

Tuesday Minute Transcript

This Week's Topic

Healthier Allergy Relief



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"Do you have allergies?" If you are one out of six people officially "diagnosed" with allergies, you will unequivocally answer "Yes." These are the people who have the symptoms of runny nose, itchy eyes, sneezing, or asthma. Spring, summer, and even the fall can bring on the avalanche of symptoms not to mention the waiting lines at the pharmacy. They know the drill, they tough it out every season.

Allergies may be triggered by pollen from trees, weeds, and grasses during the springtime when winds carry the pollen through the air. Ragweed pollen travels great distances. It has been found at sea as far as four hundred miles from shore! But why are we reacting in such an abnormal way to substances that don't seem to bother others?

While there are many factors involved, the most important culprit can either be an over-



loaded, over stimulated or weakened immune system. It can be overloaded with toxins, chemicals, metals, or what is commonly called an "excess body burden."

When the immune system is overloaded, it malfunctions and cannot clearly distinguish what is harmful and what is not. So when I see someone with allergic symptoms, I always like to start with the 3-Step Detox. The 3-Step Detox reduces this "excess body burden" and supplies the basic nutrients that are neces-

sary to rebuild and repair. I have seen many people with all kinds of allergic symptoms respond in ways I would have never thought possible.

One of my favorite sayings is "clean the body and feed the body." The 3-Step Detox developed by Dr. Abbas Qutab does just that. If you haven't seen the 3-Step Detox patient video, click below to receive one.

Perhaps some people are not ready for a detox, it's a commitment. These are the people

who have tried many of the "over the counter products" but aren't ready to do a "detox" yet. They may not be ready but as clinicians, we are still thinking, "how can we detox the liver naturally and support the adrenals?"

We are also considering how to feed the body the nutrients to naturally reduce the release of inflammatory substances such as histamine? Dr. Carl Pfeiffer MD, Ph.D. in his classic work, Mental and Elemental Nutrients, discusses how calcium, methionine, zinc, manganese, and B6 have been found to reduce blood histamines.

There's also quercetin, a phytonutrient found in apples, tea, onion, red grapes, citrus fruit, tomato, broccoli and other leafy green vegetables, and many berries. Quercetin has demonstrated significant anti-inflammatory activity by inhibiting both the manufacture and release of histamine and other allergic/inflammatory mediators. In addition, it exerts potent antioxidant activity and vitamin C-sparing action.

Biotics Research added a flavonoids rich buckwheat culture, vitamin C and other antioxidants like green tea extract to quercetin to make a product called Bio-FCTS. I know a woman who was forced to live in an environment with cats, to which she was severely allergic. The day before and the day when she visited the home, she took 5 Bio-FCTS, three times a day. Even though the exposure was unavoidable and constant for over 24 hours, she was completely symptom free.

I often mention how EFAs affect the health of cell membranes. EFAs have natural anti-inflammatory properties which are a major benefit when treating allergies. Think about it; where do many of the airborne allergens enter the body... in the mucus membrane lining of nasal and bronchial cavities. So if we can support healthy mucus membranes function with good

oils as we treat the gut, we are often treating other neglected nasal and bronchial membranes as well.

Dr. Harry Eidenier has shared with me how he uses a product called Mixed EFAs from Biotics because it is an excellent source of sesame oil. Sesame oil, which is a major component of the Mixed EFAs, also helps to remove histamine from mast cells.

Finally, Dr. Gary Lasneski developed a product called HistoPlex to modulate the immune system. The term modulation refers to balancing both the cell mediated response and the humoral response of the immune system. It doesn't over stimulate the humoral response which is dominant in most allergy/asthma situations. In fact it has as he calls it, "a cooling effect" so it can be used with autoimmune conditions.

He has created two forms, HistoPlex and HistoPlex-AB. HistoPlex was developed for general allergies that may affect liver, spleen, gut issues, and is mostly used for food sensitivities. HistoPlex-AB was developed to support the mucus wall in the air passages for sinus cavities and bronchial membranes. Because both these formulas are herbal extracts, they take a little longer to work but seem to have an extended effect. The dose for HistoPlex-AB is 4 capsules, twice a day.

The link below gives individual ingredients for each of the formulas discussed. Let me re-emphasize, from your client base as many as one out of six patients receives treatment or they are "self-treating" for seasonally related allergies. Offer them a healthier way to find relief with these and other treatments.

Thanks for reading this week's edition. I'll see you next Tuesday.