

WHAT ARE ALLERGIES?

We are conditioned to equate symptoms such as blood shot eyes, itching skin, stuffy nose etc with allergies, as if the symptoms were actually the disease itself. Headache, backache, bronchitis, eczema, arthritis, tinnitus, asthma, high blood pressure, on and on – are usually not diseases themselves, but rather the signs of disease. The illusion in Western Medicine is that by temporarily covering up the signs, we have now cured the disease. The illusion is that by naming the signs, we have identified the disease.

Nothing could be further from the truth.

If we have a headache, we are programmed by Western Medicine to take a pain killer to take the pain away. But wait – the pain wasn't the cause of the problem. The headache had a reason; it was a sign of something else. Neck spasm, intoxication, emotional stress, sinus allergies, trauma, spine misalignment, drugs, chemical sensitivity, overwork, dehydration, hunger – the pain can come from many sources. Pharmaceutical drugs are no a cure...they are not even designed to cure us! They NEVER cure anything. The proof is that once the pill wears off, the symptoms return...we are being fooled for profit.

Same with allergies. Allergies are not watery eyes and stuffed up noses. Allergies are reactions to irritants. Something is triggering the body's cleansing responses. Eyes water to clear the eyes. Coughing reflex kicks in to forcibly expel the toxins before they get inhaled. All symptoms of any disease are our body's attempt to help us stay well, and a warning that all is not well within.

Tolerance is an adaptation to stress. When we get used to an irritant, the body eventually gives up on trying to expel it. Tolerance doesn't mean it won't kill you; it just means the body's getting debilitated by that degree of being poisoned, the immune system can no longer irritant can no longer be triggered into such a strong cleansing response as it used to.

An obvious example of this is with someone learning to smoke cigarettes. They initially cough and choke at first, as the body attempts to reject the poison, but soon the body's ability to throw off the toxins is gradually weakened.

WESTERN MEDICINE APPROACH

We've all heard of anti-histamines. They are the Western Medicine answer to allergy problems...Pills and sprays that unclog stuffed noses. They work by blocking histamines. However, Histamines are produced by our white

cells to trigger protective mechanisms, like stuffing up the nose, making the eyes water, and shutting down digestion. Antihistamines unnaturally interferes with the body's normal attempts to protect itself. Mouth, nose, and eyes – that's the first line of defense.

When antihistamines block these normal clearing responses from happening, the irritant or allergen or antigen is being permitted to enter further into the body than it would ever have gotten. This is a side effect of antihistamines. You may be thankful that you can breathe again, but for any drug, there is always a trade-off. The problem wasn't the stuffy nose or the watering eyes; the problem was the stressed immune system, and the allergen or the irritant is merely a trigger. Antihistamines never treat the underlying cause; they just suspend the body's ability to respond with its normal clearing mechanisms. Result: tolerance. Toxicification.

Holistic doctors and therapists grow weary of explaining this self-evident fact over and over a dozen times a day to their patients. It's like if you're driving down the road and suddenly you hear this horrendous knocking noise coming from the engine. So you turn up the radio full blast in order to cover up the noise. Pretty stupid, but that's precisely what we're doing with allergy medication.

COVER UP THE SYMPTOMS

The focus of allergy treatment should be to eliminate the underlying root cause of the sinus blockage and the watery nose and eyes, and itchy skin etc. First of all, identify the causative factor. Cat hair, dust, pollen, shellfish, wool, etc.? I don't think so. Normal people can be around all of these and not react. Genetics? The usual excuse, when the "experts" run out of ideas.

Doctors sell drugs on behalf of the pharmaceutical giants; that's why we go to them. If you want health, well, that's a entirely different topic altogether.

There's another possibility here that thousands of people have discovered within the past few years. A whole new paradigm must be considered to explain the consistent success that detoxifying patients are having in resolving their chronic allergies. It's really quite simple.

THE TRUTH ABOUT ALLERGY

British and Irish children are getting fatter, sicker, and dumber than ever before in our history. This is not meant to just a provocative statement, but is easily documented in all relevant government and scientific statistics on allergy, obesity and neurodevelopment.

When a child is born, his tract and blood are clean and clear. As he starts eating the western diet of convenience junk food, coke and other pop, high sugar, low nutritional foods, processed devitalized foods etc, together with lack of exercise, and lack of fresh air and sunlight. Add to this the 20 odd vaccinations our kids are given before the age of 12, which contain derivatives of mercury and other harmful toxins, and have never been actually proven to protect us against disease. All of these factors combine to create a lowered immune system, lack of physical fitness, obesity and an accumulation of toxicity. Toxic Load in most Westerners is huge..

As time goes by the Toxic Load builds up to the point where one day it crosses over the line, exceeds the threshold, and now the child does react — any type of allergic reaction may result. At that point the patient has built up such a load of accumulated toxic foods that he has exceeded the body's ability to deal with them – to break them down and process them through. Result: asthma, allergies, skin conditions, coughing, bronchitis, chronic fatigue, failure to develop, etc. The body is triggered into an immune response...an attempt to heal the problem, giving the unpleasant symptoms we call allergy.

So what do most people do at that point? Take the kid to the doctor. And in one fell swoop the patient is now categorized as having allergies and put on a regiment of drugs that will last for years. Not a word about the box of frosted flakes and the 4 doughnuts the kid has for breakfast or the 4 cokes he has at school throughout the day or the carton of ice cream he needs for his midnight snack—no. None of that is taken into the equation.

Do you know anyone on allergy medication? Do they still have allergies??

DETOXIFICATION – ELIMINATE THE TOXIC LOAD

So we have a different idea besides drugs. Break down and eliminate the toxic sludge that has accumulated in the tract and the blood for all these years. First, by way of a Clinical Kinesiology diagnostic test, (see tag) find out what toxicity you are carrying, and go on a specific detoxification regime designed to eliminate those toxins. Secondly, vastly improve your nutritional regime, and revitalize your immune system. Symptoms will disappear within 60 days.

Apart from toxicity, what else do 99% of allergic British and Irish folks have in common? Undigested food which has accumulated in the digestive tract, in the blood, in the tissues, organs and joints. It remains for months and years and cannot be dislodged by any of the body's methods. And the last and most persistent of these methods is the Inflammatory Response – the body's attempt to attack and expel the intruder.

Chronic buildup of undigested food signals two main deficiencies within the body: enzymes and flora.

First,

ENZYMES

Enzymes are what has been removed from food in order to make it last as long as possible on the shelves of our supermarkets.

Enzymes are necessary for breakdown and digestion of food. Without them, the body makes a valiant effort to employ its own digestive enzymes to do the job. Problem is, so many of the soft foods we eat today are brand new to the human species within the past 100 years. New chemicals and preservatives have been introduced into our food supply for flavouring and preserving. The rancid, oxidizing fats of chips and fries are too weird. Our bodies can't break them down. After a certain amount of trying, the body gives up. At that point, much goes in, but little goes out. That's the main reason many people have difficulty eliminating and get constipated.

Food allergists and clinical ecologists waste a great deal of time setting up elimination diets to find out which exact foods cause a patient's allergic symptoms. Far more applicable and effective would be a shotgun approach: enzyme supplementation, because in general we eat an enzyme-less processed diet.

Pasteurized milk has no enzymes any more. Canned food, none. Dairy products, salad dressings, soft drinks, ice cream, cheese, pastries, deep fried food, salty snacks, – contain no enzymes.

Happens like this:

Putrefying sludge breaks down the cells of the gut lining (epithelium) largely by choking off the blood supply to these delicate cells (ischemia). The gut wall is supposed to be very selective in what it allows to be absorbed into the blood.

When there is so much cell damage, the intestinal cells can no longer be selective. Stuff that wasn't supposed to get through starts getting through to the bloodstream. Large molecules of manmade half-digested fats, proteins, and carbohydrates are absorbed intact through the gut into the bloodstream. Once in the blood, digestion can no longer take place. These foreign molecules can then lodge in any joint, tissue, or organ. Since they are rotting food, they are toxins and can be the cause of practically ANY disease condition you can name.

Second,

GUT FLORA

Flora means good bacteria. The normal colon should have three lbs. of good bacteria at all times. They are also called probiotics, and include species like Lactobacillus, L. Salivarius, Acidophilus, and many others. Their job is the final phase of digestion. These good bacteria constitute approximately 60% of our immune system. Without them, food rots in the colon, and we also become very susceptible to ill health..

Rotting food becomes cemented within the inner folds of the colon's lining, destroying the mucosal cells, preventing normal function, and eventually blocking proper elimination. Rotting food leaks back into the bloodstream, going anywhere it can in the body.

World authority in probiotics, the late Dr. Khem Shahani, described flora as the Second Immune System. He was referring to the ability of the flora to remove a toxic stimulus or allergen – undigested food – from the body. Understanding this simple concept is the key to grasping the essential dynamic between a healthy colon and the end of allergies. With rare exception, allergies simply cannot coexist in a body that has a healthy colon.

Probiotic flora – the good bacteria – are fragile life forms existing in the normal body in a dynamic balance along with pathological bacteria, fungi, and viral forms. These good bacteria get killed off by the following agents:

Antibiotics, antacids, NSAI's and other perscriptive medicines, white sugar, carbonated drinks, antihistamines, chlorinated water supply, fluoridated water and tooth paste, and coffee. In fact, any substance which changes our natural blood pH to lower than 7.4, creating an internal environment which can not sustain health.

Many holistic nutritionists estimate that 80% of British and Irish women, and a significant proportion of men, have systemic Candida albicans. Candida is a yeast proliferation throughout the whole body whose existence was denied by American medical doctors as recently as fifteen years ago. As the normal flora become killed off, bad bacteria begin to multiply. Without enough good bacteria to occupy the available living quarters, there is nothing to check the bad ones. Fungal and yeast growths are allowed to increase for the same reason. Doctors call this phenomenon opportunistic infection. With the amount of pasteurized dairy we consume, such chronic low-grade infections are in epidemic proportions in the west today.

AUTOIMMUNE DISEASES

Thirty years ago you couldn't use the word autoimmune in conversation unless you were speaking with a doctor. With the meteoric increase in these diseases, today even the uneducated know what you're talking about, because someone in their family probably has an autoimmune condition.

Autoimmune means the body is attacking itself. It means that for some reason, the body is getting the idea that part of itself is foreign and must be expelled, in exactly the same way as any allergen, intruder or antigen would be. First that means inflammation. Then comes swelling, followed by the onset of fibrosis (fibrous scar tissue), and finally, if unchecked, actual calcification. Pain can jump in at any time..

Lupus, rheumatoid arthritis, chronic fatigue syndrome, fibromyalgia, scleroderma, – we hear about most of these all the time. What do they have in common? They're all of "unknown" origin, according to the medical texts. They can't be cured by drugs. They're all progressive. They can all be life-threatening. They're autoimmune. And they're all on the rise.

Hundreds of holistic healers have known for years that the cause of these diseases is obvious, and they are all expressions of the same process – toxemia. (Tilden [10]) That means blood poisoning. In the 1920s, holistic healer JH Tilden MD wrote that there is only one disease – toxemia and all the hundreds of disease conditions we have names for are just different manifestations of the same autointoxication, or self-poisoning.

OTHER ALLERGENS

All the foregoing has to do with undigested processed foods as the cause of allergic reactions. This doesn't even take into account the pesticides, hormones, and chemical preservatives, additives, and contaminants which end up in our food as the results of preparation, processing and packaging. Half of all antibiotics produced in the UK today are for animals. Animals we eat. Sprayed pesticides work their way into the inner cells of supermarket fruit, and do not wash off. In our bodies such poisons are fat-soluble: stored in our fat cells, for months or years.

Until the mid 1980s, sulfur dioxide compounds known as sulfites were commonly sprayed on French fries, meat, and salad bars to keep the food from browning too quickly. Sulfites were also routinely added to wine, to prevent further fermentation. Sulfur dioxide is toxic, and a cause of thousand of documented allergic reactions reported to the FDA in the mid 1980s, many of them fatal. Although sulfite use on meat and raw produce has been banned, they still appear in bronchodilator sprays, and also in wines, as long as the label states the percentage.

Ever notice how some bananas don't ripen, but just go from green to rotten, with large black areas as though they had been bruised? This is from "gas-ripened" bananas. The green bananas are exposed to ethylene gas, which artificially stops the ripening process just before going to the market, so they'll travel better.. Here's how you tell the difference: normal bananas will have many small irregular dark spots on the skin as they ripen, and will ripen normally. Gassing is legal at this time, but is often the cause of allergic response in someone who thinks he's allergic to bananas.

It's not just bananas – most produce today is subject either to gassing or irradiation to kill enzymes for better transportation. Problem is, with no enzymes, the food loses most of its value as a nutrient. And can be allergenic just because of the gas.

Same deal with irradiation of produce, which is also becoming commonplace today in the mega-agro industry. Same unnatural mutation going on.

THE LAST STRAW

Since all this undigested food has no outlet or way to be broken down, it builds up within the body over months and years. Let's call the point at which a person actually breaks out with symptoms of allergy (hives, rash, runny nose, stuffed sinuses, etc) let's call that point the Threshold. Below the Threshold, the person won't have symptoms.

Since the indulgent Westerner is packing away all this stored debris, he is pushing his body steadily closer and closer to its toxic capacity. Day by day he is jacking up his level of autointoxication, higher and higher. He is so close to the Threshold at all times, because of his indigestible diet, that contact with cat hair, dust, pollen, phases of the moon, or whatever the Specialist said he was "allergic to" – any contact may be enough to raise him that last little bit, the straw that broke the camel's back, above the Threshold, and voila' – symptoms occur. And then the "specialist" blames the whole allergy on that last straw.

So they give him antihistamine "allergy medication" which prevents the body from offering its normal response.

Same with allergy shots. They give you a little of what you're supposedly allergic to, as determined by the Last Straw diagnosis, with the promise that this will make you "immune" to that last straw – the cat hair, pollen, fairy dust, eye of newt, whatever.

Allergy shots almost never work. If they did you wouldn't have to rush back to the doctor every six months or so for your shots. Ever notice how people on allergy shots always have allergies? Ever hear of anyone getting cured by allergy shots?

How can it be this simple? Why doesn't everybody know this? Thousands do, but the reason this information is not mainstream starts with an M. The allergy industry is big business, both prescription and over-the-counter. Changing one's diet is not. It goes back to the first paragraph about conventional wisdom.

THE SOLUTION

Ask yourself this: do I really want to get rid of these allergies, or am I going to continue taking these medications every year, with very little results? If the answer is "YES" then there is a solution for you.

Taking a Clinical Kinesiology diagnostic test will identify precisely what is going on in your system with regard to toxicity, and why you are reacting to certain substances. Remember, the cause is toxicity first, followed by nutritional status and gut health. The thing you are reacting to is the last straw, and NOT the cause. Removing the last straw will NEVER cure your allergy..

In the hands of a qualified Clinical Kinesiologist you will learn exactly what you need to do to detoxify your specific problem, revitalize your system, and resolve the reason you have an allergic response going on. Yes, it really is that simple!!