



Get Rid of Allergies the Nutritional Way

By Morning: Spirit: Wolf-D.R.M.

Foods or elements that cause acidity, excess mucous production, histamine reactions, excess fermentation, and inflammation can all produce symptoms of allergies. Reactions may show up as runny nose, watery eyes, sneezing, swelling, itching, bloating, nausea, diarrhea, or redness and rash.

Because allergens are irritants, reducing the irritating conditions internally through food and nutritional supplements will greatly reduce both allergic response, and the amount of irritants you are allergic to.

To get rid of allergies, don't just treat symptoms, get to the root cause by eliminating foods that produce allergen build-up, use nutritional supplements that eliminate old build-ups, and supply the body with what it needs to be resistant to allergy producing agents. Here's how:

- **Avoid cows: milk, cheese, ice cream.** The proteins of cow's milk are undigestible - we'd need to produce rennet, regurgitate food, and chew our cud to digest them, and the putrefied protein get stored in the colon, forming layers that stick to the walls and produce a build-up of histamines, toxins, acids, bacteria, and auto-intoxication. Any addition of seasonal contaminants or environmental pollutants can trigger the body's stores of milk mucous into severe sickness. Ridding the body's stores of cow's milk with goat's milk, cheese or yogurt may reduce and eliminate further allergies.



- **Avoid apples, oranges, and grapefruits,** which are extremely acidic and allergy producing, along with creating uric acid and therefore pain and swelling in the joints, head, and low back. Use pears, tangerines, raspberries, lemons and limes to clean out acid build-up and histamines.

• **"Leaky gut"** is a condition of small lesions and/or cracks in the walls of the small intestines that causes seepage of intestinal fluid into the abdominal cavity. This causes mild to intense allergy symptoms. Use cayenne pepper capsules, Centaury, Thyme, Chamomile, Sarsaparilla, and eat plums, red potatoes, kiwi, raspberries, and papaya to soothe, boost, and restore healthy intestinal walls.





- **Seasonal, pollens, and dusts** are neutralized with the use of natural anti-histamines that mitigate, prevent, and eventually eliminate allergies. Use herbs as a tea or extract, such as Stinging Nettles, Sarsaparilla, Fenugreek, Chamomile, and Alfalfa, plus Bee Pollen, taken in small doses and building to large doses, then add royal jelly, and a Colon or Master Cleanse to rid excess.

- **Reactions to beestings, spider bite, and insect bites** are usually a histamine reaction based in excess uric acid in the cellular/skin fluids. Snake bite reaction is protein injected directly into blood stream that isn't able to be neutralized by blood factors. Use natural remedies, such as Raw Honey applied topically for bee stings, Tea Tree oil topically for insect bites, Nettles for hives (histamines), Sarsaparilla internally for poisonous snake and spider bites. Administered any or all of the supplements in small to medium doses frequently in times of severity.



- **Keep sinus dryness, mucosal lining inflammation,** or chronic allergic infections at a minimum, and even prevent them from forming with the use of vitamin A (Yam-A + D), vitamin C (Grass-C), and B-Complex (B-Complex with Potassium) along with Marjoram and Chamomile to prevent dry sinuses, swelling in sinuses, dry/watery eyes, itching skin, and sinus headaches. Lemon Balm, is another allergy preventer for sinus reactions

- **Stay hydrated** to help flush out toxins causing allergies, and use Extra Virgin Olive oil on the skin to neutralize environmental toxins that land topically. The body needs a minimum of 8 - eight ounce glasses of good quality water daily to stay healthy, and 1-2 tablespoons of extra virgin olive oil to keep hormones balanced, joints lubricated, and minerals being absorbed.

