

ALLERGIES

<u>Definition:</u>	<u>Signs & Symptoms:</u>	<u>Surprise Allergy Symptoms:</u>												
<p>A hypersensitivity to a specific substance (such as food, pollen, dust, etc.) or condition (as heat or cold) which in similar amounts is harmless to most people: it is manifested in a physiological disorder.</p> <p>-Webster's New World Dictionary</p>	<table border="0"> <tr> <td>Nasal Stuffiness</td> <td>Coughing</td> </tr> <tr> <td>Shortness of Breath</td> <td>Sneezing</td> </tr> <tr> <td>Nasal Itchiness</td> <td>Itching Eyes</td> </tr> <tr> <td>Redness of Eyes</td> <td>Itching Ears</td> </tr> <tr> <td>Eye Discharge</td> <td>Wheezing</td> </tr> <tr> <td>Clear Nasal Discharge</td> <td>Skin Rashes</td> </tr> </table>	Nasal Stuffiness	Coughing	Shortness of Breath	Sneezing	Nasal Itchiness	Itching Eyes	Redness of Eyes	Itching Ears	Eye Discharge	Wheezing	Clear Nasal Discharge	Skin Rashes	<p>Depression Panic Attacks Mental Confusion Insomnia</p> <p>-The Bible Cure for Allergies Don Colbert, M.D.</p>
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Causes:

Allergies are resultant from the release of Histamine anytime the immune system is activated. A frequent cause of immune system response is the body's response to "foreign" substances entering the body through the gut wall via "**Leaky Gut Syndrome.**" Leaky Gut allows undigested (or partially digested)food particles, viruses, bacteria, and yeast to enter the body through the gut wall resulting in an immune reaction. Any immune reaction is accompanied by release of several inflammatory chemicals and histamine. Of course the histamine results in the familiar but uncomfortable sinus symptoms.

Food allergies are basically the inability to digest that particular food. The undigested food often results in leaky gut; therefore, triggering the immune system / allergy response.

Treatment:

Repair the "Gut" Wall

Since there is some level of damage to the intestinal wall, nutritional supplementation to promote gut wall healing is the first step of treatment. Products that assist in repair are Total Leaky Gut, IPS (intestinal permeability support), and STM. These products are designed to promote healing of the gut wall using all-natural ingredients.

Enzyme Replacement Therapy

Since leaky gut often results in allergic response and histamine production and is caused by poorly digested food, particularly proteins, it is imperative to assist in the digestive process. It is necessary to evaluate the body's ability to digest proteins, fats, and carbohydrates. This is done through a 24 hour urinalysis. Once the digestive stresses are identified, the appropriate enzymes can be supplemented to assist the body in the digestive process; thus reducing stress on the body. Enzymes are essential to digest food; enzymes prevent gas and bloating; enzymes free up your immune system to fight bacteria and viruses. Proper digestion can reduce leaky gut, thus reducing immune response and histamine production

Support the Adrenal Glands

Chronis Stress also contributes to Leaky Gut and therefore allergies, it is important to support the Adrenal Glands. The adrenal glands assist your body in coping with stress. Diet and DSF (De-Stress Formula) provide the necessary nutrients to assist the adrenal glands—aiding in stress handling and increasing energy.

Revise Diet

Correcting diet is essential to resolving allergic responses. Offending food groups can be identified by 24 hour urinalysis. Appropriate enzyme replacement therapy can then begin.

Repopulate Healthy Bowel Flora

Antibiotics can destroy "good" bacteria along with the bad. Pro-Biotics (products such as iFlora and Sml) restore normal flora, which keeps pathogenic bacteria and yeast in check. Proper balance between "good" bacteria and yeast is critical to protecting the gut wall.

Toxin Removal

Toxins, particularly bowel toxins, can have damaging effects on the gut wall. Toxins can be gently removed from the body using the EB-305 ("foot bath") unit which draws toxins out through the skin. Diet and high fiber Challenge Powder can help improve elimination. Increasing lymphatic flow will also help the body's detoxification process. The Exerciser 2000 (a lymphatic stimulator) is utilized to assist this process.

Nerve System Balance

Gastrointestinal tissue must receive proper nerve supply to function correctly. Balancing the nervous system may include treatment such as mobilization, manipulation, and spinal alignment; as well as, myofascial release.

Support Nutrition

Histoplex (a natural "anti-histamine") and Mucolytic Drainage (assists in sinus drainage) are often helpful for symptom relief.