

Hay

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An allergy is an abnormal sensitivity of the body to certain substances, called allergens, such as pollen, micro-organisms, pet dander and dust. If you add food allergies and food intolerances to it, then there is hardly any American who does not suffer from allergies. One can be intolerant or allergic to foods such as nuts, proteins, wheat, dairy products, a particular vitamin and even water. Being sensitive or allergic to food means, the body can't deal with it and the food, be it organic or not, can't do its job and nourish the body.

Two main causes:

1. A weak Immune System.

Exposure to allergens, such as pollen, causes the body to increase the production of so called antibodies to destroy the invader. Those antibodies release histamines and other chemicals which are causing the unpleasant allergic symptoms such as: sneezing, wheezing, nasal congestions, itchy-watery eyes, running nose, itchy throat, asthma, stomach ache, fatigue, irritability etc. Histamines and chemicals differ from person to person causing symptoms which vary depending on the type of personality, meaning the response of the immune system is an individual reaction of the body to deal with allergens! There could be just a runny nose, in one case mild in another one itchy. Or there could be symptoms affecting the throat and even may cause asthma. If the body creates histamines and chemicals to deal with allergens, would you attack these substances (histamines and chemicals)? Wouldn't it be better to boost the individual immune system making sure

the body doesn't need to react to allergens, but is able to deal with allergens and pollen? Antihistamines, steroids, immunization shots which are used in medicine, kill the immune responses of the body, by attacking histamines and chemicals the bodies produces as a defense reaction. The results are: A weaker immune system, which can result in more allergies, candida, asthma etc. And then there are the side effects of drugs: change of taste and smell, reduced appetite, dizziness, insomnia, dry mouth and throat, difficulties to urinate, stomach problems and ulcer, headache, trouble sleeping, flu-like symptoms, fast heartbeat and increased blood pressure. If this is not enough here are more side effects of newer drugs: Feeling unusually sad, anxiety, sluggishness, reduced sex drive, infertility, slow or not mentally sharp; kids may have trouble functioning at school. Long-term steroid use can lead to a decreased growth rate of kids, increased chance of developing cataracts, diabetes and osteoporosis.

2. The Leaky Gut Syndrome.

Most of nutrients are absorbed in the small intestine (small bowel). They penetrate via tiny holes the bowel wall and enter the blood stream. If these bowel holes are too big in size, larger undigested food molecules together with toxins, yeast and other waste material (which the body normally doesn't allow through) enter the blood stream. The first reaction of the body to these foreign substances in the blood stream is to fight like hell. The liver comes into action to screen out all the particles the intestines should have taken care of. If the liver can't manage to deal with the constant flow of waste into the blood stream the immune system comes into action to fight the intruders and get them out of the body asap (as soon as

possible). The results are allergy symptoms as described above.

What can you do?

To treat allergies and hay fever effectively one has to boost the immune system and improve the function of the digestive system. This includes to stay away from vaccinations, drugs in general and stick to a healthy diet! Antihistamines and steroids suppress symptoms and are therefore not solving the problem. I have seen hundreds of patients developing allergies after vaccinations and repeated prescriptions of antibiotics, fungus treatments and pain killers. Drugs have the tendency to destroy layers of the digestive system leading to leaky gut. A diet high in sugars, sweeteners, starches, over processed and microwaved foods, preservatives, refined flours and sodas introduce massive amounts of chemicals (toxins) into the body and need to be avoided. Coffee, Smoking, and Alcohol causes inflammations in the gut and destroy the gut flora. Chronic stress almost always results in a suppressed immune system. You better find out what is causing your stress and solve the problems you are having.

A healthy diet: Eliminating sugars, starches, white flours, sodas and other irritating foods and substances alleviates the inflammation of the gut and allows the intestinal tract to return to its normal function. Stick to a diet which is rich in vegetables, leaves and herbs. To detox or to do a fast as outlined in my last article in Wellness Magazine will help greatly.

Supplementation: Damaged gut functions causes mal-absorption and improper digestions, both of which are going to leave you with nutritional deficiencies. Supplementing with a good multi-vitamin, large amounts of Vitamin D and Zinc will help the intestinal lining return to normal

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FEVER & ALLERGIES

What are they — how do we get them — what are the most effective treatments?

(assuming irritants from the diet and drugs are removed). Essential fish oils have also been shown to help to improve the condition of the intestinal mucosal lining (omega-3's greatly reduce inflammation among a host of other benefits).

Probiotics: Once you have changed your diet to a gut friendly diet and cut down at least on drugs and other irritants it is time mixing in a solid foundation of probiotics, and more specifically, the friendly bacteria *Lactobacillus Acidophilus*. A good diet gets rid of the bad bacteria and you need a constant feed of the good bacteria to replace it. It is sometimes a challenge to find the right strand of healthy gut bacteria as they differ greatly. The British Physician and Bacteriologist Dr. Edward found that bacteria in the gut differ from person to person, depending on the personality! Your naturopathic nutritionist can help you finding the right bacteria which fits you.

Digestive Enzymes: Digestive enzymes are breaking down foods into very small particles to be utilized by the body. They also act as garbage collector in the intestine by removing toxins, bacteria and damaged cells. Digestive enzymes are found in raw foods such as organic vegetables, salads and herbs. Make sure you have some every day. You can supplement digestive enzymes initially. Best is to ask your health food shop assistant for a good product. I am always amazed of the product knowledge staff in health food shops have. And I found supplements in America in general to be very good and powerful. It takes sometimes a bit time for them to work and to find the right one which suits you, but at least you have true solutions there to fix your particular problem.

Homeopathy: We are all individuals and our body reacts therefore different from

person to person as explained above.

To treat hay fever and allergies successfully needs therefore an individual treatment and remedy. There are about 200 homeopathic remedies in various strengths (potencies) to treat allergies. It is the task of the Homeopath to find the one remedy in the right potency given at the correct sequence to boost the individual immune system. I have seen patients getting rid of their allergy within one day, others needed months if not years to build the immune system and become independent from any medication.

If you can't find a Homeopath near you, visit your health food shop and ask for a complex homeopathic remedy, where most common homeopathic remedies for hay fever or allergies are mixed to one remedy. They do wonders sometimes and have no side effects!

Acupuncture: Acupuncture is another natural therapy to treat hay fever and allergies successfully. The aim of your Acupuncturist is to find out what the weakness of your body is, not being able to cope with allergens. He will insert needles in certain points of your body to boost organ functions and the immune system. He may add herbs to your treatment plan.

NAET, Nambudripad's Allergy Elimination Techniques. If you are interested to find all the allergens, all the substances you are allergic too, then you should try NAET. Google for a local NAET practitioner and you will be amazed to how many substances you are allergic too and how fast and successful it can be treated! It is absolutely free of any side effects. There is no comparison to drugs and allergy tests used in medicine!

Other things to look at: Try nasal rinses using a so called Neti Pot if your allergies affects your nostrils. Best is to take

Himalayan Salt as it is less aggressive than any other salt. Talking about Himalayan Salt; if you are looking for a cheap and efficient long term remedy to not only to boost your immune system, but also to improve all your body functions, you should drink every day 1 glass Himalayan salt called 'sole'. Take some Himalayan salt rocks, place it in a glass container and fill it up with filtered water. Cover the glass to avoid getting dust into it. The rocks will dissolve till it reaches a 24 percent solution. You then take every day, only once per day in the morning, one tea spoon from the jar on a glass of filtered water. Best is to read the book 'Water and Salt' and you will be amazed on what a simple remedy can do to you. I tried it on myself and have put almost all my patients on it, with astonishing results.

Want to know more?

If you want to know more on how to get well naturally and how you can help others, you should consider to study naturopathic nutrition with the ASNH, American School of Natural Health. ASNH is running part time courses in central Tampa and has colleges throughout the world. **Contact today 813 445 4203 and visit our web site www.asnh.us.**

