that contain nutrients not found in these whole foods, such as fish. It is also known that an unhealthy diet that consists of refined sugars, as well as bad fats and refined oils, contribute to poor health and the development of chronic diseases. Then there is also the fact that the human body's immune system can overact when we consume certain foods, which causes us to experience an allergic reaction to the food – this is known as food allergies.

One lesser known fact that people often fail to consider or attend to is food intolerance. Many people consider food allergies and intolerances to be very similar. This, however, is not a true statement. While some symptoms may be similar when it comes to experiencing an allergy to a certain food type and when experiencing an intolerance to a particular type of food, it is important to realize that food intolerances are different from allergies.

Important Facts About Food Intolerance

According to [Medical News Today](#), one of the most important facts to know about the difference between food allergies and food intolerances is the fact that an intolerance tends to take longer to produce symptoms, while an allergy rather causes an immediate response to particular types of foods. Additionally, it is also important to take note of the fact that the immune system is involved in an allergic reaction to foods – when certain foods are consumed, the immune system overreacts and causes a reaction. When food intolerances occur, however, the immune system is not involved in the reaction caused by the foods that were consumed.

[News Medical Life Sciences](#) explain that there are different types of food intolerances that can occur, each being categorized based on why a person may be experiencing the particular intolerance to certain types of food they consume. One particularly common type of intolerance is called functional intolerance. This is not caused by problems with a person's digestive system, but rather by a deficiency of certain enzymes that are needed to process particular food types. Transport defects, which refers to

a defect in the transported molecules of a person's body, may also result in food intolerances. There are other causes of food intolerances as well, such as chronic infections within the organs that are found in the digestive tract, Idiosyncratic intolerances, and, of course, problems with the digestive system itself that makes it more difficult for the body to process particular food types.

Symptoms Of Food Intolerance

There are different types of symptoms that may be experienced when a person has a food intolerance. The symptoms tend to vary from one person to another. According to the [NHS Choices](#), it is relatively common for a person to experience abdominal pain when they consume a food they have an intolerance to. Many people also experience diarrhea, bloating and a build-up of gas, which may cause them to become "windy". In some cases, a person may also experience a skin rash, accompanied by itching.

Bioresonance And Food Intolerance

No medical tests have been identified or established to provide an accurate overview of particular food types that a person may have an intolerance to. Patients are usually advised to closely monitor their food intake in a notepad and to note any symptoms they may experience after consuming any types of food. This would then provide them an overview of foods they may have an intolerance to. Unfortunately, such a method of testing for food intolerances takes time and may not be very accurate.

Bioresonance therapy, however, offers a more effective and accurate method of testing for food intolerances. A BICOM device is utilized to send pre-programmed electromagnetic signals into a patient's body – these signals then test how the body reacts to electromagnetic waves that match certain food types. In turn, the results are able to offer a patient an overview of which foods their body has an intolerance to, and which foods may be better choices to turn to.

Conclusion

Food intolerances are often overlooked by the general population, often due to the fact that they do not tend to produce symptoms as quickly as a food allergy would. Still, the digestive system can find it difficult to digest certain types of food, which may gradually build up and cause a person to experience unpleasant symptoms. The first step to treating such symptoms would be to identify which food the digestive system is unable to properly digest, and then to remove such foods from a person's diet. Bioresonance therapy is extremely helpful in determining food intolerances by utilizing electromagnetic waves in order to test the body's response to certain types of foods, including those most commonly found to be harder to digest amongst the general population.

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Date Created

2017/12/09

Author

davidfranklin