

This paper is an excellent overview of why you may have allergies.
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<http://www.drdhealth.com> Have Nutritional Concerns? When you Test, you Know!

Allergies

By Douglas Grant

One of the most common yet misunderstood conditions in health care today, allergies affect an estimated half of the population in more developed countries. Normally, the immune system protects the body against harmful substances such as bacteria, viruses, and toxins. However, allergies occur when the immune system reacts to substances (allergens) that are generally harmless and do not cause an immune response in most people.

When an allergen enters the body, it triggers antibody production. As part of the immune response, body tissues release histamine and other chemicals. This causes itching, swelling of affected tissues, mucus production and muscle spasms. Hives, rashes, and other symptoms may also occur, however, the allergic symptoms that develop depend on the specific allergen, the part of the body where exposure occurs, and the way the immune system reacts to the allergen.

Insect bites, jewelry, cosmetics, food, drugs, and almost any substance that comes in contact with the body can cause allergic reactions. In addition, many disorders are associated with, triggered, or worsened by allergies. These include hay fever, eczema, asthma, and many others.

When examining allergens from a nutritional standpoint, there are two direct pathways that are affected and, if treated properly can greatly reduce the symptoms and, many times, eliminate the allergy altogether. The first step in combating allergies is to develop an understanding of the body's microflora (otherwise known as "friendly bacteria"). For optimal functioning, the human intestine must contain three pounds of microflora. When these friendly bacteria strains are growing and flourishing in the body, they protect against allergies and other diseases. However, because of stress, carbonation, antibiotics, and poor eating habits, the friendly bacteria populations are destroyed - thus making a person more susceptible to allergies. In order to better explain how this principle works, I use the following analogy: Imagine your intestines are a parking lot. When an allergen enters the body, it looks for a place to park and colonize. If the parking places in your intestines are all filled up with friendly bacteria, then the allergen (or pathogen) has no other choice than to leave your body and look elsewhere for a place to park. On the other hand, if your friendly bacteria is compromised and some of the parking places in your intestines are empty, then harmful bacteria will implant and begin wreaking havoc on your body.

From a more scientific point of view, a study reported on April 6, 2001, showed the effects of friendly bacteria on 132 pregnant women. This study concluded that: "Supplements containing live gut bacteria might be able to prevent children at risk from allergies from getting them. Researchers from Finland found that giving the bacteria first to the mother prior to birth, then to the baby postnatal, halved the rate of eczema in these vulnerable children. This suggests that the regimen may have a beneficial effect against other allergy-related illnesses, such as asthma and hayfever. It supports the growing body of evidence linking the presence or absence of bacterial infections to the development of asthma and eczema".

So the first defense and help against allergens is to make sure the friendly bacteria levels in the gut are kept up. Supplementing probiotics (friendly bacteria) like Acidophilus and Bifidus will do the job.

The second factor we look at is the understanding that the body cannot be allergic to any food that it can completely break down to useable energy. The body cannot be allergic to amino acids, fatty acids or glucose, which the body tries to digest Proteins, fats and carbohydrates into. The body utilizes enzymes to perform the job of digestion. If the enzymes are not present in the foods or the body's enzymes have been exhausted, then the foods will only be partially digested, thus causing the body harm either as an irritant or worse (like non-digested fats causing plaque build up leading to the #1 killer – heart disease). Enzymes are found in all foods from nature that are not processed or cooked above 118 degrees Fahrenheit. Heat and processing destroys the enzymes, thus leaving the body to deal with a food that cannot be utilized for energy. Most people understand that lactose intolerance is a dairy allergy, but in reality, it is the deficiency of the enzyme lactase that was destroyed during the homogenization, pasteurization process. Allergies can be greatly reduced by ingesting the enzymes that should be in the food as it comes from nature. People are not allergic to foods, they are allergic to the non-digesting of those foods. Add back the natural plant enzymes that were present in the food and, in many cases, suffer no more.

The other factor that can also be important, is the presence of oxygen and an alkaline environment internally to not allow bacteria and other pathogens to multiply.

In conclusion, most allergens can be greatly helped by ingesting a powerful plant enzyme and probiotic regimen on a daily basis. Taking the enzyme/probiotic formula with meals to ensure the digestion of foods is important. Also, taking this formula between meals to help digest the allergens already in the blood stream and to re-populate the bowels is a great crisis care approach. A good oxygenating alkalizing liquid can also help dramatically. Visit Dr. DiVelbiss so that he can test you and then recommend the specific Optimal Health Systems formula to suit your needs.