

Jennifer Armstrong, MD, explained how hidden food intolerances can make people highly sensitive to everyday chemicals. She uses the idea of a "total load," meaning the human body can only handle a certain amount of overall stress. If your body is constantly fighting potential toxins in food, your baseline defences drop, leaving you vulnerable to chemical exposures in the air and environment. Complete recovery from chronic illness requires a holistic focus on clean air, clean water, and a suitable diet.

When food irritates the body, it can cause a wide range of common symptoms, including chronic fatigue, headaches, brain fog, stomach pain, joint cramps, and insomnia. In children, it often shows up as ear infections, eczema, and hyperactivity. While people easily understand standard allergies to peanuts or milk, they often ignore underlying intolerances to gluten, natural food chemicals, and heavy metals.

A clear pattern connects these severe food and chemical sensitivities to people with loose joints and weak connective tissues, a genetic vulnerability explained by a framework called the RCCX theory. This genetic link leaves people prone to weak immune systems, low energy, and mast cell issues, making them highly sensitive to their surroundings.

Ultimately, Dr. Armstrong's presentation highlights how our internal biochemistry is directly connected to the world around us. She demonstrates that diet is a critical cornerstone of environmental health. When hidden food intolerances cause chronic gut inflammation, they destroy the body's ability to absorb vital nutrients, depleting the very fuel needed to process and clear everyday toxins.

This constant internal battle for homeostasis exhausts the immune system and fills up the body's total load, drastically increasing a person's susceptibility to chemical exposures in their environment. By recognizing these unique body-environment interactions, MCS is reauthenticated not as an isolated sensitivity, but as a systemic breakdown where an overloaded, undernourished body can no longer defend itself against the chemical threats of the modern world.

References

Acta Psychiatr Scand. 2006 Feb;113(2):82-90. Kalaydjian AE, Eaton W, Cascella N, Fasano A. Department of Mental Health, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD 21205, USA.