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The Shocking Truth About Allergies

by Raymond Francis

The allergy season is upon us and people are responding with sneezing, wheezing, sinus problems, itchy eyes, and other symptoms. Some grin and bear it, some take antihistamines, and others seek desensitization shots. Most of us think of allergies as a nuisance or even a normal part of life. Few realize that allergies are virtually unknown among healthy populations, and that allergies are serious immune dysfunction diseases with profound, long-term implications.

An allergic reaction is actually a significant event. The allergic immune response consumes a lot of precious chemicals and energy that would be better put to use doing daily repairs to the body. Chemicals produced by an allergic reaction are damaging to health. Frequent reactions will create conditions leading to other diseases, infections, loss of normal energy levels, and shorter life span.

The formation of immune complexes is just one example of the myriad things that happen during and after an allergic reaction. These result when an offending substance, called an allergen, reacts with an antibody produced by the immune system to form an allergen/antibody (immune) complex. When large amounts of these complexes are formed, the body doesn't know what to do with them. They end up causing numerous problems by being deposited in tissues like brain arteries, brain membranes, small blood vessels, the liver, the uterus, the lungs, and kidneys. For example, immune complexes may be responsible for up to 90% of human kidney disease. Complexes are capable of clogging blood vessels and joints, and are known to release chemicals that cause a cascade of health-damaging biochemical reactions.

These reactions can cause tissue swelling, and cells to become oxygen deficient. Oxygen deficient cells don't produce needed energy, and these cells become acidic, causing further malfunction and eventual cell death. Immune function becomes depressed and remains so for the duration of the exposure. If contact with the allergen is constant, the immune system will become chronically depressed making the individual susceptible to colds, flu, and other diseases.

What to do? Don't do the usual! Taking an antihistamine merely suppresses the symptoms, while further damaging your normal chemistry. Allergy shots are not benign. The long-term effects of shots are unknown, but evidence suggests they damage the immune system. Grinning and bearing your allergy not only keeps you uncomfortable, it does damage to the body.

The sensible solution is to work toward putting your immune dysfunction disease into remission by strengthening the body and rebuilding immune competence. Begin shifting the body from the reactive mode to the healing mode by avoiding allergic reactions as much as possible. Minimize exposure to white flour, sugar, alcohol, meat, dairy, eggs, corn, peanuts, prepared and processed foods, food additives, and prescription drugs. Clear up any intestinal yeast, bacterial, or parasitic

infections. Eating a good diet of fresh, whole-foods that are mostly uncooked is essential. Take high quality nutritional supplements like the Beyond Health brand. A minimum of three to six grams a day of vitamin C is essential; it acts like a natural antihistamine as well as an immune enhancer. Quercetin also reduces the release of histamine. Extra vitamin E helps to rebuild immune competence. Take essential fatty acids like a daily tablespoon of Udo's Choice, a blend of nutritionally superior oils which inhibit inflammation and build healthy cell membranes. Regular exercise is important. Meditation and biofeedback can also be useful.

We should never accept allergies as just part of life. Allergies are serious and unnecessary diseases. Leading an allergy-free life is possible. I have seen many people go from basket cases to allergy-free lives. But, you must do more than just manage and control symptoms. The immune system must be strengthened to where it doesn't react to things it shouldn't be reacting to. This takes work, but it's worth it if you want to live a long, high quality life.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again, host of the Beyond Health Show, Chairman of the The Project to End Disease and an internationally recognized leader in the field of optimal health maintenance.

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