

# The Tuesday Minute

Nutritional information.... one byte at a time

## *This Week's Topic*

### **Nutritional Approach For Treating Allergies**

One out of six people are officially “diagnosed” with allergies. Spring, summer, and even the fall can bring on the avalanche of symptoms not to mention masses in line at the pharmacy. They know the drill; they tough it out every season. In reality, allergies can be somewhat elusive.

How can we be exposed to a substance and not react, but on another day we react to that same substance? The answer lies in the nature of allergies and allergic reactions.

Allergies may be triggered by pollen from trees, weeds, and grasses during the springtime when winds carry the pollen through the air. Ragweed pollen travel great distances. In fact, pollen from certain ragweed has been found at sea as far as four hundred miles from shore! The trigger could also be an abnormally high immunologic sensitivity to certain drugs, foods, and micro-organisms.

These stimuli act as antigens, provoking an immunological response involving the release of inflammatory substances, such as histamine, in the body. Common symptoms include sneezing, runny eyes, headaches, fatigue, asthma, and skin rashes, though in some individuals symptoms can be very severe.

While there are many factors involved, look for an overloaded, over stimulated immune system; or an under-stimulated, nutrient deficient immune system. It can be overloaded with toxins, chemicals, metals, or what is commonly called an “excess body burden.” When the immune system is overloaded it malfunctions and cannot clearly distinguish what is harmful and what is not.

Over stimulation occurs when healthy cells are releasing substances that are harmful to our tissue. This is a simplified description of autoimmunity. A weakened immune system can be the result of a deficiency of nutrients.

Also, increases or decreases in hormone production play a big role. When we think of allergies, whether allopathic or alternative, we always want to address adrenal function.

Other deficiency's like zinc, vitamins C, D, B complex, EFAs, and a host of botanicals and probiotics play a huge role to feed the body the foods necessary to activate and rebuild glands and organ systems. In some cases, nutraceuticals like vitamin D, zinc, resveratrol, and the carotenoids can actually turn on health restoring genes.

Typically when I see someone with allergic symptoms, I always like to start with the 3 Step Detox. The 3 Step Detox reduces the body burden and supplies the basic nutrients that are necessary to rebuild and repair. I have seen many people with all kinds of allergic symptoms respond to the 3 Step Detox in ways I would have never thought possible.

You may have heard me say “we want to clean the body and feed the body.” The 3 Step Detox does just that. It's a systematic approach developed by Dr. Abbas Qutab. If you haven't seen the patient video introducing the 3 Step Detox, click the link on the web page and we will send it to you.

The 3 Step Detox is a commitment. Some patients may not be ready. These may be people who are accustomed to quick fixes and “over the counter

products.” So as clinicians we think how can we detox the liver naturally and support the adrenals? You may have your favorites, but on the web page you can download some of mine.

Here's another question. Can we reduce the release of some inflammatory substances, such as histamine, by feeding the body nutrients? The answer is a resounding... yes.

Dr. Carl Pfeiffer MD, Ph D in his classic work, *Mental and Elemental Nutrients*, discusses how calcium, methionine, zinc, manganese, and B6 have been found to reduce blood histamines. Another phytonutrient found in apples, tea, onions, red grapes, citrus fruits, tomatoes, broccoli, and other leafy green vegetables and many berries is quercetin.

Quercetin has demonstrated significant anti-inflammatory activity by inhibiting both manufacture and release of histamine and other allergic/inflammatory mediators. In addition, it exerts potent antioxidant activity and vitamin C-sparing action. Biotics Research added buckwheat culture, vitamin C, and other antioxidants like green tea extract and citrus bioflavonoids to quercetin to make a full spectrum product called Bio-FCTS™.

I know a woman who was forced into an environment with cats to which she was severely allergic. The day before and the day when she visited the home, she took 5 Bio-FCTS™ three times a day. Even though the exposure was unavoidable and constant for over 24 hours, she was completely symptom free.

I often mention how EFAs affect the health of cell membranes. EFAs have natural anti-inflammatory properties which are a major benefit when working with allergies. Where do many of the airborne allergens enter the body? In "mucus membrane lined" nasal and bronchial cavities.

It may have never occurred to you, if we support healthy mucus membrane function with good oils when we treat the gut, we are also treating other neglected nasal and bronchial membranes as well. A good balanced oil to use is Biotics Mixed EFAs™ formula. Dr. Harry Eidenier shared with me how he uses Mixed EFAs™ for a different reason. He recommends it as an excellent source of sesame oil because it helps remove histamine from mass cells.

Dr. Gary Lasneski developed a product called HistoPlex® to modulate the immune system. The term modulation refers to balancing both the cell mediated response and the humoral response of the immune system. It doesn't over stimulate the humoral response which is dominant in most allergy/asthma situations. In fact it has, as he calls it, "a cooling effect" so it can be used with autoimmune conditions.

He has created two forms: HistoPlex® and HistoPlex-AB®. HistoPlex® was developed for general allergies that may affect liver, spleen, gut issues, and is mostly used for food sensitivities. HistoPlex-AB® was developed to support the mucus barrier in air passages for sinus cavities and bronchial membranes. Because both of these formulas are herbal extracts, they take a little longer to work but seem to have a longer lasting effect. The dose for HistoPlex-AB® is 4 capsules twice a day. There is a link that gives individual ingredients for the formulas I've mentioned.

As you screen your patients for allergies, look for ways to alert them to healthier alternatives to over the counter and prescription drugs. Many people don't know; and with a little insight from you, you'll be surprised at how many will respond.

Thanks for checking in again. I'll see you next Tuesday.