شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم

HANAA ALY

شبكة المعلومات الجامعية

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التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات

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تحفظ هذه الأقراص المدمجة بعيدا عن الغبار

HANAA ALY

THE ROLE OF FOOD HYPERSENSITIVITY AND FOOD ADDICTION IN MANAGEMENT OF OBESITY

Submitted By

Nadia Fouad Mohammed Deyab

M.B.Physiotherapy, Faculty of Physiotherapy, 6th October University, 2008

Master in Physiotherapy, Faculty of Physiotherapy, Cairo University, 2013

A Thesis Submitted in Partial Fulfillment
Of
The Requirement for the Doctor of Philosophy Degree
In
Environmental Sciences

Department of Environmental Medical Sciences
faculty of Graduate Studies and Environmental Research
Ain Shams University

2022

APPROVAL SHEET

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National Nutrition Institute

2022

Dedication

To my father, Fouad,

who taught me how to stand strong on my feet.

To my mother, Suzan,

who dedicated so much of her life to me and shaped me into the person I am today.

My sisters Hala and Asma, as well as my brothers Mohammed, Fahad, and Abd AL Rahman

who are my successful partners for life, I will be eternally grateful.

To my husband, Mostafa, and my children, Dareen and Fouad,

who are my heartbeat.

In the end,

I am grateful to my friends and acquaintances

who remembered me in their prayers for the ultimate success. I consider myself nothing without them.

They gave me enough moral support, encouragement and motivation to accomplish the personal goals.

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The Role of Food Hypersensitivity and Food Addiction in Management of Obesity

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Abstract

Background: With the worldwide prevalence of obesity increasing in recent decades, food hypersensitivity may be caused either by food allergy or by food intolerance. Food allergy is an abnormal reaction mediated by antigens, i.e., allergens (glycoprotein) present in certain foods. The concept of food addiction has recently acquired favour among academics and the public as a plausible explanation for the factors affecting weight development. The prevalence of food addiction in Egyptian adult was 15.7% in consistence with the results of a systematic review which showed a prevalence of 19.9% in the general population

Purpose: To study the effect of elimination diet on obese patients that suffer from food addiction and food hypersensitivity.

Method: The study included 200 obese people between the ages of 30 and 45, both men and women. They were divided into 2 groups based on their age and gender. This age was taken to decrease the complication of obesity on aging. The two groups include 100 in each, the study group(A) patients in this group were given a low-calorie diet regimen. Were followed by once weekly diet session visits. The study group (B) include 100 patients who were given a low-calorie diet based on food elimination diet. Patient followed by once weekly diet session visits.

Results: this study found decrease in weight, body mass index, self-food hypersensitivity and food addiction and food hypersensitivity symptoms after using low calorie diet coupled with elimination diet and exercise.

Conclusion: There is direct relation between obesity and food addiction and food hypersensitivity, it also concludes that food addiction is often a risk factor for food hypersensitivity and obesity.

Keywords: obesity, food hypersensitivity, food addiction, self-report food hypersensitivity, elimination diet.