

Food Reactions

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Eddie Lopez

Before you take another sip of ice-cold milk, bite into an inviting banana or nibble a crunchy carrot, have you thought about the cause of your irritating skin rash or splitting headache? It could be a food allergy.

But, wait a minute, carrots? Sure, we've all heard about the evils of sugar, salt and chocolate, but carrots, one of Mother Nature's least-suspected health foods? How could carrots be bad for you? Well, not bad for everyone, just for those who react to carrots as indicated by a new allergy-disclosing blood test.

People who are bothered by allergies usually associate them with the airborne contaminants — dust, mold and pollen. Standard skin tests given by allergists for these irritants do not work for delayed food allergies and produce inaccurate results, according to health researcher Mark Lovendale.

Lovendale, who lectured recently at Fresno's Four Walls West athletic club, is the founder of the Irvine-based Medical Service Center. The center provides cytotoxic testing, a relatively new medical technique, for people who want to know which foods are optimum for their bodies and which foods may be causing health problems.

The cytotoxic test was discovered in 1956 by Arthur Black, MD, and is considered a breakthrough by some medical practitioners. However, cytotoxic testing is not taught in any medical school. Lovendale explains, "Only a small

number of physicians and scientists understand the value of the test."

The test, in which most foods and many chemicals are tested for compatibility, is based on the premise that white blood cells can be destroyed by coming into contact with foods and chemicals that cause delayed allergy symptoms.

"The problem is that most doctors are not aware that delayed food allergies are a significant problem for most people," Lovendale explained in an interview.

"Dieticians who believe that the four basic food groups are the foundation of good nutrition have trouble understanding this new research because they have to let go of some of the things they were taught in school.

"When I started studying delayed allergies and the cytotoxic test in 1973, I assumed that most foods were fine for my body. However, I soon found there were several foods that I was allergic to, including carrots. I was eating carrots every day and the cytotoxic test revealed that they were killing my white blood cells. I found out that carrots were not only giving me a skin rash but were making me feel fatigued. I also removed all dairy products and my health improved dramatically."

Lovendale elaborated that such symptoms as skin rashes and headaches are not the only health problems which have disappeared for some of his clients. Weight reductions often take place by avoiding foods a person is allergic and addicted to.

"Women would come in with headaches, skin rashes or weight

problems and then two weeks later be symptom-free. They also informed us that their premenstrual symptoms were dramatically reduced.

"This approach reduces stress levels, helps the endocrine system and relieves many different ailments.

"The discovery of masked delayed food allergies in infants and children," Lovendale advises, "is an important breakthrough, often extending beyond the hyperactivity associated with children who have ingested too much sugar.

"We have video tapes," he explained, "that show a normal healthy young boy behaving violently simply because he's having a reaction to a banana. In addition to behavioral difficulties, these reactions often cause ear, nose and throat problems.

"It would be easy if there were the same three or four offending foods that could be removed in order to see improvement. However, people respond differently to different foods and often have allergic reactions to several foods they would never suspect as the cause of their symptoms.

"Just taking the child off chocolate won't work by itself. Parents need to know which foods are compatible for their child, and which foods are not, so that a nutritional program can be put together that will turn the child's health around.

"Many mothers may feel that giving their children orange juice every day is very helpful to their health, but by that repetitious exposure some children become allergic to orange juice and start having

health or behavioral problems.

“The improvements noted in children after cytotoxic testing,” Lovendale suggested, “may extend into such long-range benefits as improved schoolwork.

“When children are taken off foods that are making them hyper or unable to think clearly, they are able to do better and enjoy school.

“Often teachers have reported that the children in their classes are fairly well behaved until the 10 o’clock milk, juice or cookie break, and then for the next hour the kids are unruly. It turns out that delayed allergic reactions to one or more of those foods are making it impossible for them to pay attention.

“But it is not only infants and children who may benefit from cytotoxic testing,” Lovendale explains. “A teenager’s rash, headaches or extra weight could be caused by the ingredients in their cheeseburger, or similarly for an ironworker who insists on a Swiss cheese on rye sandwich.”

What happens in the body is that white blood cells are destroyed after eating various foods, causing powerful enzymes to be released into the blood stream. This causes inflammation in various parts of the body, which can result in headaches, sore joints, pain, fatigue, depression and edema (water retention).

Arthur P. Black, MD, is one of the pioneers in the effect of allergens upon living white blood cells. He began his microscopic studies in 1928 and published his landmark 1956 study in the medical journal *Pediatrics*.

“The cytotoxic reaction has been observed with food, pollen and inhalant allergens,” he observed, “and shows such correlation with clinical sensitivity as to be a helpful guide in determining

which allergens are likely offenders and which are innocuous in a particular case. The technique and observations constitute a new and useful diagnostic method in allergic disease.”

Black, through the years, documented a number of representative cases in which either singular or multiple food allergies were responsible for various physical or emotional ailments.

Lovendale cited some of the more interesting cases from Black’s published study.

A 5-month-old boy, with unceasing colic, mushy stools and a failure to gain weight, tested positively to cows’ milk, goats’ milk, wheat, veal, salmon and beets. He did very well when put on a meat-base formula and foods that tested negative – chicken, lamb, oats, peas, cabbage, soybean, rice, carrots, apple, banana, pineapple and potato.

A 3-month-old girl, with severe colic and allergic dermatitis, tested positively to wheat. Her colic and eczema subsided rapidly when she was given a wheat-free diet.

A 1-year-old boy, with day-night wakefulness, generalized rash and poor weight-gain, tested positive to egg, wheat, carrots and wool. When these three foods were eliminated and he was protected from wool, he began sleeping normally and gaining weight.

A 28-month-old boy, with an intractable diaper rash, tested positively to pears, chicken, chocolate and wheat. It was determined that these foods were to blame but not until after the family dog had been wrongfully dispatched to a boarding kennel for an enforced vacation.

A 7-month-old girl, with severe eczema, tested positively to

wheat. She improved when her mother, who was breast-feeding her, stopped eating wheat.

A 9-year-old girl with dermatitis, tested positively to chocolate, peanuts and wool. The dermatitis cleared up in three days when chocolate was eliminated from her diet.

A 40-year-old woman, with chronic sinusitis after eating shrimp, tested positively to wheat, chili, cherries, wool and cows’ milk. Removal of reacting foods and wool blankets relieved all symptoms.

“Cytotoxic testing is a dramatic and refreshing part of health care,” Lovendale concluded, “because people can see a clear cause-and-effect relationship between what they are eating and their symptoms. Our clients learn which foods cause their symptoms. They no longer continually have to go to traditional doctors and get allergy shots or drugs to treat their symptoms. They are now in control of their health by avoiding the causes of their symptoms.”

Highlights edited from *Fresno Bee*

Before it was discovered that white blood cells react to foods and cause delayed allergic reactions, doctors tried, with little success, to use elimination diets. Also, skin tests and allergy shots have been shown to give poor results. The cytotoxic test was the original white-blood-cell test for revealing delayed food and chemical allergies. The test now used to obtain the most accurate results is the Prime Test®. For additional information, contact: Preventive Care Center, Inc. 34146 Selva Road, Suite 200 Monarch Beach, CA 92629 Phone: 949-661-4001 or 888-Test Wel (888-837-8935) Fax: 949-661-1666 Website: PreventiveCare.com ML