

Letter to the Editor

To the Editor:

Over the past several years I have observed an interesting pattern related to food sensitivities. Changes of diet prior to the onset or aggravation of existing illness have proved to be a valuable source of information. With increased nutritional consciousness many people are rightly turning away from refined carbohydrates. A common practice, for example, is to use whole grain products instead of white flour and fortify existing diet with various supplements. Many people are proud of these changes regarding them as steps toward better health. It might generally be a commendable trend if not for Dr. R. Williams' and Dr. T. Randolph's work on biochemical individuality.

Time and again I come across chronically ill individuals whose problems appeared, unsuspected by them, as a result of change to a more healthy diet! I have, for example, several patients chronically ill on whole wheat products but tolerating white flour products well. The frequency of wheat and gluten sensitivity is well known among some physicians yet indiscriminate emphasis on supplements may just be the wrong thing to do in individual cases.

The following are examples of popular supplements:

PRODUCTS	SOURCE OF ALLERGIES OR TOXIN
Whole wheat products, wheat germ, bran	Wheat
Molasses	Cane
Lecithin, tofu, vitamin E, some protein powders, some chelated minerals	Soy bean
Yeast (brewers, nutritional) yeast fortified "natural", vitamin B, selenium yeast, DNA/RNA yeast	Sacharomyces cervicae
(yeast)	

Some of these natural foods are taken in unnaturally high quantities which can precipitate individual hypersensitivity.

S. Pilar, M.D.
2786 West 16th Ave.,
Vancouver, B.C.