

## **ALLERGIES**

Taken from an article by Dr. Lawrence Wilson

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### **I. INTRODUCTION**

Definitions

Terminology

A common condition

Philosophical Meaning

### **II. HOW DOES AN ALLERGIC REACTION WORK?**

### **III. SYMPTOMS OF ALLERGIES**

Common Symptoms

More Serious Symptoms

### **IV. CAUSES**

1. Weak Adrenal Glands
2. Autonomic Imbalances
3. Lack of Adrenal Reserves
4. Excessive Cell Permeability
5. Permeable Capillaries
6. Permeable Mucus Membranes
7. "Leaky Gut"
8. Fatigue or Stress
9. Chemical toxins
10. Infections

### **V. METABOLIC TYPES AND ALLERGIES**

Fast Oxidation

Slow Oxidation

Four Lows Pattern

Other Patterns

### **VI. CORRECTION OF ALLERGIES**

Nutritional Balancing

Medical Methods

Other Methods

## **VII. OTHER TOPICS**

Hair Mineral Patterns And Allergies

Multiple Chemical Sensitivity

Food Allergies

Brain Allergies

Benefits Of Allergic Responses

## **I. INTRODUCTION**

### DEFINITIONS

1. An improper inflammatory stress response. At its most basic level, an allergic response of the body is a deranged or prolonged inflammatory stress response. This is explained in the paragraph above.

2. An antigen-antibody reaction involving IgA, IgE or IgG. (These are immune globulins, which are special proteins used to activate histamine and other chemicals that cause allergic responses.)

This is a strict definition of an allergy that is also called a mediated allergic response.

3. Delayed hypersensitivity. This is a variant on the above, but it always involves IgG, which must be prepared and so the process takes 10-20 hours, usually, until a full-blown allergic response can be mounted.

4. Non-mediated allergies. These are immune responses that are not mediated by IgA, IgE and IgG. For example, a food allergy might be caused by some other chemical reaction besides a standard antigen-antibody response.

A chemical in the food such as MSG or monosodium glutamate could simply inflame the intestines and cause a headache or stomach ache. One might say "I am allergic to MSG". This is not strictly a medical allergy because it may not be mediated by an immune globulin, but it feels the same.

5. Philosophical or metaphorical definition. To be "allergic" to something means to be averse to it, repulsed by it, or wanting to move away from it. An example would be to say "I am allergic to doing my taxes each year."

This is an interesting use of the word allergy. It means, in this case, that I don't like it, and perhaps it means that it is foreign to me, somehow.

**Life-threatening allergic responses.** While some allergies are just annoying, others such

as anaphylactic shock and asthma attacks can be life-threatening and often do kill people. It is even possible to trigger a heart attack or a stroke with an allergic response. The allergy would cause the blood pressure to rise suddenly, and this would precipitate the health catastrophe. For this reason, never ignore allergies.

Other terms used to describe allergies are hypersensitivity reactions, and sometimes intolerance.

A very common problem. Allergies are a very common health condition today due to:

1. Poor health of most people.
2. Environmental contamination with many toxic chemicals, molds, dust, and other toxic substances.

***Nutritional balancing is excellent to get rid of most allergies permanently, without a need for drugs or other medical interventions.***

Allergic responses are beneficial. This is a very important point discussed at the end of this article. You would not want to be without your allergic responses.

Allergic responses save your life every day! One must be able to distinguish foreign proteins and other things that get into the body, and one must mount a response to them.

Otherwise, we would be overrun and die quickly. Cancer, for example, is a disease in which the body cannot detect the foreign cells – the cancer cells. As a result, it is a deadly disease.

## **II. HOW DOES AN ALLERGIC REACTION WORK?**

To help understand allergic reactions, it can be helpful to first describe a proper or correct immune inflammatory response. Then it will be easy to understand an aberrant response, which is called an allergic reaction.

Below are the basic steps in the allergy process. The process is best seen as a stress wave. This idea is described in the Nutritional Balancing and Hair Mineral Analysis book. The wave begins with an upswing, or acute phase. This is followed by a down phase, or recovery phase. Then the immune system goes back to an equilibrium or resting state. Here are the basic steps, divided into two parts the upwave and the downwave:

The easiest way to view the problems that arise in the immune response is to consider the process like a wave – first going up, then going down, and finally returning to a base level.

### **III. SYMPTOMS OF ALLERGIES**

Allergic reactions can involve any organ or system of the body. They can even affect the brain and behavior. These are called brain allergies, and can cause hyperactivity and other aberrant behavior. They are discussed later in this article.

Common allergic symptoms include a runny nose, itchy eyes, skin rashes such as hives and some eczema, asthma, stomach aches, general itching, fatigue, and many other possible symptoms. Mental symptoms are also possible such as depression, anxiety, panic attacks or mental confusion. Many of these symptoms are due to histamine release.

More serious symptoms include shock and severe asthma attacks. These can cause death.

At times, it is difficult to distinguish allergic reactions from other causes of symptoms. However, one way to tell is if the same reaction occurs every time one eats a certain food, breathes the air in a certain place, or touches a certain item or chemical.

### **IV. CAUSES FOR ALLERGIES**

1. Weak adrenal glands. The adrenal glands produce cortisol and cortisone. These are powerful anti-inflammatory hormones that stop or reduce allergic reactions. They are widely sold in tablets and creams for this exact purpose.

Interestingly, the adrenal glands also produce pro-inflammatory hormones that also can slow or stop allergic reactions. These hormones are epinephrine and norepinephrine. These are also called adrenaline and noradrenaline.

The way these chemicals slow down allergies is to oppose histamine. This is discussed below under histamine reactions.

By the use of these two sets of chemicals, if one's adrenal glands work properly, they will limit most allergic responses. Unfortunately, most people have weak adrenal glands! The glands simply do not produce enough of these hormones to stop many allergic reactions.

For much more about the causes and healing of weak adrenal glands, please read Adrenal Burnout Syndrome or Adrenal Insufficiency on this website.

2. Autonomic nervous system imbalances. These can cause or aggravate allergies because the autonomic nervous system stimulates or moderates the activity of the adrenal glands. In fact, this is one of the main problems with some people's adrenal glands.

The adrenal glands may not be that depleted or toxic. However, they do not respond properly to allergic reactions. The reason is the autonomic regulation of the glands is in disarray.

This may be revealed on a hair mineral analysis as a pattern such as Sympathetic Dominance. Another possible pattern is a very slow and very stuck oxidation rate. In this case, as well, the adrenals may not respond to an allergic attack. A nutritional balancing program will help to correct this cause for allergies.

3. Lack of adrenal reserves. This is a third type of adrenal gland problem. (the other two are described above). In this case, the adrenals are somewhat weak, and they do respond. However, they are not strong enough to turn off a powerful allergic reaction.

This problem can occur with both fast and slow oxidation.

4. Excessive cell permeability. This is a problem for many fast oxidizers, and some slow oxidizers, as well. Excessive cell permeability is associated with a low calcium level on a hair mineral analysis. However, this is just one cause of the problem. Cell membrane defects are also very common today due to deficiencies of the omega-3 fatty acids in most diets

Cell membrane defects allow foreign proteins and other substances to pass into the cells too easily, and may make it too easy for histamine to pass out of the cells and into the general circulation, as well. Both conditions may contribute to some allergies.

5. Weakened capillaries and excessive capillary fragility. Weak capillaries in the nose, mouth, throat and elsewhere can allow foreign substances to pass into the body from the nasal passages, mouth, stomach and elsewhere. This is one cause for respiratory and even some food allergies.

The problem of weakened capillaries is common due to nutritional problems. It often has to do with copper toxicity, and deficiencies of zinc. It is also associated with deficiencies of vitamins such as vitamin C, and a need for substances such as bioflavonoids.

6. Impaired quality of mucus membranes. This cause is similar to the one above. Mucus membranes are the lining or tissue that covers the internal surfaces of the body such as the inside of the nose and mouth, and vagina. If this tissue is damaged, foreign proteins, dusts, molds and other toxic substances can gain easy access to the bloodstream and cause allergic reactions.

7. A leaky gut. Food allergies are most often due to what is called a "leaky gut". This just means that the stomach and small intestine are inflamed, irritated, often malnourished and damaged. As a result, the gut becomes too permeable.

Substances then pass from the intestine into the blood too easily, such as partially digested food, food toxins, food chemicals, and perhaps some bacteria, viruses or yeasts. This causes a variety of allergic symptoms in some people.

The nutritional balancing diet, when followed strictly, is excellent to heal a leaky gut. It must be strictly followed, however, with no raw vegetables, no smoothies, no fruit or sugars, no nuts or seeds, and a large quantity of well-cooked vegetables three times daily. This is one of the only ways to heal a serious leaky gut, and it works well.

8. Fatigue, cold or stress from any cause. Often, the cause for fatigue is lack of rest and sleep. Fatigue and stress damage many parts of the body, deplete nutrients, weaken the adrenal glands, and often make allergies much worse. Cold is a stressor that can cause an allergic response, as well.

9. Chemical toxins. Medical drugs, vaccines and environmental chemicals often cause allergic reactions. These are very common, in fact.

Vaccines can cause disability and death in this manner. It is a major reason to

avoid all vaccines, in my view. They are not needed if one cares for one's health. For more on this, please read Vaccination on this site.

Medical drugs. Allergic reactions to other medical drugs are also quite common, but are often brushed aside or minimized by doctors, unless it is an occasional anaphylactic shock reaction, which can be severe or even lethal.

Food and other chemicals. These are other common causes of allergies that are largely ignored by doctors and government health authorities who are supposed to protect the public from disease.

Autointoxication. Many people produce toxins in their intestines due to inadequate digestive juices or improper diet. For example, protein foods that are not digested well rot or putrefy in the intestines. These produce very toxic substances that are absorbed into the liver.

Toxic metals. These can be considered a type of chemical toxin. They are discussed separately later in this article under Hair Analysis Patterns And Allergies.

Reacting to all the toxins also contributes to adrenal exhaustion, over time. Thus the toxins can lead to another cause of allergic reactions, weak adrenal glands.

10. Infections. Endotoxins or exotoxins produced by bacteria, viruses, fungi and parasitic infections often cause allergic or inflammatory responses in the body. Common sites of acute and chronic infections include the ears, teeth, sinuses, throat, intestines, and bronchial tubes.

Infections may produce allergic responses in other ways, as well. They may weaken the adrenal glands, alter the oxidation rate or sodium/potassium ratio, irritate the intestines and cause a leaky gut, and have other harmful effects, as well.

Some of the symptoms of an infection often are the body's allergic reactions to these biological and chemical toxins.

11. Histamine release. This is not a deep cause, but rather the mediator of many allergic reactions. This means that when the body wants to have an allergic response, it secretes more histamine, and this chemical basically inflames the tissues and causes the symptoms of allergy.

This, in turn, brings macrophages to the site, which eat up the foreign substance or organisms. So histamine can be thought of as the alarm bell that brings in the troops. Histamine is discussed in more detail in the section below titled Metabolic Types.

## **V. METABOLIC TYPES AND ALLERGIES**

### **FAST OXIDATION AND ALLERGIES**

Those with a fast oxidation rate are prone to severe and acute allergic reactions. These can sometimes be fatal. This is because fast oxidizers often have low adrenal reserves, and they often have excess cell permeability.

Also, fast oxidation is an inflammatory state, associated with high histamine levels. This is sometimes called a histadelic state of the body. Carl Pfeiffer, MD PhD coined this term. Allergies are an inflammatory reaction of the body that are also associated with excessive histamine release.

Fast oxidizers all need more fat in the diet. They also need extra copper, zinc, and vitamin A to balance their oxidation rate and for other reasons: Copper and zinc are needed for connective tissue strength and integrity. Vitamin A is very important for the health of the mucus membranes of the body.

A nutritional balancing program will identify fast oxidation and correct it, reducing the risk of severe allergic reactions. To read more, please read [Fast Oxidation and The Oxidation Types](#) on this site.

## SLOW OXIDATION AND ALLERGIES

Those with a slow oxidation rate are prone to chronic, and often constant allergies. They tend to have weak adrenal glands, so they are not able to defend themselves well against allergic reactions.

They often need more vitamin C, and they often have copper toxicity that weakens their capillaries, making them more prone to some types of allergies.

Slow oxidizers may have allergies in spite of low histamine levels. Carl Pfeiffer, MD, PhD called this body type histapenic. For more information, please read [Slow Oxidation](#) on this site.

## FOUR LOWS PATTERN

Allergies are one of the hallmarks or main symptoms of the metabolic type called four lows. The term refers to a pattern on a hair mineral test. George Watson, PhD, called it sub-oxidation.

It is characterized by an autonomic nervous system imbalance, weak adrenal glands, abnormal stress response, copper toxicity and often toxicity with other heavy metals and chemicals. To read about it, please read [Four Lows Pattern](#) on this website.

## VI. CORRECTION OF ALLERGIES

### A NUTRITIONAL BALANCING PROGRAM

A complete nutritional balancing program is the best way I know of to end allergies for good.

Rebuilding health takes more work and time than just using remedies, but provides long-lasting results. It also offers many healthful 'side effects' such as improved energy and resistance to many illnesses, besides allergies.

A nutritional balancing program will slowly replenish 30 to forty different minerals, and improve circulation, oxygenation and hydration of the body. It will also reduce the load of toxic metals and toxic chemicals, and eliminate many chronic infections. This is all

required to rebuild the immune response to avoid allergic reactions in the body.

In most cases, the adrenals must be strengthened to produce more of their hormones. Digestion and liver activity usually need strengthening, as well.

In addition to an excellent diet high in the alkaline reserve minerals, the program involves about 8 nutritional supplements and ideally, detoxification with Lamp Sauna Therapy, Coffee Enemas, Foot Reflexology and the Pushing Down Exercise. Chiropractic care may also be helpful to correct structural and energetic imbalances.

This program requires a Hair Mineral Analysis to assess body chemistry and guide the diet and supplement recommendations. Several years of diligence and detoxification procedures may be needed. However, it is well worth the effort. If one is willing to take these steps, most allergy problems can be eliminated for good!

## **ALLERGY FLARE-UPS DURING A NUTRITIONAL BALANCING PROGRAM**

Rarely, a person experiences a flare-up of allergies during a nutritional balancing program. This is annoying, but not usually too important. Possible reasons for it are:

1. Improvement in general vitality. This can cause more powerful stress responses to environmental toxins. Once the body even's out its stress responses, the symptom tends to go away.

2. Elimination of a toxin. Removal of usually a metal or a chemical could cause a temporary reaction of the body.

3. An increase in the oxidation rate or the sodium/potassium ratio. This is associated with a more inflammatory condition of the body. For more on healing reactions, please read Retracing And Healing Reactions on this site.

## **MEDICAL THERAPIES FOR ALLERGIES**

Antihistamines suppress some allergic symptoms. However, they do not address deeper causes, they do not rebuild the body, and they are all toxic so they make health worse, in all cases. Many of them have harmful side effects such as drowsiness and liver toxicity.

Neutralization. The medical standard is "allergy shots" that many allergists offer. They involve injecting gradually increasing doses of allergic substances into the body to build up antibodies and reduce some allergic responses. This method helps some allergies, but is costly, unpleasant, and does not address nutritional deficiencies, toxic metals, toxic chemicals and other bodily imbalances.

Other methods of neutralization include NAET and tapping methods offered by some holistic doctors. They are less toxic than taking drugs, but still do not reverse nutrient deficiencies and metal toxicity. These methods are also yin, especially if they involve homeopathy. Making the body yin is very harmful in the long term, even if these methods offer symptomatic relief.



Corticosteroids. Taking cortisone, prednisone, dexamethasone, and other corticosteroid products will suppress many allergic responses. However, it is also the most toxic of the medical methods, and it does address the deeper causes of allergies at all. In fact, it worsens the health of the adrenal glands and other organs of the body. Please avoid it completely! It is not needed if one will rebuild the body with a nutritional balancing program.

In particular, long-term use of is associated with stunted growth, osteoporosis, cataracts, broken bones and other serious side effects.

Also beware of taking certain nutritional products that have some cortisone or cortisone-like chemicals in them. The most common are some adrenal cortical extracts and glandular products sold by various companies. These may "work", but they do so by providing cortisone, which is a powerful and toxic hormone.

Other than these methods, the medical profession offers little help for allergy problems.

## **OTHER THERAPIES**

**Nutritional Remedies.** Simple nutritional remedies that may control allergies include bee pollen, manganese, vitamin C, vitamin A, bioflavonoids, essential fatty acids, and herbs such as stinging nettle. Nutritional remedies help strengthen the adrenal glands, reduce cell permeability, or act like natural anti-histamines.

**Stress Reduction.** Reducing stress usually helps allergies a lot. Stress may come from many sources from within and without the body. When it reaches a certain level, the adrenals can no longer respond properly and allergies result. For this reason, any therapy or activity that reduces stress from any source may reduce allergies. Here are some specifics.

**Lifestyle.** Adequate rest and sleep are very important. Most allergy sufferers are tired. Fatigue often indicates adrenal gland insufficiency. Plenty of relaxation and rest in a clean, well-ventilated area helps reduce stress and fatigue.

Moderate exercise and deep breathing may be helpful. Excessive exercise weakens the adrenals and eventually makes allergies and asthma worse. Running or bicycling along heavily traveled roads may seem healthy but exposes one to harmful exhaust fumes.

Emotions can have powerful effects on glandular activity. Fear, worry, anger and other negative emotions add stress to the body. Positive, inspiring, uplifting thoughts reduce stress.

Chronic infections such as candida albicans, infected teeth, ear or sinus infections weaken the body and must be eliminated to stop some allergies.

Eliminating allergic foods from the diet often help reduce all allergies. The most common offenders are wheat, cow's milk dairy and sugar in all forms. Juices often contain excessive sugars that upset blood sugar and weaken the adrenal glands. Relaxed, regular, freshly-cooked meals in a quiet environment are also most helpful.

## VII. OTHER TOPICS

### HAIR MINERAL PATTERNS WITH ALLERGIES

Elevated toxic metals. The most important of these are copper, mercury and lead. These can:

1. Weaken the adrenal glands.
2. Push a person into fast oxidation, slow oxidation or a four lows pattern.
3. Cause allergic reactions by themselves due to their poisonous effects on body tissues.
4. Replace vital minerals in enzyme binding sites, causing reduced energy and many other types of damage.
5. Damage body structures such as cell membranes, mucus membranes, the skin and many others.
6. They also damage and even kill immune cells such as the B-cells and T-killer cells. These are very important immune system cells that are quite delicate. If toxic metals get inside these cells, they can kill them. This causes a compromised immune response and more allergies.

In my experience, everyone has excessive amounts of toxic metals in the body, even if they are not revealed on any type of test such as hair, urine, blood or feces tests. Babies are all born with them, and they are found in the food, air, water, vaccines, medical drugs and through contact. To read about them, please read Toxic Metals on this site.

High sodium/potassium ratio. This hair mineral pattern is closely associated with allergies. It indicates a type of adrenal imbalance with excessive adrenalin in comparison to cortisone and cortisol.

This is a powerful pro-inflammatory hair mineral pattern. Too much inflammation upsets the immune response badly. Allergies become almost guaranteed when this pattern is extreme. The ideal ratio is 2.5. If the ratio goes over about 10, allergic phenomena are common.

Low sodium/potassium ratio. This hair mineral pattern is associated with weak adrenal glands, fatigue, chronic stress, blood sugar imbalance, and often frustration, hostility and resentment. All of these conditions can lead to allergies, as explained in other parts of this article.

These are usually different allergies in that they are more chronic. There is often low histamine in the body, but the allergic reactions take place anyway because of degeneration of the immune response.

Sympathetic dominance. This rather common hair analysis pattern is associated with autonomic dysregulation of the adrenal and thyroid glands. It can contribute to allergic symptoms. To read more about it, please read Sympathetic Dominance on this site.

Four highs pattern. This is another type of inflammation pattern seen fairly commonly on a hair mineral analysis. It is a weaker inflammation pattern than fast

oxidation. In Chinese medical terminology, it is a weak or toxic yang. It, too, gives rise to allergies.

High levels of the so-called amigos or irritants. These are oxide forms of iron, manganese, aluminum and sometimes other minerals including copper, boron, nickel, chromium, selenium, molybdenum, cobalt and lithium and vanadium.

As with the toxic metals, the amigos are not always visible on an early hair mineral test. At times, there are telltale signs that they are present, but not always. Most people have a lot of them, however.

They are all severely pro-inflammatory! They also cause oxidant damage, in all cases. This means they damage cell membranes, tissue structures, connective tissue, skin and mucus membranes. This can easily lead to allergic reactions.

Removing these forms of minerals from the body is not easy. Nutritional balancing is one of the few methods that can do it. When people go through a "amigo dump" or elimination of these minerals, they may have an allergy flare-up temporarily. This is disconcerting, but nothing to be concerned about and it always passes quickly.

The above hair analysis patterns are all in addition to the metabolic types discussed earlier in this article, which also can cause allergic reaction. These are fast oxidation, slow oxidation and four lows pattern.

## **MULTIPLE CHEMICAL SENSITIVITY**

This is also called myeloencephalopathy or ME in Great Britain. It is a more severe allergic syndrome that is quite common. The main symptom is that a person reacts to many types of chemicals, metals, and perhaps other environmental toxins. Often one's entire life becomes centered around avoiding foods, chemicals, locations, and other things that can cause severe reactions such as asthma, fatigue and other symptoms.

Sometimes such individuals are called universal reactors. Nutritional balancing is very helpful for this condition. For more on this extensive subject, please read Multiple Chemical Sensitivity on this site.

## **FOOD ALLERGIES**

Reactions to foods are very common today. The most important cause is an inflamed, or irritated, or otherwise damaged small intestine.

Other names used to describe the condition of the small intestine when food allergies are present include:

1. Leaky gut. This means an intestine that is too permeable, so that partially digested foods are absorbed or certain chemicals are absorbed and irritate the intestinal area.
2. SIBO or small intestinal bacterial overgrowth. This is often true, as well. It indicates the overgrowth of the wrong intestinal flora.
3. Intestinal dysbiosis. This means the wrong intestinal flora are present.

4. Gastritis, enteritis or colitis. These mean inflammation of the stomach, small intestines or large intestine.

Causes - Diet. In almost all cases, the diet is improper. The remedy is often changing to a diet of mainly cooked vegetables, no raw food, no sweets or sugars or fruit, no wheat, no liquids with meals, and a diet of pure foods cooked very simply. One must also eat very simple food combinations or one food per meal. This often begins to relieve the problem within a few weeks.

Drugs and supplements. One must also cease taking most food supplements, over-the-counter remedies, and perhaps medical drugs or anything else that is irritating the intestines. There is hope, even if you have had the condition for years, as many people have.

Other causes often involve imbalanced adrenal glands, excessive cell permeability and the presence of toxic metals and toxic chemicals in the body. At times, taking antibiotics or other medical drugs causes the problem.

Chemicals in foods. Less commonly, food reactions can also be due to the very nutrients or other chemicals in the food. The nutrient content of the food itself can, in some cases, seriously unbalance the body chemistry, leading to powerful reactions.

Sugar. The most common example of this may be the consumption of sugar. Sugar lowers calcium, increases insulin for a while and places extra strain on the adrenal glands. It has many other effects besides these on the body. The combination of these effects, in some people, causes severe reactions that may affect behavior, skin rashes, flaring of infections and much more.

Milk allergies. Another common example is the allergic reaction to milk in many people. The body of many people cannot digest lactose, or milk sugar. As a result, it ferments or causes other adverse chemical reactions that cause cramps, and even depression.

Food chemicals. Another common example are reactions to food colorings, additives, preservatives and other foreign, toxic substances found in many prepared foods today. These, also, can cause substantial reactions. The reaction to MSG (monosodium glutamate) for example, is very common with a band-like headache.

Copper-containing foods. Food reactions can be due simply to the nutrient content of the food. For example, a food high in copper such as chocolate may adversely affect body chemistry in some people. Other people are not affected and may even feel better on it if they need the nutrients it contains.

Other causes. Other causes for food reactions are eating when upset or tired, inadequate chewing of food, drinking too much liquid with meals, which dilutes stomach acid, eating too fast, eating too much and other poor eating habits. Food that is overcooked or undercooked can also cause reactions in sensitive people. This is why caution must always be exercised, especially when eating at restaurants or fast food places. One does not know what is in the food in these establishments, and most of it is not great for you.

Symptoms. Food reactions may cause a wide variety of symptoms. Many have nothing to do with the stomach or intestines and include headaches, fatigue, depression, cramps, pains in the joints, rashes and others.

Most people today would benefit from better quality food, better eating habits and digestive enzymes at least until their body chemistry is more balanced. A vicious cycle often occurs in which impaired digestion causes reduced nutrient absorption, which in turn causes even worse digestive problems.

Most food allergies go away on their own if one stays with a complete nutritional balancing program. As the intestines heal from the diet, mainly, the leaky gut goes away, and with it so do food allergies. Healing may occur within a few weeks, but full recovery can take several years if the intestines are very damaged.

Often detoxification procedures such as saunas are also required to eliminate toxic substances that have built up in the body for years due to impaired digestion.

## **BRAIN ALLERGIES**

An interesting type of allergies are those that affect the brain or central nervous system. They can be caused by almost anything, from foods to pollen, dust, molds, chemicals and other substances. What distinguishes them is that the symptoms affect the brain, rather than other body systems.

For example, one may become depressed, anxious, irritable or even violent when exposed to the offending substance. Other symptoms might include tremendous fatigue, or other nervous system symptoms such as tingling, numbness, headaches or others. Brain allergies can even cause psychosis such as schizophrenic episodes.

Brain allergies must be handled just as with any other type by avoiding the offending substances and a complete nutritional balancing program to restore the body to health. Many times the allergies will then go away.

## **TRAUMA AND ALLERGIES**

Traumas often cause or contribute to allergies. This may occur because traumas can deplete the adrenal glands. They can also deplete nutrients in the entire body. Some traumas also leave a person with more toxic metals in the body, such as rape. For more on this subject, please read [Trauma Release and Rape](#) on this site.

1. Warning. Allergic reactions can warn you that you have stepped into a dusty, moldy or contaminated environment, for example, and need to leave. A reaction might also let you know that the food you are eating is contaminated, tainted or toxic in some way and must be avoided.

For example, many people who follow a nutritional balancing program for a few months or longer report that they can no longer eat at fast food restaurants. Some react violently to chemically-tainted foods served in these locations. They may get diarrhea,

stomach pain, rashes and other symptoms.

Some clients also report feeling somewhat ill just walking down the detergent aisle of a supermarket, due to powerful toxic substances on display there.

Some resent this degree of allergic sensitivity to environmental and food toxins. However, in reality, this can save your life! It forces one to clean up your body care products, home cleaning products, and avoid toxic chemicals and toxic food. So it is a benefit, in fact.

2. Toxin elimination. An allergic reaction can be a way the body violently tries to throw off toxic substances. Examples are sneezing, coughing, diarrhea, or a skin rash.

3. Together, the above constitute a form of preventive health care. One becomes a little more like a wild animal that is sensitive enough to be able to identify safe water and safe food.