

When Food Is The Enemy

(NAPSA)—About four million Americans have food allergies—serious enough to cause a life-threatening allergic reaction—but millions more have food sensitivities that can make them gain weight and put them at risk for cardiovascular disease, diabetes, arthritis, migraine and even infertility.



New research shows that an overactive immune system is to blame. The immune system overreacts because of higher levels of environmental pollution, unnatural and incompatible food and lower levels of nutrients in commercialized foods. That's the message in the newly revised and updated "Your Hidden Food Allergies are Making You Fat: How to Lose Weight and Gain Years of Vitality" (Prima, \$16) by Dr. Rudy Rivera and Roger Davis Deutsch.

The authors advise that no one diet regimen works for everyone. By identifying individual food sensitivities (through a food sensitivity test, known as the ALCAT test), you may be able to normalize your metabolism and lose weight without dieting. You may also be able to stop many degenerative processes associated with aging.

"Ninety-eight percent of the subjects following the ALCAT plan either lost weight or improved body composition," according to a study at Baylor Sports Medicine and Performance Institute.

The book is available at bookstores, by calling 1-800-872-5228 or online at www.alcat.com. The Web site also provides helpful information about the subject and the test.