

Better Way to Wellness

- Get Nourished... Be Well

Holistic Allergy Relief

Presented by Sandy Der, Certified Nutrition Consultant and Chef

- What are Allergies?
 - Causes
 - Symptoms
- Conventional Treatments
- Holistic
 - Lifestyle
 - Environment
 - Diet
 - Herbs and Supplements

Whole Body Health – the Holistic You

You can have a positive effect on your health:

“You control 75% of your health outcome depending on the lifestyle and diet you choose” -- Drs. Roizen and Oz authors of “You: The Owner’s Manual”

What are Allergies?

*Allergies are abnormal immune system reactions to ordinarily harmless substances. The sensitizing substances, called **allergens**, may be inhaled, swallowed, or come into contact with the skin.*

Contributing Factors

- Weak immune system
- Exposure to allergens
- Food allergies / sensitivities
- Environmental pollutants / chemicals
- Early weaning as an infant
- Stress
- Impaired liver function
- Impaired digestion
- Infections / parasites

Allergy Symptoms

- Sneezing, runny or clogged nose.
- Coughing and postnasal drip.

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- Itching, Watering eyes, nose, and throat.
- Allergic “shiners”
- Conjunctivitis (red-rimmed, swollen eyes)
- Mental dullness and fatigue
- Hives, Eczema
- Anaphylactic reaction
- Aching joints and muscles
- Constipation and / or Diarrhea
- Canker sores
- Indigestion
- Swelling of lips and face
- Headaches
- Snoring
- Resistance to Weight Loss

Common Symptoms and their Source

Headaches: wheat, chocolate

Migraine Headaches: Alcohol, cheese, chocolate, nuts, wheat, citrus fruits, tomatoes, MSG, nitrates, eggs, milk.

Hay Fever: Milk, wheat, nuts, chocolate, colas, sulfites, pollen, molds, dander

Hives: Strawberries, tomatoes, chocolate, eggs, shellfish, mangos, pork, nuts.

Childhood Allergies: Milk, wheat, eggs, artificial colors/flavors, peanuts, salicylates, (less common) rye, beef, fish.

Eczema: Eggs, citrus fruits, tomatoes.

Asthma: Wheat, eggs.

Cerebral Symptoms: (affecting energy, emotions, and psyche): Milk, soybeans, corn, and wheat.

(Haas, Elson M. Staying Healthy with Nutrition, Celestial Arts: Berkely, CA, 1992, p. 874)

Most Common Food Allergies

Dairy	Soy
Wheat	Peanut
Corn	Citrus
Eggs	Tomato
Sugar	

Identifying Allergen Sources

- Skin Prick
- Blood Tests
- Saliva

- Elimination Diet
 - Avoid suspected foods for 2 weeks
 - Introduce foods one at a time and note symptoms

Nutrition 101

A. Macronutrients

1. Protein

- a. Needed to: build cells, for cell repair, enzyme and hormone production
- b. Grams per Day = Ideal Weight x 0.5 to 1 gram
- c. Emphasize vegetable protein with some animal proteins – lean meats, fish, poultry
- d. Protein powders - whey, rice, hemp

2. Fat

- a. Important to all metabolic functions, nervous system, brain, production of hormones, absorption of fat soluble vitamins
- b. Extra Virgin Olive oil, Butter from grass-fed cows
- c. Omega 3 DHA & EPA, Omega 6 GLA are anti-inflammatory
- d. Coconut fat is easy to absorb and can give needed energy boost, also anti bacterial, anti viral and anti fungal properties

3. Carbohydrate

- a. Complex carbohydrates – whole grains (brown rice, buckwheat, quinoa, millet), starchy vegetables, fruit
- b. Avoid all refined carbohydrates – the white foods
Especially sugar
- c. Controlling blood sugar is important for reducing inflammation

B. Micronutrients

1. Isolated synthetic chemicals are not the whole story and in fact can do more harm than good if not used properly
2. Eat Real Food – Local, Seasonal, Fresh

Avoid List

- Sugar & Sugar substitutes
- Trans Fats
- Nitrite cured meats
- Fried, BBQ or charred foods
- Heavily Processed Foods – packaged foods with more than five ingredients or things you can't pronounce.
- Food additives, preservatives, artificial colors

Nutrients to Emphasize to Support Body with Allergies

- **Omega 3** – fish, flax, walnuts, green leafy veg
- **Vitamin A, C Complex** – peppers, green leafy veg, citrus, berries
- **Vitamin E** – Sunflower seeds, almonds, green leafy veg, blueberries
- **Selenium** – brown mushrooms, fish, eggs, turkey, oats, sunflower seeds, brazil nuts
- **Zinc** – brown mushrooms, green leafy veg, sesame & pumpkin seeds
- **Quercetin** –onions, apples, algae, propolis and citrus fruits
- **Fiber & Water**

Supplements

- High quality food based MultiVitamin/Mineral
- Omega 3 EFA, DHA; Omega 6 GLA
- Digestive Support: Proteolytic enzyme, Probiotic, HCl
- Whey, Glutamine to support digestive tract
- Adrenal Support
- Liver Support

Herbs

- Nettles – leaf extract or tea for hay fever, anti-histamine
- Curcumin (turmeric) – anti-inflammatory
- Rose Hips – natural anti-histamine
- Honey – gathered from 50 mile radius
- Milk Thistle – support liver function
- Fenugreek, Gingko
- Marshmallow Root – soothing for intestinal lining

Summary - Lifestyle

- Reduce Stress
- Exercise
- 8-9 hours uninterrupted Sleep
- Avoid caffeine, stimulants and alcohol
- Reduce total load / body burden
- Avoid contact with known allergens
 - Stay indoors on high pollen days
- HEPA filter, natural cleaning, personal care products
- Evaluate digestive health, liver and adrenal function

Summary - Diet

- Avoid known allergens and sensitivities
- Rotate foods, enjoy a variety of foods
- Add fermented foods: yogurt, kvass, kombucha, sauerkraut, kefir

- Lots of fiber – aim for >30 grams per day
- Clean filtered water
- And...

Practice the Model for Good Eating (adapted from Michael Pollan):

- **Avoid Foods your great-great grandmother would not recognize**
- **Eat Food – not food products – local seasonal and Fresh!**
- **Avoid Foods with health claims on the packages**
- **Enjoy lots of colorful vegetables and fruit**
- **Include a protein, complex carb and good fat with every meal or snack**
- **Take small bites, chew well, stop when you are full**
- **Eat with pleasure – take your time to savor good food in good company**

Resources

Environmental Working Group:

Produce Shopping Guide “The Dirty Dozen”: www.foodnews.org

Cosmetics Shopping Guide: www.cosmeticsdatabase.com

For local seasonal foods guide: www.LocalFoodsWheel.com

Honey: www.marshallshoney.com

Non-toxic Home: www.debraslist.com or Dadd, Debra Lynn. Home Safe Home. New York: Putnam, 1997.

Monterey Bay Aquarium **Seafood Watch:** www.mbayaq.org/cr/seafoodwatch.asp

MountainRoseHerbs.com – online source for organic herbs, spices, sea vegetables, cosmetics

Oz, Mehmet and Roizen, Michael, MDs. You: The Owner’s Manual. New York: HarperCollins, 2005.

Planck, Nina, Real Food: What to Eat & Why

Pollan, Michael, In Defense of Food , 2007

First Chapter: <http://www.changethis.com/43.01.EatersManifesto>

World’s Healthiest Foods: www.whfoods.com/whoweare.php

Be advised that any nutritional program suggested is not intended as a treatment for any disease. The intent of any nutritional recommendation is to support the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, prevent any disease or condition. Always work with a qualified medical professional before making changes to your diet, prescription medication, lifestyle or exercise activities.