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HEALTH & WELLNESS



**The Healing Whisper: A Return to Peace**  
with host Dr. Mary Anne Chase  
Archives Available  
**December 1st 2017: Is it a Food Allergy or Intolerance?**

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You're feeling nauseous, tired, dizzy, fatigued, anxious, and your skin is breaking out in hives. You may be having a reaction to something you ate, but is it a food allergy you are experiencing or a food intolerance? Correctly identifying the issue could help you with a whole host of health issues that you may not realize are connected to your food. "Food allergies involve an immune system reaction to a particular food, such as peanuts, eggs or milk. These reactions can be serious and even life threatening," said Sherry Torkos, holistic pharmacist and author of more than a d

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#### Featured Guest

Guest Image

#### Sherry Torkos

Sherry Torkos, B.Sc.Pharm., R.Ph., holistic pharmacist and author of more than a dozen books on natural health and healing says don't just take probiotics because they are popular, that you need to take them with intention since unlike other vitamins and supplements they are live bacteria.

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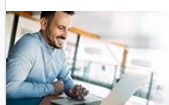
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