

ALLERGIES

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Most people think of an allergy as a sudden and immediate reaction, like hay fever or a food allergy where you may suddenly begin sneezing or break out in a rash. That is a true allergy. Some negative reactions are not allergies in the traditional sense. There are hidden food sensitivities where a favorite food may be causing a chronic health problem, like sinusitis, but it is eaten every day.

Allergies: More than 50 million Americans suffer with allergies and nearly 55% of Americans test positive for one or more allergens. Studies supporting the use of natural health care for allergies exist. Scientists in Finland have found that the type of fats consumed in the diet may be connected to the tendency toward allergy, according to research published in the journal *Allergy* (2001;56:425-428). Follow the *Roadmap to Health Diet* (available from our office as a free PDF). It will have you avoiding the toxic and nutrient deficient fats and oils. The diet will help you get your allergies under control.

Many in natural health care believe that allergies are linked to problems in the digestive system. Take a look at your scores in the digestive categories and see if you need help there. Call for a consultation and we will go over your quiz results.

Unlike drug therapy, natural health care for patients with allergies focuses on the support of normal physiology. One advantage this approach has over drugs is that the effect of natural substances is cumulative. Providing the body with products that are antioxidant, natural antihistamine, and anti-inflammation can prove beneficial to patients with allergies. Natural products do not treat allergy; they

In 2015 the New York State attorney general's office accused four major retailers of selling fraudulent herbal supplements. Most products (80%) from GNC, Target, Walgreens and Wal-Mart did not contain ANY of the herbs listed on their labels. We have looked into the quality of supplements and can help you avoid fraud and find effective, quality products.

support the biochemistry of the allergic patient. The results of this approach are gratifying.

Liver: One novel approach taken by some products is liver support. Japanese research in the 1920s found that certain liver extracts benefitted patients with allergies. Recent research has found a link between liver pathology and allergy. Interestingly, patients receiving liver transplants are prone to allergies and

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CONSULTATION

can even inherit the allergies of the donor. Liver support is key to assisting patients with allergies. Some products utilize a porcine liver extract that is the original Anabolin product developed by Henry Harrower, MD. The name “Anabolin” is trademarked but other companies have used a similar substance. The liver support, in combination with the other antihistamine and antioxidant constituents, can make for an effective natural product.

Strategies for Improving Allergies

FIRST, BEFORE YOU CONSIDER ANYTHING ELSE, LOOK AT DIET AND LIFESTYLE: You will be amazed at how much cleaning up your diet improves your symptoms. If you look at the drugs used to treat allergies, you will notice that they primarily block chemicals in the body that cause inflammation. You can reduce inflammation with your diet. Refined food, sugar and chemical additives create inflammation. Fresh produce reduces it. Download *The Roadmap to Health Diet*, which is available from our office. Finding and eliminating hidden food sensitivities (see next section) is often helpful to allergy sufferers. People with allergies are often sensitive to foods that they eat every day. Finding and eliminating these foods from the diet often gives relief.

Herbal & Vitamin Products: Many companies make natural products for people with allergies. Each is designed a little differently. Here is a partial list of constituents that may be included:

- Liver extract
- Vitamin A
- Vitamin C
- *Nigella sativa*
- Fennel
- Bioflavonoids
- Quercetin
- *Fritillaria thunbergii* (Fritillaria)

- *Scutellaria baicalensis* (Baikal Scullcap)
- *Euphrasia officinalis* (eyebright)
- *Morus alba*
- *Platycodon grandiflorum*

Hidden Food Sensitivities do not usually create a sudden and obvious reaction. The reaction to the offending food can take as long as 72 hours. People with this often have a chronic health problem that they cannot link to any particular food. Sinus problems, digestive problems, eczema, headaches, and obesity are examples of the health problems that can be caused by hidden food sensitivities.

You can be sensitive to a food that you crave. Sugar cravings, the desire for junk food and the inability to lose weight can be the result of hidden food sensitivities. This is very different from the familiar kind of food allergies, like breaking out in hives from eating strawberries. The problem foods do not cause a sudden and obvious reaction. The reaction to the offending food can take as long as 72 hours. People with this type of allergy often have a chronic health problem that they can't link to any particular food.

This concept is based on the ideas of Theron Randolph, MD. Dr. Randolph looked at allergies (sensitivities, but Dr. Randolph talked called it an allergy) in an entirely new way. Here are some of his ideas.

- A person can take up to 72 hours to react to an offending food.
- Food allergies can cause symptoms of chronic conditions and seem to have nothing to do with consuming the offending food. Symptoms like migraine headaches, sinusitis, eczema, digestive problems, asthma, and obesity are examples of the problems caused by hidden food allergies.
- People with food allergies are commonly addicted to the food that is causing their health problem. It is usually something that is eaten every day.
- Commonly, when the offending food is avoided,

the individual's symptoms become worse initially. Symptoms usually flare up for 4 or 5 days, but this reaction can last longer. After the reaction passes the individual will feel much better—chronic symptoms disappear, energy increases, and excess weight begins to come off.

Finding hidden food sensitivities can be difficult. There are lab tests, and some have used muscle testing, pulse testing, and elimination diets. Elimination diets involve removing the suspected food from the diet and reintroducing it after a few days. It will often cause a severe reaction. Wheat (gluten) and dairy are common offenders. Other common culprits are eggs, nightshades, soy, and corn. Wheat (gluten), soy, corn, and dairy are avoided on the *Roadmap to Health* diet.

Chemical exposure: There are many well-documented cases of people who have been exposed to chemicals and developed many sensitivities. Detoxification regimens are often used to help these patients. You detoxify all of the time, but it can be facilitated by taking the burden off of the digestive system and facilitating liver and kidney function.

Patients respond to vitamin therapy. Vitamin C can reduce histamine levels. Trace minerals can support the liver in its effort to get rid of toxins. Often the combination of vitamin C and trace minerals is

helpful to patients who have had chemical exposure. Other nutrients that are beneficial include n-acetyl cystine, zinc, vitamin B₆, glutathione, and bioflavonoids. The *Roadmap to Health* diet is high in trace nutrients and antioxidants; it is highly recommended for these patients. Contact our office for a copy.

Digestion: Poor digestive function may be linked to allergies. Look at your scores in the HCl and Enzymes, Liver/Gallbladder Digestion and Microbial Issues in the GI/Dysbiosis categories. Improving digestion and liver function will help with allergic symptoms.

Adrenal Glands: Look at your score in the adrenal category. If it is “moderate” or “significant”, supporting the adrenal glands may help to reduce your allergy symptoms.

Contact our office for a consultation. Finding the root cause of allergy and addressing core health issues can help reduce symptoms. This is a healthier approach than merely treating symptoms.

IF YOU SIMPLY FOLLOW THE ROADMAP TO HEALTH DIET FOR 30 DAYS, YOU WILL NOTICE AN IMPROVEMENT IN YOUR SCORE WHEN YOU RETAKE THE SYMPTOM QUIZ. CONTACT OUR OFFICE FOR A FREE COPY