



## 6 Myths About Food-Allergy

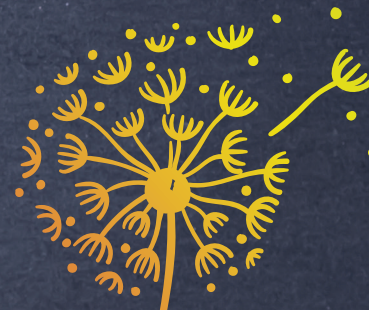


# MYTH #1

Avoidance and oral immunotherapy (desensitization) are the only options for resolving food allergy symptoms.

**THERE IS  
ANOTHER  
WAY!!!**

With our proprietary non-invasive system at AAR, we retrain the brain's stress reaction to your food triggers to help you become allergy-symptom free.





# MYTH #2

I am going to need to resolve to never eat my food triggers again...or to take an occasional painful 'hit' to enjoy my trigger food.

## Elimination diets have their place as a symptom bandaid.

For many people, this provides temporary relief but may not fully resolve symptoms, and often a 'snowball' phenomenon of more food symptoms over the lifespan is experienced.



# MYTH #3

Elimination diet will allow me to one day add back the foods I am triggered by.

## Rarely, we see the ability to add back food allergens

As they 'grow out of' and are able to handle more of their triggers. Usually, the elimination diet snowballs the other direction with more and more foods need to be eliminated over time.

Elimination diets will also backfire if you eventually downregulate certain enzymes necessary for food digestion by avoiding ever increasing types of food.





# MYTH #4

I will always have to live in fear of a life-threatening accidental exposure to peanuts, eggs, shellfish, etc.

**At AAR we have seen many children and adults have improved tolerance**

using accidental anaphylactic food exposure helping them to reduce/eliminate their times in hospitals and urgent cares. While we can not claim to treat anaphylaxis and ALWAYS recommend carrying of emergency medicines, we do see many patients gain symptom improvement around their anaphylactic items.





# MYTH #5

Allergy skin testing or blood IgG/IgE is the BEST way to determine my food allergy/sensitivity.

**In fact,  
testing may  
be up to 50%  
inaccurate**

tending towards false positives.  
Most conventional and natural  
medicine will still use these as  
tools, and they can help gain some  
information for avoidance and  
which foods to consider doing  
desensitization therapies on.





# MYTH #6

Healing a leaky gut cures food allergies.

## Healing a leaky gut heals can help food sensitivity symptoms...

more than food allergy reactions (there is a difference). Unless you're working with an expert, you may be on the 'heal the leaky gut' train for years. A leaky gut should heal within months and not years and often takes proper therapeutic testing to discern where to apply your therapy time/dollars. Many people waste time and money on therapies that do not lead to help with their food trigger symptoms.





# Helping Thousands in Arizona Lead Allergy- Symptom Free Lives since 2005.







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