

# Sensitivities Vs. Allergies

**THEY ARE DIFFERENT!**

## Sensitivities

TRIGGERS A DIGESTIVE RESPONSE CAUSING INFLAMMATION TO YOUR GUT AKA YOUR MICROBIOME! THIS CAUSES SYMPTOMS THAT ARE NOT AS SERIOUS AS AN ALLERGIC REACTION, BUT OVER TIME CAN CAUSE AN ENVIRONMENT WITHIN YOUR BODY FOR DISEASE TO GROW. SYMPTOMS INCLUDE BUT ARE NOT LIMITED TO GAS, BLOATING, CONSTIPATION, DIARRHEA, HEADACHES, ANXIETY, FATIGUE ETC. SYMPTOMS USUALLY SUBSIDE AFTER RESTORING THE ENVIRONMENT WITHIN YOUR GUT MICROBIOME.



## Allergies

TRIGGERS AN IMMUNE RESPONSE WHICH RELEASES ANTIBODIES INTO YOUR BLOOD STREAM. THIS CAUSES YOUR BODY TO ACT AS IF TO A THREAT (POSSIBLE THROAT CLOSING, EYE SWELLING, SEVERE RASHES, ECT.). ALLERGIES CAUSE SYMPTOMS THAT CAN BE LIFE THREATENING AND ARE USUALLY LIFE LONG.

