

# What if I have reactions to everything I eat?

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Shane came to see me a few years ago. A 30-year-old male suffering from severe food sensitivities, he could only eat five foods—rice, broccoli, apple sauce, plain chicken and salt. Most food that other people enjoy to eat everyday made him tired, gave him a stomachache, or he would have diarrhea and skin irritation. He looked pale, skinny and anxious. His parents divorced long times ago when he was very young and he has only one elder sister who did not share a close relationship with him. What he could remember about his family was the fight among his parents, himself and his sister. He is a smart computer programmer who loves his work very much. However, his food sensitivities bothered his body so much that he couldn't concentrate on his work, fatigued all the time and couldn't feel rested after whole night of sleep. He had many allergy tests done, but the results were very confusing. According to some tests, he shouldn't eat anything. He had frequent sinus infections and had to use antibiotic often. He had to bring his own special soap with him to work because regular soap caused breakouts on his skin. He tried many natural healing therapies, which only caused more frustration because he couldn't handle most of the natural supplements.

Shane is a typical patient of mine with highly sensitive body, albeit on the more severe end. People's initial reaction to sensitivities is to stay away from the substances they are sensitive to, which I call the "runaway" approach. However, for many highly sensitive people, without resolving the root issues for the sensitivity, you eventually would have "nowhere to run" due to accumulation of sensitivities.

Many food sensitivities have emotional correlations, especially for young children. Food digestion starts before you actually eat the food. When you start to feel hungry and think about the food you will have, your body has already prepared to digest that food. A good example is that you may have saliva dribbling from your mouth when you think about your favorite food. After you have the first bite of the food, a series of harmonic contractions of the digestive tract occur along with autonomic controlled digestive activities such as producing necessary saliva, stomach acid, digestive enzymes and bile in order to digest it. Digestion is like an automatic assembly line with a steady movement and many well-designed robotic procedures. Any components goes wrong will result in a bad product, in this case, the indigested food. The whole process is controlled by the autonomic nervous system and is influenced by consciousness such as stresses, especially by emotions

If something scary happens when a child is eating his broccoli, the emotional stress, e.g. the fear, may interrupt the harmonic movement of the digestive tract and result in food indigestion with symptoms like gassiness, bloating and heartburn. In the meantime, the child's nervous system may remember the incident and build a connection between the food and the incident. The food becomes sensitized. Next time when the child eats broccoli, a similar indigestion may occur. Other factors are also known to cause food sensitivities such as "eat and run", eat while working, and overeating etc. Thus, sensitivities are the responses from the nervous system, called neurogenic sensitization reflex (NSR), which does NOT involve antibodies. This explains why antibody-based food allergy tests usually don't match with the clinical observation from the patients. Conventional antibody-based food allergy may happen at a later time after digestive system is damaged to a certain level that involves

dysbiosis (imbalanced microbial) and leaky gut (increased permeability). While antibody-based food allergy is not easy to treat, the NSR sensitivities can be corrected with energetic procedure that will be discussed below.

I believe toxin, emotional and physical stress are the **Three Main Factors** that cause many chronic diseases. More toxins and stressed functions of the adrenal gland would result in more allergies and sensitivities. Thus, detoxification, erase past emotional trauma and helping adrenal function and regeneration ability become the three main approaches to the goal of my natural healing protocol. To achieve these goals require taking natural supplements such as herbs, enzymes and vitamins. However, people with a sensitive body can never handle the supplements well for more than a few weeks, if their immune system malfunctions. Many patients come to my office with two baskets full of supplements, which helped them in the beginning but stopped working after a while and some of them caused adverse reactions. Most of the patients are not sure if the supplements are still working but are afraid of stopping them. Even though they are taking so many pills a day, they still have many symptoms such as fatigue, insomnia, food indigestion aches and pains.

**Based on my experiences, sensitivity cannot be helped by supplementation, which may cause even more problems in the future.**

The unique nature of the highly sensitive people is the presence of an energetically chaotic stage. This outside layer of the disease is characterized by high inflammation, high toxin, high sensitivity and autoimmune response. The energetic system is so chaotic that many energetic pathways are blocked and the immune system is attacking the body's own organs, tissues and regulatory system as well as many nutrients and enzymes. Without solving the initial layer of the disease, the body's overall function cannot reach to an optimal condition and any types of therapies may not have an optimal result.

I started two types of treatment for Shane in the first three months to prepare his body for detox. One treatment involves homeopathic remedies to recharge cellular energy, reduce inflammation, improve drainage system, and open emotional blockages. The second approach is to desensitize his sensitivities with an energetic technique that I called the *Immune System Reprogramming*. This is a technique that combines acupressure and homeopathy. He went home with a home-treatment plan to perform the desensitization procedure every day and came back each month for more assignments. After 3 months of treatment, his condition was stabilized and a detox protocol followed including intestinal cleansing for Candida and parasites, liver support and detoxification. Later on, a regeneration protocol was used to regenerate leaky gut, support adrenal system and repair damaged organ and tissue. After about one year into the program, Shane became symptom free and was able to eat most of the food that he was unable to eat in the past. But I still suggested him not to eat gluten and dairy products, and keep a low sugar diet for the rest of his life. It has been many years since I started to treat him. He has learnt a lot about his highly sensitive body and still maintained a balanced symptom-free life.

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