



ALLERGIES- – hay fever – asthma- food allergies- chemical allergies, environmental sensitiveness.

The natural therapeutic way of treatment for allergic reactions includes prevention, medication and most important immune-therapy. I do not suggest allergy shots for hay fever or food allergies. Since this only suppresses ones immune system rather than building it up. Dietary and life-style changes are recommended to help to enhance ones own immune system. Climate- (cold-hot weather changes) and location can cause one to be hypersensitive. This plays a role with immunology and allergies. However, you can prevent allergy flare ups and learn to be mindful when and how to control them.

Areas to consider: What causes the body to react and not fight off allergies? Learn to understand the bodies' triggers and/or reactions to certain environmental and nutritional associated problems. Here are some questions to answer and think about.

- **Environmental.**

Is your home environment safe? Is your home new or older? Where is your home located? Is it in the city, suburbs, or country? Are you close to any industrial plants, a busy road, or electrical towers? What kind of paints, wallboard, insulation, and chemicals are used within your home? What do you clean your home with? Do you have a good filtration system throughout the home? How clean is your drinking water?

Where do your children go to school? Are they located within the city or suburbs? Are the schools older or new? How is the schools filtration system? What kinds of products are used to clean the school? Is my children's drinking water clean? What kind of meals, drinks and snacks are available for my children?

*Environmental toxins can get into ones system by food, air, water or by the skin. Allowing toxins such as pesticides, insecticides, toxic metals, industrialized pollution, gas omissions, cleaning toxic products, cooking ware and other hazards can play a impact on ones immune system by decreasing its ability to function normally.

- **Nutritional.**

What do you eat? Do you know what the modern nutritional diseases are in the US? Are you familiar with the antibiotics and what they do to the body? Are you aware that hormones and chemicals are injected into the cows of what we eat? Do you have any idea what these chemicals do to the cells in the body? What kind of milk do you drink? Do you eat a high carbohydrate diet? What do too many carbohydrates do to the body? Do you fast foods? What can you do if you have to eat fast food? Do you eat a high protein diet? What fats



are good? Where do you buy your food? How many whole foods do you eat? What kind of water are you drinking? Do you get enough fruits and vegetables? What are essential foods versus non-essential? What foods are used as medicine? What foods are necessary to avoid a comprised immune system?

* Dietary is huge when it comes to boosting the immune abilities. Eating whole foods versus chemically treated or processed foods lowers the abilities of the immune system to fight off allergies, viruses or bacteria. Understand that whole/organic vegetables are builders of the immune system to assist fighting off allergies and fruits are cleaner builders.

Lifestyle Suggestions

- Avoid allergy triggers-learn your triggers. Be mindful of your body when you feel stuffy, stomachs, headaches, mouth breathing, post nasal drip, sore throat, fatigue, and irritability.
- Increase your water, a natural easy way to decrease inflammation in the body. Drink only reverse osmosis or distilled water.
- Eat whole fruits and green vegetables, consider juicing. (Especially berries, cherries, and dark leafy vegetables.) Ingesting them is always better for the body. Beware some individuals are allergic to citrus fruits. Fruits are always better eaten by themselves because the body can assimilate the fruit and make proper use for it.
- Take vitamins and supplements when necessary. *Vit. C, flax oil or omega-3 fatty acids, Vitamin B, and a multi-vitamin. This assists with the inflammatory response.*
- Consider an immune stimulator. Supplement-*Astragalus*. It is safe and can be taken as an immune enhancer. Other suggestions are: astragals and ginseng. *Quercetin 200- 500 mg. 2 xs per day and freeze-dried Stinging nettle capsules.* Use these natural treatments in place of antihistamines and steroids. Most suppressive treatments do not change the allergic process, but just temporarily block its expression. *Echinacea and Goldenseal tincture or capsules* are wonderful for boosting the immune system for acute symptoms such as: colds, flu, sore throat, allergies. It must be taken during the first 24-48 hours of symptoms. It should be taken every other hour the first 2-3days. We call this loading. Remember herbs are low dosages which stimulate the fighter cells to take over and win the battle of the illness. Invader cells multiple



every 20 minutes in the body. * Echinacea can be used in a chronic illness such as cancer or a compromised immune system for a year.

- Remove all sugar foods and processed foods. These only feed the allergy and/or illness. Sugar causes 50% drop of ones immunity.
- Carbohydrates remove from diet except-grains, fruits and vegetables.
- Consider reducing or removing diary entirely. Diary irritates ones immune system. Unfortunately, diary is a big contributor to mucus build up and allergies. Just remove diary for 1 month and see if you notice a change. Take a *Calcium-magnesium* supplement. Eat: raw broccoli, spinach, almonds, and raw nuts. Can use almond milk when needed. Or raw goats milk.
- Avoid caffeine, soda and alcohol at all times. This blocks the absorption of all the herbs and nutrients.
- Drink a juice immune enhancer mix in a juicer- ½ bunch of parsley, 1 garlic glove, 6 carrots, 3 stalks of celery, 1 large tomato, 1 bell pepper, a dash of cayenne pepper, 4 romaine leave, a stalk of broccoli, and a tsp of miso paste.
- Purchase a Hepa filter and or ionizer air filter. – Use when traveling an ionizer personal filter- with eucalyptus oil.
- Purchase a reverse osmosis water filter. *ask Gail. We can get you one at wholesale. \$ 250
- Watch pollen counts and weather humidity counts daily on the weather channel.
- Address mattress/pillow covers.
- Keep your home or work environment clean free of dust.
- Use natural products to clean your home with, lemon oil, vinegar, orange oil. * Ask Gail for suggestions where to purchase safe household chemicals. I love young living products.
- Stinging Nettle an herb tea – is natural remedy for allergy rhinitis, allergy and hay fever, versus prescription medications.
- Do nasal-saline douching nette pot daily. Can also use sea salt.
- Or a nasal homeopathic spray with no steroidal side effects.
- Eucalyptus inhaler, or use eucalyptus oil on a cotton ball and place within a humidifier. Good during the winter months. *ask Gail for eucalyptus, where to get it. Eucalyptus can be used with Vaseline or vegetable oil on the chest or within the nasal cavity. Use organic products.
- Understand one can desensitize oneself to their animals. You do not need to give up those wonderful, loving pets.
- Rest the body, do not overload or you break it down.
- Manage stress- learn to let things go.



- Cleanse the body by detoxification.
www.alternativehealthassoc.com
- Recommend a hair / skin analysis – bio chemistry analysis –
Alternative Health Associates www.alternativehealthassoc.com
- Recommend an antioxidant analysis.

I am delighted to educate you on allergy relief. Natural remedies are less expensive than taking steroid sprays, or pharmaceutical medications. Natural remedies are non toxic to the body and will not hurt in the long term. Homeopathy- Natural Health treatments have been around for centuries and are promising for allergy relief. Remember allergies is a comprised immune system, therefore, good nutrition, lifestyle, and building ones immune system will be a huge factor when controlling one's allergies. Be patient when building a better immunity, it takes time to heal and stimulate the body. Healing does occur naturally.

Things that will lower your immune system. The bad stuff to avoid:

1. Sugar
2. Alcohol
3. Chemicals – toxins.
4. Drugs- which include OTC, pharmaceutical, any other drugs. Drugs cause illnesses and breakdown.
5. Caffeine – star bucks, soda.
6. White flour, wheat, chips, etc.
7. Processed food.
8. Meat injected with steroids, antibiotics, and herbicides.
9. Dairy that is processed- pasteurized or homogenized.
10. Fruits/vegetables sprayed with pesticides.
11. Juice boxes, canned juice. – Entirely sugar and flavorings.
12. Radiated food and microwave waves.
13. A change in weather or altitude.
14. Fluorescent lighting
15. Electronics-computers, cellular phones, TV's, high electrical wires.
16. Negative people, negative energy or negative thoughts
17. Too much stress
18. Too much exercise – not letting the body rest
19. Flying - travel



The only reason a person gets sick is:

1. Toxins get into your body. Not getting enough of the right stuff.
2. Imbalance in the body – homeostasis ph LEVEL
3. A lowered immune system - which means it, is not functioning properly.
4. Too much bad bacteria.
5. Viral overload

*References: Natural Therapeutics Guide 2nd edition, Dr. Andrew Weils Self Healing MD, Dr. Herb Joiner-Bey ND
Allergy Free Naturally, Rick Ansoerge, Eric Metcalf. The Way of Herbs/Tierra.
The Scientific Validation of Herbal Medicine/Daniel B. Mowrey
Cancer and Politics
Breathe Freely*

***If you have any further questions or want me to provide more assistance for your personal health care, please schedule an additional natural health session for one hour. Dr. Gail Kopin 847-955-0800.
Good Health!***