



Carbohydrate Intolerance

Carbohydrate intolerance describes a wide range of digestive related problems that occur due to the consumption of carbohydrates.

Common Symptoms of Carbohydrate Intolerance:

- Stomach Pain
- Cramping
- Bloating
- Gas - Flatulence/Burping
- Nausea
- Heartburn

Why Carbohydrate Intolerance Can Occur When Using Amino Acid Therapy:

This explanation applies only to patients who experience problems consuming specific carbohydrates, which had not been a problem before the use of amino acid therapy.

Carbohydrate intolerance can occur at the beginning of treatment or months after a patient has been on amino acid treatment. Amino acid therapy improves the body's neurotransmitter levels, which helps your body to become healthier. As a result, you may not be able to tolerate some of the unhealthy foods that you were once able to eat.

Carbohydrate intolerance is selective. It usually results from one carbohydrate (usually a carbohydrate that is regularly eaten). The most common carbohydrates that cause problems are refined (white) breads, pastas, and cereals; although other carbohydrates may cause problems.

Carbohydrate intolerance symptoms are most likely to occur in the morning, usually around 2 to 3 hours after breakfast. However, symptoms can be seen at any time during the day.

Ways to Manage Carbohydrate Intolerance:

- Keep a record of foods eaten – include the time that the foods are consumed and the time that your symptoms occur. This record will allow you to identify which food(s) may be causing the problem. Many times, once a patient's body adjusts to amino acid therapy, the food(s) that caused the problem can be reintroduced.
- Try switching white breads, pastas and cereals for whole wheat and whole grain breads, pastas and cereals. Foods that list refined white flour as one of the first ingredients are more likely to cause carbohydrate intolerance.

An Additional Thought:

Your caregiver is trained to find the most effective means of combating your carbohydrate intolerance. It is important that you communicate and work with your caregiver when trying to solve this problem.

It may take several days or even weeks to identify which foods are causing the problem, especially if there are multiple foods involved. Therefore, it may take time and patience - but the benefits to your health will be worth the additional effort required.