

## How To Identify A Food Sensitivity

Being able to identify which foods you are sensitive to is a key skill which will fast forward all your results on this course and really allows you to customise the plan to your unique biology.

We've already eliminated the 2 food groups which cause sensitivities in 99% of people I work with: Gluten and Dairy. ***This does not mean we've removed all of the food which you are sensitive to.***

As an example when I first started down this road I was sensitive to Almonds, Avocado, Garlic, Onion and a whole host of other common foods. As my gut wall repaired and I built more resilience I was able to re introduce these food and now enjoy them almost daily.

The best way to identify food sensitivities is to use a Heart Rate Variability (***HRV***) app. Simply put you record your HRV before you eat. You then eat a suspect food. You then take your HRV again at set intervals after eating. The app can tell you from the changes in your HRV if you are reacting to that food. Unfortunately at the moment the only app I can find which does this is only available on the App Store, link below.

Is this a perfect method. No. There may be many other reasons your HRV changes over that period and it can be pretty fiddly, but if you are fairly consistent in your measurements it can be a great tool for identifying problem foods.

You'll need a Heart Rate monitor to do this effectively (*check the Sam Recommends section for the one I use*) and then just download linked below. All the instructions for using it are in the app itself.

Another slightly less technical (***but often very effective***) method is to simply rely on what your body is telling you. Instant muffin tops, brain fog, headaches, slumps in energy, irritability appearing about 30 mins to an hour after eating are all great signs you have eaten something which you are now having a bad reaction to.

Think back to what you have eaten and make a note of it. The next time you notice these effects do the same. Over time you should be able to get a pretty good idea of what it is which is affecting you.

[Download The Food Sensitivity App >>](#)