

Does your skin react to earrings, bracelets, belt buckles or watches? Does this not happen with sterling silver or 14 kt gold? If so, then you may have a nickel allergy.

This is very common. Reactions can include redness, itching, scaling and small blisters.

Why is this important for persons with gut distress? The shocking truth is that many popular and healthy foods contain nickel. The same reaction on your earlobe may also occur in your intestines. This can set people up for more gut problems.

Which foods? Here is a list of the most popular foods with the highest nickel content:

Almonds
Hazelnuts
Peanuts
Soy beans including tofu, soy sauce
Walnuts

Beans
peas

Sesame seeds
Sunflower seeds
Poppy seeds

Bran
Oatmeal
Oat bran
Muesli and similar cereals
Whole wheat or multigrain breads

Dates
Figs
pears
Pineapple
Prunes
Raspberries

Chocolate
Licorice
marzipan

Shellfish: prawns, mussels

Canned foods

Foods cooked in stainless steel (especially with acidic foods like tomatoes, lemons)

What is in your power here? First is the use of an elimination/rotation diet to self-assess. Don't take anyone's word for this, "Trust Your Gut." Also, taking vitamin C with meals may help bind the nickel and prevent its absorption into the body.