

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

Andrew C. Engler, M.D.

290 Baldwin Avenue, San Mateo, California 94401
(650) 343-4597 FAX (650) 343-3402

Newsletter

www.theallergyclinic.com August 2024



Promoting Gut Health

Over the years, we have seen a number of patients with persistent gastrointestinal symptoms, sometimes to the point of symptoms disrupting their lifestyle. It is important to consult your primary care physician, as well as a gastroenterologist, for persistent symptoms, but regardless of the cause, we all benefit from promoting gut health.

A healthy gut can lead to a several health benefits, including:

- Boosting your overall immunity and helping your body fight harmful pathogens.
- Reducing inflammation and preventing unhealthy bacteria from overrunning your intestinal environment.
- Helping you digest food effectively and reduce the incidence of bloating, gas, and diarrhea.
- Improving your sleep.
- Improving your skin's elasticity and collagen production.

Food Allergy and Gut Health

There have been several studies showing that gut health can play a role in the development and course of food allergies.

Some studies have documented that people with good gut health generally have a lower chance of developing allergies than those with poor gut health. However, it is important to note that if a severe food allergy has been diagnosed, avoidance is still key in the prevention of an adverse food reaction.

How to Improve Gut Health

Eating the right foods is one of the best ways to promote gut health. Make sure that you consume a healthy diet of fruits, vegetables (especially dark, leafy greens), legumes (beans, peas), and whole grains (quinoa, whole wheat, brown rice), especially those high in fiber. This helps reinforce our natural barriers and eliminate waste better too.

Avoid ultra-processed foods as much as possible. Emulsifiers and other ingredients increasingly are being implicated in injury to the gut lining and poorer health outcomes.

Minimize plastic use as much as possible, opting for glass, stainless steel, ceramic, or silicone, especially when microwaving leftovers. We ingest an average of a credit card's worth of plastic each week, and these microplastics damage our gut lining.

Don't smoke. Cigarettes contain lots of chemicals and toxins that are harmful to the whole body, including your gut health.

Back to School Reminders

For some, August signals the return to school. Prior to the beginning of the school year, make sure that your child's medications are current. If they have not been seen by one of our medical providers, now would be a good time to schedule an appointment. If your child needs updated forms to be filled out, please allow up to 7 days to have these forms completed.

In honor of the Labor Day Holiday. Our San Mateo office will be closed on Monday, September 2, 2024