



Chiropractic Applied Kinesiology Vitamins Herbs  
Homeopathy Health Education Classes

## BOZEMAN WELLNESS CENTER

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### **Why Most Allergies To Nightshade Plants Occur.....**

Most of us know that the tobacco plant is not good for us because it contains a little chemical that we all know by the name of "nicotine". However, what most people do not know is that other nightshade plants such as eggplant, and tomato also contain these same chemicals. The nightshade family of plants has a distinct protective defense mechanism to keep insects from consuming them, they produce alkaloids, a nitrogen containing structure designed to poison the offending insect.

There are four types of alkaloids distinct to the nightshade family of plants, steroid alkaloids, pyrrolizidine alkaloids, indole alkaloids, and tropane alkaloids. Health effects from the consumption of these can result in joint or nervous system disorders, digestive problems, loss of calcium in bone or increase of calcium in soft tissue, as well as other health related problems.

This is why sensitivities to the nightshade family of plants are common, the people who ingest members of the nightshade family, also eat the very alkaloids that the plant produces to ward off offending insects, the very poisons that nightshade plant produces to keep itself from being consumed.

Nightshade plants that are known to cause intolerances within people are generally the white potato, tomato, eggplant, green, yellow or red bell pepper, hot pepper, tobacco, mandrake, belladonna and morning glory. It is important to note that nightshade food products are sometimes hidden within other foods or fall under the guise of a seasoning or spice. This includes such foods as Pimentos, Paprika, Cayenne pepper, and Tabasco sauce.