

# How Food Sensitivities Cause Inflammation

Food and food-chemical sensitivities are a category of complex, non-IgE (non-allergic), non-celiac inflammatory reactions. Sensitivities can involve both innate and adaptive immune pathways, multiple triggering mechanisms and multiple classes of white blood cells. Pathogenic reactions ultimately lead to the release of proinflammatory and proalgesic mediators from associated white cells with resulting subclinical and clinical inflammatory effects.

