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Allergies

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NUTRITIONAL INFORMATION ON ALLERGIES

"The Journal of Allergy and Applied Immunology reported that of the 1,000 normal individuals screened, fifty percent demonstrated allergy-like sensitivities. "Allergic reactions are probably the most frequently unrecognized cause of illness in the U.S." Lifelong illness from allergy ranging from milk discomfort to incapacitating misery was reported by Bestways magazine

Food - including water, natural pollutants such as pollens, animal danders, molds, etc., and chemical pollutants in the environment cannot only be the source of physical problems, but of mental and psychological problems as well.

There are clues to allergy-based illness: 1) a puzzling and seemingly bizarre combination of symptoms due to a breakdown on the bio-chemical level; 2) symptoms may come and go; 3) subject may show flushing and/or pallor; 4) may be considered a hypochondriac because of subjective complaints; 5) may show a tendency to frequently touch the face with the hands in an "allergic salute."

Dr. Mandell identified over one hundred symptoms which he put into physiological categories. A few of these follow: aches or stiffness in joints such as arthritis, speech problems, migraine, respiratory problems, blurred vision, compulsive eating and compulsive drinking, insomnia and schizophrenia.

In many cases the only noticeable symptom may be chronic exhaustion which is frequently misunderstood and labeled as "neurosis."

Any organ of the body can be affected by an allergic reaction. Gastro-intestinal trouble is most commonly a result of a food allergy. Eighty percent of all respiratory allergies are accompanied by gastro-intestinal problems whose symptoms mimic perfectly such serious organic disorders as duodenal ulcers, colitis, chronic appendicitis and gall bladder attack.



Allergy is a common cause of illness in children. Dr. Mandell, who became interested in allergies while working as a pediatrician, says that there are hundreds of thousands of allergic children who are ill and will remain ill, uncomfortable, tired, irritable, achy, unproductive and unhappy because of their allergies.

Childhood allergy can cause both learning and behavior problems. Dr. Mandell has found many cases of reading disability, "dyslexia," "perceptual disorder," and "minimal brain disorder" to be allergy based.

Common symptoms in children are flushing, hyperactivity, irritability, anger, restlessness, headache, fatigue, abdominal pain, leg muscle pain (typical "growing pains"), mental confusion, withdrawn attitude, depression, visual blurring, lack of concentration, drowsiness, itching, changes in penmanship, urinary/bladder urgency with uncomfortable urination, inability to read and changes in speech. With sick children, rule out allergy first.

That rule should be applied to mental illness: With mental illness, rule out allergy first. Abram Hoffer, M.D., Ph.D.,

a psychiatrist renowned for his work treating mental illness with megavitamin therapy, states that any kind of metabolic disorder, including allergic reactions, can cause symptoms which are identical

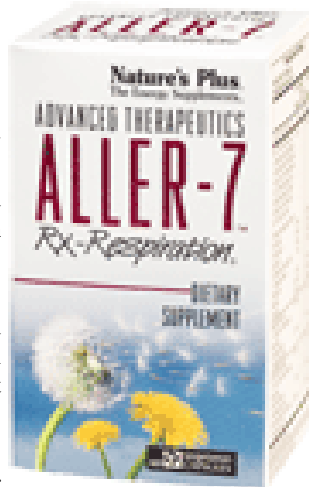
with every known psychiatric disease. Dr. Mandell worked with cerebral allergy for several years at a mental institute in Massachusetts where he found that ninety percent of the patients admitted had a significant degree of cerebral allergy and that their symptoms could be duplicated by allergy tests. (Mandell and Philpott)

There is also a convincing correlation between allergy and obesity and between allergy and alcoholism.

Our bodies can only tolerate a certain level of contamination before a toxic overload results and illness, in this case in the form of an allergic reaction, sets in. Because of the depleted nutritional value of the foods commonly available, many of us do not enjoy optimum health. We have a lowered resistance to physical and mental illness and a lessened ability to cope with our environment. Often our

metabolism, enzyme function, glandular balance and nutritional state are not able to give us the protection they were designed to give. According to Dr. Levine, supplements with amino acids, vitamins, minerals and glandulars can result in increased tolerance to food, inhalants, and even to chemical sensitivities. (Whole Foods)

When we are under stress - and allergic reactions bring stress to the body like any other illness - it becomes very important to meet the nutritional needs of the glands and organs. Certain glands and organs are



especially geared to fight illness: adrenal, thymus, pancreas; and spleen, all of which are included in the formula.

The adrenals are the stress glands and are important in conditions where there is lowered resistance and allergic reactions. The adrenals regulate adrenaline metabolism which opposes the histamine effect. Histamine is a substance which is normally stored in the body, but is released when certain cells are stimulated by allergic reactions. Once the histamine is in circulation, it causes the dilation of blood vessels, seepage of fluid into surrounding tissue spaces and runny nose. Other histamine reactions to allergens are inflammation, swollen nasal tissue, sneezing and itching eyes.

Continual stress response wears out the ability of the adrenals to react and research shows that allergies are likely to develop if the adrenals are not functioning properly. "Raw" adrenal "feeds" the adrenal glands encouraging healthy adrenals.

"Raw" thymus works as a synergist with the "raw" adrenal, as well as reinforcing the immune system. "raw" spleen also acts with the adrenals to stimulate the body's defenses and its action is relative to the lymphatic system.

"Raw" pancreas replenishes the pancreas. One of the roles of the pancreas is to activate the-body's enzyme process, including pancreatin, which is excreted into the small intestine.

A unique aspect of the formula is the inclusion of "raw" lung tissue. This gives support for any type of allergy or respiratory disorder such as asthma and bronchitis. The lungs can be considered as an elimination organ, eliminating much carbonic acid, a waste product more common in the allergic person. The lungs eliminate about 350 cc of waste compared to 600 cc via the urine.

By building and reinforcing the body's immune system, we can better resist the attack of allergens as well as other forms of illness. The three most important vitamins for the immune system are vita-



mins C and B6 and pantothenic acid.

Vitamin C is one of the most powerful immunizing factors. It is especially known for its ability to inhibit histamines and in this way it works to quell allergic attack.

Besides being an excellent antihistamine, vitamin C also improves adrenal function. During the course of an allergic reaction, the vitamin C content normally appearing in the urine is reduced by fifty percent, showing that the body draws greatly upon vitamin C at this time.

Pantothenic acid improves adrenal function and vitamin B6 must be present in the body for the production of antibodies and red blood cells. It also functions with the digestive system in the production of hydrochloric acid.

Macrocystis pyrifera is a special Pacific kelp proven to be more powerful than other types of seaweed in its ability to increase resistance. It is a kelp which contains trace minerals not normally found in other supplements, such as selenium.

Inflamed tissue is a common allergic response - blotchy skin, red nose, etc.

Vitamin E is very effective as an anti-inflammatory agent. It repairs cell damage sustained during an allergic attack and promotes the repair rate. Vitamin E also increases the ability of the body tissues to respond to stress and it acts as a nerve relaxant. One of the finest synthetic vitamin E's available is used in this formula. This is because sensitive people are often allergic to natural vitamin sources such as wheat and yeast.

Along with the vitamin E, vitamins B6 and niacinamide also aid liver function. Choline, a lipotropic or fat dissolvent from the B-complex family, and methionine, another lipotropic, this one a sulfur containing essential amino acid, both help to detoxify the liver and control fat content.

Alkalosis can be another

factor in allergic reaction. For the body to function properly, a particular acid-alkaline balance must be maintained. When the body becomes over-alkaline, a condition called alkalosis occurs. Among other problems such as bone spurs and bursitis, alkalosis can cause allergies. Alkalosis starts in the gastrointestinal tract, when foods are not digested properly.

The entire contents of a formula to restore proper acid-alkaline balance is included within this formula for fighting allergy. It is asterisked within the allergy formula. All of these substances work to improve the digestion.

Pancreatin granules, a pancreatic digestive enzyme, are treated to be assimilated in the intestine where they are needed and not in the stomach. They work with the pepsin to improve protein breakdown.

Common Food: Most Suspect

In Allergic Reaction:

- ◆ Wheat
- ◆ Potatoes
- ◆ pork
- ◆ oranges
- ◆ carrots
- ◆ tomatoes
- ◆ apples
- ◆ chicken
- ◆ coffee cane sugar milk egg beef
- ◆ yeast (both types) lettuce
- ◆ soy products
- ◆ peanuts
- ◆ green bean
- ◆ oats
- ◆ Chocolate

"Raw" glandulars; tissue concentrates processed from animal glands and organs in the body. (Let's Live) They are called "raw" because they are processed at temperatures which never exceed normal body heat.

Reference File No. B709-115-AC; "Alkalosis and Calcium Dysfunction."

