

Allergies and Auto-Immune Disorders

Spring is here. The trees are blooming, the grass is growing and the birds are singing. The pollen is blowing in the balmy breeze and all is NOT well. Sneezing, drippy nose, runny eyes, and difficulty sleeping are driving people to the doctor's office for their allergy shots or over the counter or non-prescription antihistamine. Truth be told, living in Atlanta is a dream for allergists but not for you or me. Allergies affect millions of us each year. While these symptoms are uncomfortable and annoying more people suffer from chronic sensitivities that go beyond the respiratory reactions. The purpose of my Thursday Detoxification workshop at 6:30 (open to all) is to alert you about this.

Of interest, allergies are not caused by allergens such as pollens, house mites, dust or other substances. While it is true these substances trigger an allergic response the underlying cause is a malfunctioning immune system. Basically what occurs with our allergic response is our immune system identifying the harmless allergen and attempts to destroy it. The allergic symptoms that many are so familiar with, runny nose, watery eyes, etc are direct signs that the immune system is trying to destroy and remove these substances. Many auto-immune diseases can be viewed as a severe form of allergy where the immune system attacks its owner. An allergy results when a person has an abnormally high sensitivity to a normally harmless substance. There are multiple irritating factors such as chemical and food sensitivities and environmental intolerances which affect our immune system.

Traditional medicine and natural healing view and treat allergies vastly different. Traditional medicine will treat allergies with immunotherapy (allergy) shots, antihistamine drugs and/or antibiotics if there is an underlying infection. As a last resort a cortisone type drug such as Prednisone may be prescribed. We all know people with improved tolerance of their allergy after their allergy shots and some without much improvement at all. As with all medication, it is best if your body can handle

Antihistamine drugs, while often very effective, are not much more than a Band-Aid as they only manage the symptoms rather than solving the problem. Treating the underlying infection is essential, but anti-biotics have many problems such as disruption of the beneficial bacteria in the digestive tract. Finally, cortisone type drugs are undeniably effective, and work very rapidly. Unfortunately cortisone drugs have an extensive and severe list of side effects. Cortisone drugs work by supplying the body with a hormone called cortisone which is an essential hormone made by the body's adrenal glands. Cortisone controls the body's allergic response and inflammation. Unfortunately, by supplying cortisone from a source outside the body, the body's own ability to produce cortisone is severely depressed generally making it difficult to come off the drug and stay off long term.

As your wellness practitioner we will work with you to manage and eliminate your allergies with several methods.

Steps to overcoming allergies:

1. Heal and Repair the digestive tract. We can evaluate and recommend nutrients to heal and repair the digestive tract. Candida, a yeast, can also be a contributor to allergies and sensitivities especially food sensitivities. Total Enzymes, Total Probitoics are essential for all who suffer from allergies. Other nutrients such as Total Yeast Redux and Total Upper GI may also be suggested.

2. Lifestyle eating modifications. Avoiding sugar, fruit juices (especially for children), wheat and white flour, hydrogenated and partially hydrogenated oils and pasteurized dairy products is almost always helpful.

3. Decrease the Inflammatory response. We live in a society where many of the foods we eat actually contribute to inflammation and poor health. Avoiding all the foods listed in step 2 will significantly reduce systemic inflammation and remove a burden from the immune system. Nutritionally support the health of your cells and naturally decrease inflammation with American Heart Association endorsed Omega-3 Essential Oils.

4. Manage the stress monster! Stress hormones wreck havoc in the body and especially in the immune system. Learn methods of stress management such as meditation, taking time for you and just simply learning to say “NO” to the stuff that is not truly in line with your goals and values. Nutritionally support the stress response in your body.

5. Detoxification. The Standard Process Purification Program is a 21 Day weight loss and detoxification program. It works wonders