

Please keep in mind, the statements made in this report have not been evaluated by the FDA, and are not meant to diagnose or treat any disease or illness.

What is an Allergy?

An allergy is when the body's immune system decides something that would normally be harmless, like pollen, dust, certain foods or animal dander, is a dangerous "enemy". These substances are known as "allergens". Allergens are actually proteins that the body reacts to- the body reacts to allergens in the same way it would react to a bacteria or virus. Allergens can include foods, pollens, molds, animal dander, dust mites or environmental chemicals, such as cleaning products, soaps, cosmetics, and numerous other things.

When exposed to an allergen, the body's immune system releases antibodies to attack it, setting off a cascading series of bio-chemicals, such as histamines. These can produce inflammation, or other symptoms of an allergic reaction, such as runny nose and itchy eyes, nasal congestion, a rash, coughing, hives, vomiting, or in severe cases, anaphylactic shock. Allergies can also result in digestive distress, gas, and indigestion.

Food Allergies are more common than most people think. Food allergies can be fast acting and life threatening, such as someone allergic to shell fish, peanuts or strawberries and can't breathe, or goes into shock, or the reaction can be delayed, and much less severe. Food allergy symptoms can take up to two days to manifest, so the vast majority of people who have food allergies don't know it, unless they have the more serious type of reaction. Dairy and wheat are two of the most common food allergies, as well as citrus, nuts, soy and corn, although any food could become an allergen. Food allergies (especially the those with a delayed or more subtle reaction) can be an underlying cause for many other health complaints, such as fatigue and obesity.

Why Am I So Allergic?

That is hard to say; heredity can certainly play a role. If you have had severe reactions to foods in the past (such as shellfish or peanut allergies) it would be extremely wise to simply stay away from those allergens. Severe allergies like these generally have a genetic component that would be impossible, or at least very difficult, to overcome.

But if your body is overloaded with toxins, your immune system is compromised, or you have a "leaky gut syndrome", with an overgrowth of Candida in your body, this will lower your resistance to environmental allergens, such as pollens, animal dander, cleaning products, etc, or may result in milder food "intolerances". *Please remember, these statements are not meant to diagnose or cure any illness. If you think you have an allergy, please consult with your doctor.*

What Can I Do to Help Ease My Allergic Symptoms?

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If you are one of those people who seems to be allergic to *everything*, with frequent symptoms that can't be pinpointed to any specific allergen, [cleansing your body of toxins](#) and [boosting your immune system](#) would be a great place to start.

What to Cleanse?

[The Liver](#) is always a good place to start. Our modern day world is full of toxins and pollution which contributes to overloading the liver's ability to cleanse our bodies. This overload contributes to a general lowering of our body's immune system. Some symptoms of an overloaded liver are eye problems, with the eyes becoming sore, gritty and easily tired, low energy, nausea, bloating and flatulence, also PMS, headaches, and depression.

[The colon](#) is also an organ in regular need of cleansing, especially if you are bothered by food allergies. A toxic colon can lead to "leaky gut syndrome", a condition where the toxins that are normally excreted out of the bowel are absorbed through the bowel wall and into the body. An unhealthy colon can also lead to a [systemic overgrowth of Candida](#)- basically, a sort of 'yeast infection' throughout your body. This is actually a very common condition. [Acidophilus](#) supplements can help to correct this condition.

As well as internal cleansing, detoxifying baths can be helpful to allergies. Fill a bath tub all the way up with water as hot as you can stand it. Stay in for 5 minutes, then take a warm shower to rinse off the sweated out toxins from your skin. Work your way up to staying in as long as 30 minutes, and take no more than 3 baths a week. If you have access to a steam room or sauna, this would also be a great option.

Herbs Vitamins and Homeopathy

Herbs can be a useful and natural treatment for the symptoms associated with allergies. Herbs can be taken in capsule form, or brewed as teas.

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[Nettles](#)- To help prevent hay fever and sensitivity to tree, flower and weed pollens.

[Siberian Ginseng](#)- Overall strengthening of the body and immune system, adrenal support.

[Barberry](#) and [Milk Thistle](#)- Liver support, and to help process the inflammation that is obstructing the liver and body.

[Mullein](#)- Relieves hay fever symptoms and sinus pain, helps to thin mucus.

[Eyebright](#)- A tea or infusion made of eyebright is very soothing wash for irritated eyes. It can also be drunk as a tea to help dry excessive mucus.

[Horehound](#)- Breaks up severe mucus congestion. In fact, it is a traditional, old fashioned ingredient in cough drops. One cup of warm horehound tea will loosen impacted phlegm in the throat, lungs and sinuses, and relieves a sinus headache.

[Coltsfoot](#)- A soothing expectorant and anti-spasmodic, which can be used to treat bronchitis, whooping cough, asthma, and chronic emphysema.

There are also many [herbal formula blends](#) in capsule form which can be extremely useful in treating allergy symptoms, as well as [concentrated and standardized herbal formulas](#).

[Vitamins](#) helpful in treating allergies include [Vitamin C](#), a powerful antioxidant shown to help with symptoms of asthma, to protect against the harmful effects of pollution, and to enhance the immune system, and [Vitamin E](#), which can help to strengthen and soothe mucus membranes.

[Quercetin](#) is a bioflavonoid and a powerful antioxidant that inhibits the release of histamines. Take 250 mg twice a day; but be patient, it may take a couple of weeks for the benefits of [quercetin](#) to kick in.

[Adrenal support](#)- The adrenal glands produce adrenaline, the “stress hormone”. Too much stress can result in over taxed adrenal glands, which in turn, weaken your immune system, which then leaves you more vulnerable to allergies. In this stress filled world, taking care of your adrenals just makes good sense! There are [homeopathic products formulated to support the adrenals](#), as well as [Pantothenic Acid](#) a B vitamin that supports healthy adrenal function.

[Homeopathic products](#) are another alternative for natural allergy relief. What is homeopathy? The concept is, cure an illness with minute amounts of what might actually be causing the illness itself. The base principle of homeopathy is that like cures like. When a snake bites a person, the cure often takes the form of anti-venom derived from the venom of the snake that bit the person. This theory works the same for [allergies](#).

Many [homeopathic products](#) also incorporate 'tissue salts'. Tissue Salts, also called cell salts, are made up of minerals which occur naturally in our bodies, and all organic matter, such as plants, rocks and soil. Imbalance, or a deficiency of a tissue salt can cause illness, and the body begins to develop symptoms associated with the tissue salts that are lacking. Restoring the correct balance of tissue salts in the body will remove the symptoms, and restore the body to health and vitality.

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