

PRESS RELEASE

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Over-Looked Cause of Weight Gain and Obesity Identified by At-Home Food Allergy Kits Available Through Optimum Health Resource Laboratories

Hollywood, Florida USA: An advancement in the screening of food allergy also identifies one of the most commonly over-looked culprits of weight gain and obesity.

"If you've tried to lose weight without success, consider the possibility of hidden food allergies. Many people find that eliminating allergic foods from their diet is the missing piece in the puzzle for proper weight loss, and the published research tell us why", states John Kernohan, Director of Optimum Health Resource Laboratories.

What is known as IgG-mediated, or delayed symptom-onset, food allergies can contribute to weight problems in several different ways. In most IgG-mediated food allergic individuals, partially digested food proteins pass through the stomach and intestinal lining into the blood system and travel through the body where they cause irritation and inflammation. The body tries to reduce this irritation by retaining water, which dilutes the offending material. This causes water retention and water weight gain, and as long as the individual eats the allergic food, they continue to retain water.

Inflammatory substances released during allergic reactions to foods also affect weight control. Certain chemicals involved in food allergies can inhibit metabolism and slow down the body's fat burning process.

Food allergies can also lead to food cravings. One study found that partially undigested proteins in allergic foods mimic opioid (morphine-like) drugs (Lancet, Oct. 27, 1979). In other words, eating an allergic food can create a temporary "high," but when that feeling wears off, the body "craves" the allergic food again. Some individuals develop such intense cravings they end up bingeing, which also promotes weight gain.

Some research suggests the opioid chemicals found in partially digested allergic foods may increase appetite and decrease metabolism (New England Journal of Medicine, 1997, vol. 337). The more someone eats allergic foods, the more likely their body's calorie-burning process will be affected. When surplus calories are not burned off, they can then become fat.

Therefore, eliminating allergic food offers many benefits to the dieter: It can alleviate bloating and water retention, help overcome food cravings and addictions, and boost metabolism and the fat-burning process in some people.

For food allergy and food intolerance, a unique collection kit is used by simply pricking the end of the finger to collect the tiny sample of blood required for testing.

According to Kernohan, *“The absorbent pad safely preserves the specimen until it reaches the laboratory, which is then tested against almost 100 commonly eaten foods. In addition to the results and a 48-page support program we provide for the patient, we also include 12 months of telephone and Internet support at no additional cost!”*

With an estimated 65-80% of the world’s chronically ill population who have not responded positively to others therapies, it is anticipated that for many this laboratory innovation will be the key to gaining optimal health.

For further information about Optimum Health Resource Laboratories and its kits for food allergy, food intolerance and Celiac Disease, visit www.usaallergies.com or contact John Kernohan at (888) 751-3388 or usaallergies@bellsouth.net.



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