



Soothing Allergies

An allergy is an adverse immune system reaction to a substance that most people find harmless. Allergies can manifest in a variety of ways. Various symptoms of an allergic response include, watery and itchy eyes, sneezing, stuffy nose, headaches, fatigue, following exposure to dust, pollens, dust mites, animal dander, chemicals, pesticides, and other materials. Many of the symptoms can range from mild to severe, depending upon the person.

Many of the conditions are so common that they are almost considered normal by the people who suffer from them, and even by some physicians, as a deeper investigation of a patient's condition is not considered.

Beyond Seasonal

If you have suffered most of your life from year-round allergies and such symptoms as hives, eczema, fluid retention, dark circles under the eyes, dermatitis, coughing, and/or rapid reactions to minute amounts of some foods, then you may have allergies that are more than seasonal. Allergy season "stuffiness" can lead to respiratory infections that tend to linger. Testing for allergies to identify what is causing them is the first step in treatment.

Two Types of Allergies

Allergies fall into two categories, those caused by environmental factors, and those caused by food.

Either type can result in a wide range of symptoms, and can cause or contribute to asthma, bronchitis, rheumatoid arthritis, diabetes, eczema, migraines and cluster headaches, chronic fatigue syndrome, gastrointestinal disorders, glaucoma, kidney problems, weight gain, seizures, heart palpitations, depression, and even cerebral palsy and multiple sclerosis, among other conditions.

The most common causes of environmental allergies are the pollens of various plants such as trees, weeds, and grasses. House dust, mites, molds, and tobacco smoke are other causes. Less common, but equally serious, are products found in the home or office. Cosmetics, perfumes, cleaning agents, gas used for heat & cooking and certain fabrics.

Common Causes of Allergies

One of the primary causes of allergies is an impaired immune system, which substantially increases the risk of allergic reactions. This usually occurs when the immune system becomes stressed due to an overload of toxins. Several factors that negatively affect the immune system and increase its burden are pollution in all its forms, disturbance of an infant's immune system through repeated vaccination and immunizations; and damage to healthy intestinal flora due to

over reliance upon antibiotics and steroids (especially birth control pills).

The immune system can also be weakened through hereditary problems. Usually this is reflected in the gastrointestinal tract, in that nutrients are not able to be absorbed and utilized properly. This can then set an environment in the system for food allergies. Antibiotics can cause allergic reactions and add to the confusion that the immune system is facing, until the immune system is no longer able to tell friend from foe. When that happens, it starts reacting to all sorts of things which are not foes, that then becomes treated as allergens. This leads to fatigue and allows viruses, bacteria, and so forth to come in and play havoc.

Other causes of food allergies include nutritional deficiencies, a repetitive and monotonous diet, chemicals in the food chain due to pesticides and preservatives, and chronic intestinal yeast overgrowth (candidiasis), according to allergy specialists.

A **repetitive** diet can contribute to the development of allergies, as found by Dr. Marshall Mandell, Medical Director of the New England Foundation for Allergies and Environmental Diseases. **They also found that diets of allergy patients normally consist of thirty foods or less, which they eat repeatedly.** These thirty foods then become the basis for the most common food intolerance. **If someone eats bread every day, for instance, he could easily develop a wheat allergy** due to the immune system's continuous exposure to it.

Health Insight

Both Variety and Simplicity Are Essential.

“The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and **the system is better nourished, when the food is varied.**” Child Guidance 373

Wheat Flour

“**All wheat flour is not best for a continuous diet.** A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it.” CDF 321

“Leaky gut syndrome” or excessive permeability in the digestive tract, is another major factor that can lead to allergies. In these cases the immune system reacts to the particles of partially digested foodstuffs (macromolecules) that leak into the bloodstream through the gut as if they were foreign materials. Among the causes of leaky gut syndrome, doctors cite poor digestion, alcohol consumption, and the use of anti-inflammatory drugs (NSAIDS), viral and bacterial infections, parasitical infestation, vitamin, mineral, amino acid and/or essential fatty acid deficiencies, excessive stress, antibiotics, premature birth, candidiasis, and radiation. These are all factors that one should consider and bring under the control as part of an overall approach for treating allergies.

Health Insight

“**The digestive organs have an important part to act in our life happiness.** God has given us intelligence, that we may learn what we should use as food. Shall we not, as sensible men and women, study whether the things we eat will be in agreement, or whether they will cause

trouble? **People who have a sour stomach are very often of a sour disposition.**

Everything seems to be contrary to them, and they are inclined to be peevish and irritable. If we would have peace among ourselves, we should give more thought than we do to having a peaceful stomach.” CDF 112

Allergy Therapy

In order for true healing of allergies to occur, it is necessary to address their cause rather than just treat the outward manifestations or symptoms. This involves identifying the substances a person is allergic to and eliminating them from the diet and environment. At the same time, the body needs to be purged of toxins and the immune system needs to be stimulated. Since no two persons are alike, therapeutic approaches will vary, and usually a combination of therapies is the best course of action.

Therapeutic approaches would include lifestyle changes such as; mild cleansing or detoxifying programs to eliminate excess mucus buildup, dietary alterations, rotation diet, vitamin, mineral and herbal supplements.

MILD CLEANSING

Cleansing is usually the first action taken to eliminate excess toxins and mucus build-up in the body, **prior to starting a lifestyle program.** This frees up the body systems enabling them to adequately perform their tasks. There are a variety of cleansing methods, and you should choose the one that best suits you and your needs. (Please write us for 4 program descriptions; donation basis). Cleansing is usually preformed using apple or grape juice with herbs and mild water therapies for a period ranging from 3-10 days or longer.

DIETARY

Proper diet is the foundation from which to deal with allergies of all types. If the body is continually being stressed by the foods that are meant to nourish it, there will be fewer reserves left for the immune system to deal with other ‘foreign’ substances. One way to ensure that the body is receiving a greater supply of nutrients from food, while at the same time minimizing the risk of exposure to allergenic foods, is to increase the variety of foods eaten and rotate them so that they aren’t eaten too frequently. This is known as a “rotation diet”.

ROTATION DIET

A rotation diet is an excellent way to ensure one is not consuming the same foods too frequently. Normally the food is rotated every four days or so. Meaning that you are not eating any one food more often than every four days. With this method you may also increase your variety of food, primarily eating those items that are not prone to cause allergic reactions, such as, gluten grains, wheat, rye, barley, white rice and oats. I would stick to grains like brown rice, millet, amaranth, and corn.

VITAMINS AND MINERALS

Testing and research has indicated that many allergy sufferers are deficient in Vitamin A, certain B vitamins, zinc, magnesium, and vitamin C.

Both zinc and vitamin A play an important role in the production of secretory IgA, a gastrointestinal antibody secreted from the salivary glands in the mouth and from cells that line the digestive tract. The IgA antibody latches on to what is perceived in the body as allergens or potential allergens in the foods that we eat. IgA results in a protective coat of mucous being formed around these allergens and prevents them from being absorbed into the blood stream. If you're zinc and vitamin A deficient, you produce less secretory IgA, and therefore your susceptibility to food allergies increases. Zinc also plays a role in the production of the body's hydrochloric acid, which the body needs as well for proper digestion to occur. High doses of Vitamin C have a dramatic effect in improving allergy symptoms, particularly hay fever and asthma, due to its ability to counteract the inflammation responses that are part of such conditions.



MATERIA MEDICA

THERE ARE A VARIETY OF HERBS THAT OFFER RELIEF FROM ALLERGIES. AMONG THOSE ARE ANTICATARRHALS, SUCH AS GOLDENSEAL, RED SAGE, AND GOLDENROD, TO HELP ELIMINATE MUCOUS; AND ASTRINGENTS SUCH AS YARROW AND MYRRH TO HELP CONTRACT INFLAMED TISSUES AND REDUCE SECRETIONS AND DISCHARGES.

TO STRENGTHEN IMMUNE RESPONSE, HERBS SUCH AS ECHINACEA, ASTRAGALUS ROOT, GOLDENSEAL ROOT, SUMA OR BRAZILIAN GINSENG, A BRAZILIAN HERB WHICH NUMEROUS STUDIES PROVE IS EFFECTIVE AND SAFE FOR TREATING WEAKENED IMMUNE SYSTEMS. CAYENNE IS ANOTHER HERB WHICH IS EXCELLENT TO REVERSE ALLERGY AND ASTHMA CONDITIONS, SIMPLY BY SPRINKLING A GENEROUS AMOUNT ON FOOD. ITS ACTIVE INGREDIENT CAPSAICIN IS A STRONG 'DUAL' ANTI-INFLAMMATORY AGENT, VERY INEXPENSIVE, AND READILY AVAILABLE.

ASTRAGALUS (ASTRAGALUS MEMBRANACEOUS)

PART USED: ROOT

ASTRAGALUS IMPROVES THE HEALTH OF THE DIGESTIVE SYSTEM. IT INCREASES THE RATE OF PERSPIRATION. IT HAS BEEN SPECULATED THAT ASTRAGALUS MAY DESTABILIZE THE CELL MEMBRANE OF THE HIV VIRUS THAT IS IMPLICATED IN AIDS. THE HERB INHIBITS MANY TYPES OF DETRIMENTAL BACTERIA (DUE TO ASTRAGALAN B). IT ALSO STIMULATES THE IMMUNE SYSTEM AND POSSESSES STRONG IMMUNE-RESTORATIVE EFFECTS. IT INCREASES THE SURVIVAL TIME OF PERSONS AFFLICTED WITH CANCER. (SCIENTIFIC RESEARCH ON HUMANS SHOWED THE HERB TO DOUBLE THE SURVIVAL TIME OF CANCER PATIENTS. IN VITRO STUDIES CONFIRM THAT ASTRAGALUS INVOKES A STRONG RESPONSE FROM THE IMMUNE SYSTEM AGAINST CANCER CELLS).

ASTRAGALUS STRENGTHENS THE LUNGS IN CASES OF CHRONIC LUNG WEAKNESS.

IT ALSO INCREASES THE BODY'S PRODUCTION OF INTERFERONS, AND IMPROVES THE ANTI-TUMOR ACTIVITY OF INTERLEUKIN 2 IN THE CELLS.

ASTRAGALUS REDUCES THE TOXICITY OF MANY OF THE ANTI-CANCER PHARMACEUTICALS UTILIZED IN CHEMOTHERAPY (INCLUDING BONE MARROW SUPPRESSION AND NAUSEA INDUCED BY MANY DRUGS)

RECOMMENDED DOSE: 1 GRAM PER DAY FOR THERAPEUTIC PURPOSES

MYRRH

(COMMIPHORA MYRRHA)

MYRRH STIMULATES THE FLOW OF BLOOD TO THE CAPILLARIES AND GIVES A WARM SENSATION TO THE STOMACH. IT INCREASES THE NUMBER OF WHITE BLOOD CORPUSCLES UP TO FOUR TIMES THE ORIGINAL, WHEN THERE IS A NEED FOR FIGHTING INFECTION, AND QUICKENS THE HEART ACTION. IT ENHANCES THE ELIMINATIVE FUNCTION OF THE MUCOUS MEMBRANES IN THE BRONCHI AND GENITO-URINARY TRACT, AT THE SAME TIME DISINFECTING THOSE TISSUES AND REDUCING MUCUS DISCHARGE FROM THOSE SPECIFIC AREAS. IT IS AN EXCELLENT INTERNAL TONIC FOR SPONGY GUMS, RELAXED THROAT, ULCERATED SORE THROAT, ULCERS, ETC. TOPICALLY IT MAKES A GOOD SKIN TONIC AND CONDITIONER. IT IS A GOOD STIMULANT, DISINFECTANT, AND ANTISEPTIC ON OPEN OR ULCERATED SURFACES, LESSENS THE POSSIBILITY OF INFECTION AND SPEEDS HEALING. IT PROMOTES MENSTRUATION AND EXPECTORATION.

All material provided by H.E.R.B. Time is for educational purposes only. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions.