

Managing Food Sensitivity Fears & Frustrations

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Fear and frustration are inevitable when you have unpredictable food sensitivities. The stress can make your symptoms worse, which increases these emotions – creating a vicious cycle! Managing the fear and frustration does not cure food sensitivity but can significantly improve your quality of life.

Here are eight tips to help you on this journey:

Nurture an Observant-Responsive Mindset. It is easy to get caught up in worrisome thoughts when you are feeling poorly. Learning to step back and respond to symptoms can alter the course of your journey.

Listen to Your Body & Honor This Insight. How many different restriction lists and diet rules have you read about? Everyone has a different opinion. Let go of rules and be guided by what works the best for you.

Ask Yourself, “Is This Symptom a Food Trigger?” Your body is affected by things you can see—like food, weather or stress—and things you can’t see—like hormones and infections. Most people focus on food, because it’s easy to control, but your reaction might be caused by something else.

Let Go of Finding Your Exact Triggers or Perfect Diet. It would be wonderful to have an exact, definitive list of your triggers. For most people, this is not possible. Searching for this list can add to your suffering.

Make One Change at a Time. Haphazard changes (example: diet, supplements) and obsessing about symptoms is stressful, confusing, and expensive. A systematic plan to make adjustments and objectively observe the impact of these changes will lead to meaningful improvement. Be patient, as this can be a long, but worthwhile, journey.

Reduce Research and Think Critically. The internet is a blessing and a curse. Too much research about food or symptoms will leave you exhausted, uncertain, and afraid. Limit your research to reputable sites to avoid being distracted by all the noise online.

Incorporate More Pleasure into Your Life. Giving up favorite foods can make life dull! It’s important to add some non-food pleasure into your life.

Plan your Meals & Reduce “What am I going to eat?” Constantly worrying about what you’ll eat at upcoming meals is tiring. Meal planning saves time, money and reduces stress.

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