

How To Fight Your Food intolerance

Food intolerance itself is similar to a food allergy, and it can cause serious issues in an individual's health if not properly addressed.

A food allergy is slightly different to food intolerance in that a food allergy prompts an immune system response against the certain food, and can often be extremely severe, or life-threatening. A food intolerance is generally a milder discomfort, and your body can usually tolerate a certain amount of the food you are intolerant too. Generally, a food intolerance is caused by your body lacking enough of a certain enzyme for digestion, resulting in stomach or other health issues.

Gluten Intolerance

The two most well-known types of food intolerance in the world are lactose intolerance, and gluten intolerance. Gluten intolerance is also commonly known as gluten sensitivity, and has become growing issue in the Western world where we eat so many products that contain gluten.

Gluten intolerance can have mild to severe effects on the body, and if nothing else can cause a general slowness to the human body; since our organisms do not digest this product well in many cases.

Lactose Intolerance

Lactose intolerance is caused by lacking enough digestive enzymes to properly process dairy products. Dairy milk, cheese, and yogurt should all be avoided by those who are lactose intolerant; as well as whey and casein protein powder. Lactose intolerance is also wide spread in the Western world, but switching from cow's milk to goat's milk has shown remarkable abilities to even cure lactose intolerance!

Goat's milk is much more similar to our own human milk, and is generally suitable for people who do not tolerate dairy products well.

Probiotics to Treat Food Intolerance

For those of you who have food intolerance issues, it is wise to consistently take a [probiotic supplement](#). Probiotic supplements contain enzymes that help maintain your digestive system, and help keep your body healthy in many ways. Technically, probiotics are bacteria that reside in your stomach, and are necessary for the proper digestion of food.

Yogurt is one of the best natural sources of probiotics, and is a great source of daily probiotics for those who are not lactose intolerant.

Probiotics are also easily obtainable in supplement form, and can be extremely helpful for maintaining your overall health. This brand of probiotic supplement which is found on Amazon is even formulated with additional enzymes to specifically fight lactose intolerance! [Here](#) you can find the supplement.

Ginger for Stomach Health

One natural supplement which can also be easily purchased online is ginger. Ginger has a wide range of [health benefits](#), including aiding the digestive system, helping with nauseous feelings, and improving stomach health overall. Ginger can be effectively taken in supplement form, and can be used every day for improved health in many ways.

This brand on Amazon is well respected, and is a great product for you to take every day! Click [here](#) to get it.

Ginger is an amazing supplement, and is highly recommended for anyone with consistent food intolerance issues.

Concluding Thoughts

Food intolerance is difficult to live with, and can slow your life down in many different ways. Although generally mild, the stomach pain caused through food intolerance is enough to have most of us tired and worn out for the whole day. The key to controlling a food intolerance is to first identify the cause of the issue, and then consistently avoid that food and increase the health of your stomach with proper foods and supplements.

Food intolerances certainly can be annoying, but you can make sure you don't let them control your life!

You can now start learning about this topic and get your diploma in nutrition [here](#). Just click the link below and you're good to go.