

FOOD REACTOME

Food is information for the epigenome

ANAPHYLAXIS

ACUTE MEDICAL REACTION
Seek medical attention

CHRONIC CONDITION

GASTRIC ACID INSUFFICIENCY

GENETICS

NUTRIENT INSUFFICIENCY

DIGESTIVE ENZYME INSUFFICIENCY

Inflammation
Including: brain, skin, lungs, gut, joints, eyes, sinuses

Gut Bacteria

Gas / bloating

Parasite infection

Gut permeability

Yeast Overgrowth

Constipation / diarrhoea

Fatigue

Weight gain / adiposity

Disturbed sleep

DIETARY EXPOSURES



BANT[®]

British Association for Applied Nutrition & Nutritional Therapy

CONSULT A REGISTERED NUTRITIONAL THERAPIST TO UNDERSTAND AND MANAGE YOUR INDIVIDUAL REACTOME