

Allergies:

Food / Environmental (pollen, animal dander, chemicals)

Causes: (review chart)

Weak immune system

Permeable Gut

Poor Digestion

Adrenal Fatigue

Poor diet

Poor Digestion:

Enzymes levels (decrease as we age)

HCL levels (decrease as we age)

Permeable Gut:

Small intestinal lining is too thin. Allows larger food, dander, pollen particles to enter blood stream.

SIgA levels detect this (saliva test)

Gut must be repaired

Weak Immune Function

- Allergy is a hyper immune response. The body is over reacting to a normal substance.
- Liver, Spleen, Thymus and Adrenal glands must all work well
- Toxicity may be compromising the immune system (Detoxification required)
- Heavy metal load may compromise the immune system (evaluate by hair analysis)
- Regular and / or high intake of refined sugar and other carbohydrates weakens the immune system.

Adrenal Fatigue

- Adrenal glands produce cortisol (cortisone) which is a powerful anti-inflammatory.
- Help regulate sugar metabolism
- Tie in closely with the Thyroid gland
- Signs of advanced adrenal fatigue
 - Dizzy or light headed getting up quickly from a lying position
 - Fatigue
 - Bright light irritates you
 - Crave salt or salty foods (cheese, pickles, chips, etc.)
 - Can not stay asleep
 - Get headaches with exertion or stress
 - Can not fall asleep
 - Gain weight when exercising or when under stress
 - Perspire easily

How do we treat all this?

Diet, Nutritional medicine, homeopathics, herbal medicines.

Desensitization:

QNR (Quantum Neurology Rehabilitation)

NMT (Neuromodulation Technique)

AACT (Accelerated Allergy Clearing Technique)