



Welcome to our first newsletter!

I would like to use this opportunity to welcome you to the Allergy Train family.

I would also like to thank all of you for joining us on the journey to wellbeing.

We want to make sure that we our products and information is meeting your needs. If at anytime you would like to give us feedback about any aspect of our site, we would be very grateful and we will always try to accommodate you.

Jenny
Director, APD

OUR NEWS!

Gluten Free Show Melbourne This Weekend Oct 2-3.

We will be exhibiting some of our most popular products at the gluten free show this weekend. So come along and say Hi. We would love to meet you. We also have some great show specials including a 5% discount voucher off online purchases before Christmas. The show is open 9-5 Sat and 10-5 on Sun.

More Payment Options

We recognise that not everyone wants to or is able to pay online or by PayPal, so we now also offer the ability to pay by creditcard or BPAY.

Rural delivery prices

In the interests of meeting our rural customers needs, we have decided to lower our shipping rates. Regional Australia can now order for a flat rate of \$22. Remote Australia \$25. We hope that this makes it easier for you to shop with us.

Special Deals for our members

Several of our customers have asked about buying a box of the Gumnut Gemfreeze rice biscuits. If you would like to do this, Contact Us via the webpage www.allergytrain.com.au or phone us 83178565. A box will cost you \$28.70, which is 10% off the price.

Some exciting news!!!



We are very excited to announce that AllergyTrain Pty Ltd has recently purchased the Hopper natural food colouring and sprinkles brand from Smart Snacks Pty Ltd.

Our main sales of the Hopper products are wholesale, but AllergyTrain online store now stocks the entire range as well.



We are thrilled about being able to offer such a great product to the wider community. After all, it's not just people with allergies or intolerances who want to avoid food chemicals and live healthier lives.

So, if you find a retailer, caterer, cake or other shop that you would like to use natural colours, why not tell them to contact us
www.hopperfoods.com.au or 83178565.



Did you know?'

One of the most common questions people on an elimination diet ask is can I have cornflour?

The answer is **yes** you can.

Cornflour, cornstarch, and maize starch are all permitted. They are all highly processed.

The ones you need to remember as being NOT ok are corn, maize and maize flour.

Join us on Facebook



AllergyTrain is on Facebook. So come on over and join us. Be the first to hear all our news, specials and events online. Share your stories and photos with us too.

Fructose Malabsorption, Food Chemical Intolerance or Both?

Do you have fructose malabsorption problems which have improved with changes to your diet, but you but still have unresolved symptoms?

More and more people are being tested and diagnosed with fructose malabsorption problems, as more people become aware such a problem exists.

Fructose is found in foods such as: honey, pears, wheat, tomatoes and onions just to name a few. Some people are not able to fully digest all the fructose they eat, so the sugar ferments in the gut creating wind and contributing to a range of gastrointestinal symptoms similar to IBS or irritable bowel.

Some people with fructose problems also have issues with foods collectively known as FODMAPS – which can include lactose (sugar in milk), legumes (kidney beans, lentils etc), windy vegetables – (cabbage), polyols (in stone fruits and artificial sweeteners). For more info on fructose malabsorption, see 'the low FODMAPS' book which can be purchased online from AllergyTrain or talk to a dietitian.

When people commence on a low fructose or FODMAPS diet, they not only cut down on foods high in fermentable sugars, they also cut down on the foods high in natural chemicals. This means that if they have an underlying food

chemical intolerance the symptoms will improve but may not completely disappear.

If your symptoms are only gastrointestinal, irritable bowel like symptoms such as diarrhoea, bloating and wind, then these are typical FODMAPS symptoms. However, if your symptoms include headaches, fatigue, hayfever, asthma, foggy head, light, sound or temperature sensitivities or any other symptoms that come and go with the consumption of different foods, then this is more likely to be food chemical sensitivity. Fructose symptoms only last about a day, so if your symptoms continue for longer than this, you might find it helpful to undertake an elimination diet to find out if you also have food chemical intolerances. You will need to seek out the help of a dietitian to help you identify what you can eat on an elimination diet and to walk you through it.

Sometimes people find that when they get their food chemical intake under control that they can tolerate more of the FODMAPS foods.