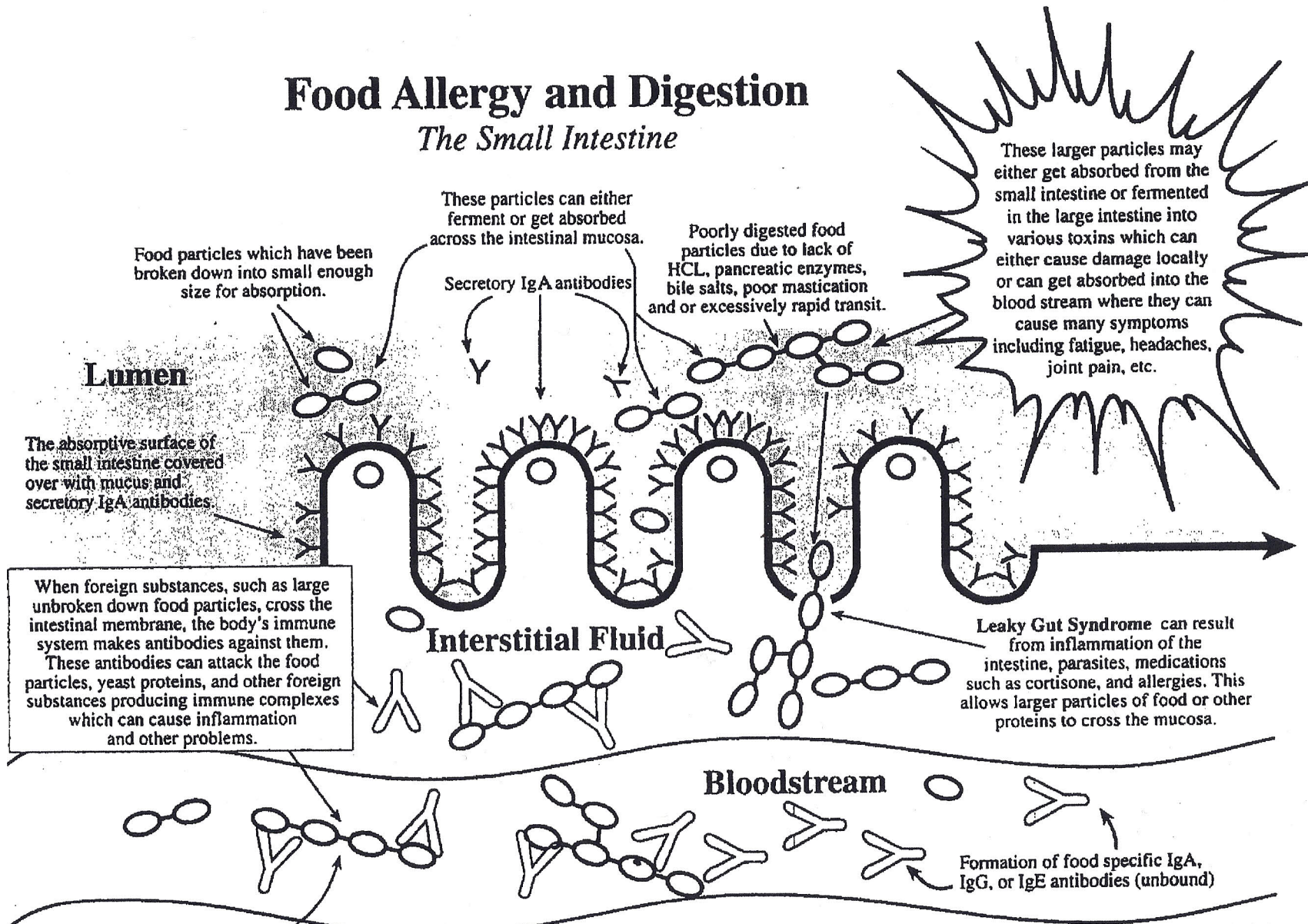


Food Allergy and Digestion

The Small Intestine



Food particles which have been broken down into small enough size for absorption.

These particles can either ferment or get absorbed across the intestinal mucosa.

Poorly digested food particles due to lack of HCL, pancreatic enzymes, bile salts, poor mastication and or excessively rapid transit.

These larger particles may either get absorbed from the small intestine or fermented in the large intestine into various toxins which can either cause damage locally or can get absorbed into the blood stream where they can cause many symptoms including fatigue, headaches, joint pain, etc.

The absorptive surface of the small intestine covered over with mucus and secretory IgA antibodies

When foreign substances, such as large unbroken down food particles, cross the intestinal membrane, the body's immune system makes antibodies against them. These antibodies can attack the food particles, yeast proteins, and other foreign substances producing immune complexes which can cause inflammation and other problems.

Leaky Gut Syndrome can result from inflammation of the intestine, parasites, medications such as cortisone, and allergies. This allows larger particles of food or other proteins to cross the mucosa.

Formation of food specific IgA, IgG, or IgE antibodies (unbound)

Food-Immune Complexes
Composed of food-specific IgA, IgG and/or IgE antibodies, if not cleared from circulation, may deposit in tissues and initiate a host of allergic responses.

adapted from Nutritional Dietetics; Percival & Yevka