

Welcome!!!
Just hang On :o)
Our meeting will start soon.

Food Allergies

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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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Food Allergies

An estimated 4 - 6% of children and 4 % of adults have food allergies – CDC

Of all the many different types of food allergies, 90% of all food reactions are linked to these 7 foods...

- 1.Wheat
- 2.Milk
- 3.Peanuts
- 4.Eggs
- 5.Tree nuts
- 6.Shellfish/Fish
- 7.Soy

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Most Common Causes Of Food Allergies

1. Blood Type
2. Poor Digestion
3. Poor Liver Function
4. Lack of Good Bacteria
5. Lacking Accompanied Nutrients
6. Age of Exposure
7. Food Adulteration (GMO)

Digestion (handwritten red note with a bracket pointing to items 2, 3, and 4)

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#1 Blood Type Named For What Antigen it Possesses

O A B AB

— Fucose
 — N-Acetyl-galactosamine
 — D- galactosamine

The Antigens (A foreign substance that the body treats as a toxin which then induces an immune response in the body) in the blood determines what blood type you are.

Type O +				
Type O -				
Type A +				
Type A -				
Type B +				
Type B -				
Type AB +				
Type AB -				
Invalid				

If Given the Blood with conflicting protein Antigen

- Blood can start to clot
- The donated cells can burst open releasing hemoglobin which becomes toxic since it is released from the blood cells

Rh factor - Rhesus (Rh) factor is an inherited protein found on the surface of red blood cells. Rh positive you have the protein. Rh negative you lack the protein



<http://www.MarysHerbs.com/NutritionHelps/BloodTypes/TypeA.htm>
<http://www.MarysHerbs.com/NutritionHelps/BloodTypes/TypeB.htm>
<http://www.MarysHerbs.com/NutritionHelps/BloodTypes/TypeAB.htm>
<http://www.MarysHerbs.com/NutritionHelps/BloodTypes/TypeO.htm>
http://www.4yourtype.com/prodinfo.asp?number=YTE001&qclid=CMfblnMrZgCFQ_HHGgod2icfVA

Vegetables	Acidic Alkalinizing	Ben Neutral Avoid	Low Glycemic Index	Fruits	Acidic Alkalinizing	Ben Neutral Avoid	Low Glycemic Index
Agar	Alk	Neut	Low	Apple	Alk	Neut	low
Aloe	Alk	Avoid	Low	Apricot	Alk	Neut	low
Artichoke	Alk	Ben	Low	Anan Pear	Alk	Avoid	low
Arugula	Alk	Neut	Low	Avocado	Alk	Avoid	
Asparagus	Alk	Neut	Low	Banana	Unk	Ben	High
Avocado	Alk	Avoid		Butter Melon	Alk	Avoid	High
Bamboo Shoots	Alk	Neut	Low	Blackberry	Alk	Avoid	High
Beet	Alk	Neut	Low	Blueberry	Alk	Ben	High
Beet Greens	Alk	Ben	Low	Boysenberry	Alk	Neut	High
Bok Choy	Alk	Neut	Low	Bread Fruit	Unk	Neut	High
Broccoli	Alk	Ben	Low				
Brussels Sprouts	Alk	Neut	Low				
Cabbage (All)	Alk	Neut	Low				

#2 Poor Digestion - Stomach
What the body doesn't digest it treats as a toxin

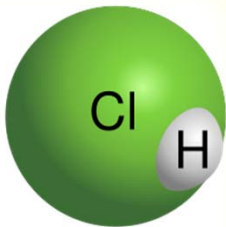


Poor Digestion

#60

HCL - 1.7 pH

- Our Hydrochloric acid (HCL) is corrosive enough to dissolve a razor blade!
- The stomach is lined with mucus as a barrier to HCL
- The lining of the stomach sheds cells at a half-million a minute
- The stomach replaces itself every 3 days. (so HCL is not detrimental to us)



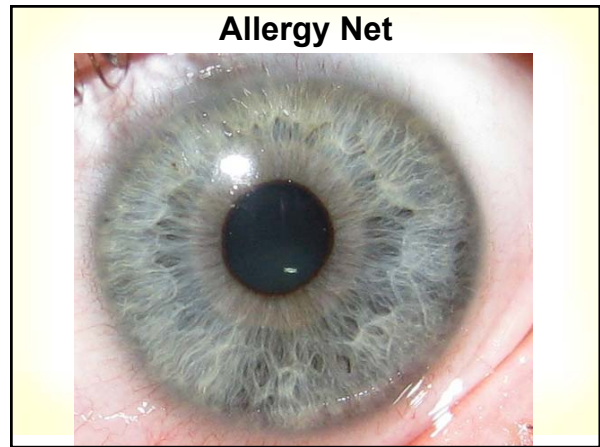
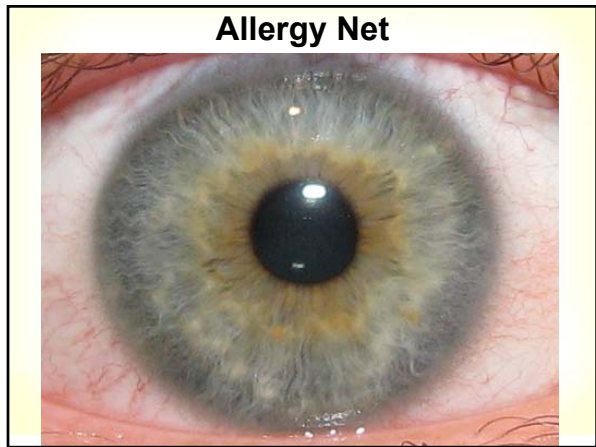
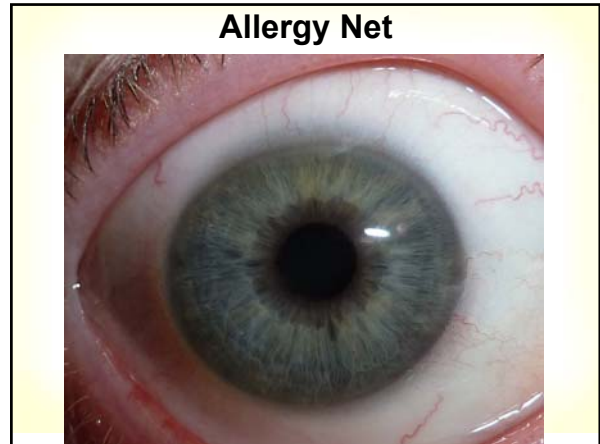
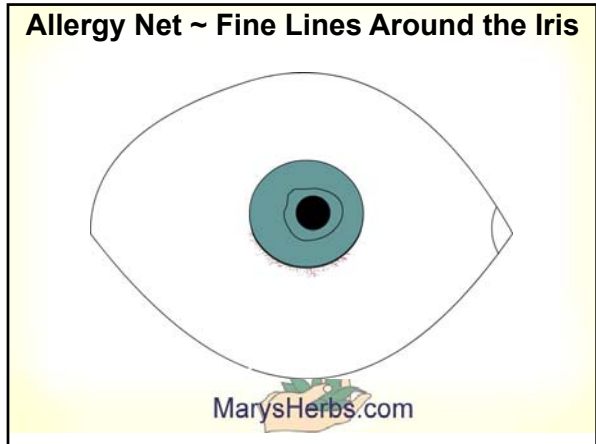
Lemon or vinegar test



Symptoms of HCL Imbalance:

- Bloating
- Heartburn
- Diarrhea
- Constipation
- Acne
- Chronic Candida
- Food allergies
- Immune problems
- Arthritis





#3 Poor Digestion – Weak Liver

- Swelling, pain or tenderness under your right rib cage
- Waking up feeling sluggish, groggy or irritable
- Menses problems (women) or prostate problems (men)
- Easily angered or irritated
- Frequently feel tired, depressed or sluggish
- Skin problems such as acne, eczema or rashes, moles, skin tags
- Number one cause of headaches or migraines

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- Blood sugar imbalance and/or diabetes
- Constipation
- Hyperactivity
- Hypochondriac feelings
- Cholesterol Imbalance
- Insomnia
- Intestinal gas, bloating, colic and distress
- Nausea, vomiting and diarrhea
- Severe body odor
- Tight Trap

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To Increase Liver Cleanse

Start with recommended amount and increase 1 capsule a day per week until sleep the whole night through. So
 the 1st week – 3 capsules a day
 the 2nd week – 4 capsules a day
 the 3rd week – 5 capsules a day etc.

After you are sleeping the whole night through and there is no more gassiness, you can back down the same way.


Making a homemade Castor Oil Pack

Use an unbleached 100% cotton or white flannel piece of material or sterile gauze and soak in castor oil.

Put it directly over the organ or tissue you would like to nourish. Then you cover with wax paper and tape it on.

IMPORTANT:
 Use wax paper instead of plastic wrap because the formaldehyde can break down and be absorbed by the body. Some people then put on a hot water bottle (due to EMF's, I do not condone using electric heating pads).

Since the castor oil is believed to also pull out toxins, it is best not to reuse the cloth.



Liver Symptoms cont.

- Emotional Symptoms
 - Anger, irritability and defensiveness
 - Depression and discouragement
- Gallbladder Emotional Symptom
 - Resentment
 - Feelings of Bitterness

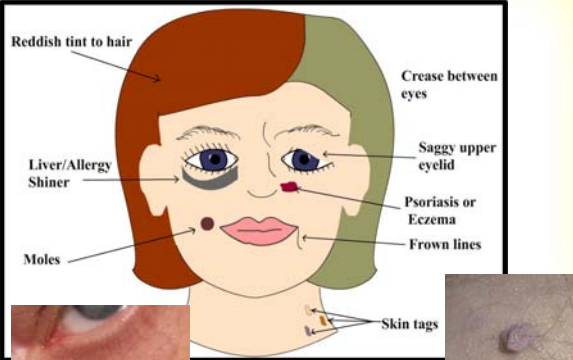



• Supports digestive system function, especially the liver and gallbladder.
 • May help provide soothing action.

• This formula helps to ensure that food is properly digested
 • These herbs also influence the gallbladder to empty properly, allowing for more complete digestion of fats.
 • Bitter herbs are especially beneficial during convalescence and for general debility.






Body Signs of LIVER

Triglyceride Bubble or Poor Digestion of Fats



Liver Psora





#4 Lack of Good Bacteria

- In the stomach, milk's casein is broken down into Casomorphines
- In the stomach, wheat's gluten is broken down into Gluteomorphines
- In a normal gut both of these are further broken down by enzymes & by the microvilli of the enterocytes
- In an abnormal gut the process of digestion is incomplete and the person becomes addicted to the morphines





The Auto-Immune Connection

- When toxins are able to leak out of the intestinal wall into the blood stream or surrounding tissue, the body's immune system attacks that tissue
- When the acid and by-products from undigested food are absorbed by the micro-villi to be used as the raw material for cells, the immune system attacks the acid in those cells
- Therefore a lack of good bacteria can contribute to a toxic bowel and therefore auto-immune diseases and allergies

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#5 Lacking Accompanied Nutrients

Typical Unusual Allergic Symptom	List of Reaction Producing Foods	Most Common Deficiency Indicated Mineral, Vitamin, Amino acid
Easily sunburn, tired and exhausted in summer	#1 Wheat	Magnesium, L-Histidine, Fatty Acids
Bed wetting, mucus, inner ear problems, ADD, hyperactivity	#2 Milk Products	Vitamin D, Potassium, L-Asparagine
Inability to nurture	#3 Rice, Pumpkin, Strawberries, Blueberries	Manganese, L-arginine, L-Proline, B-12
Heaviness in chest, tonsil problems, and early morning mucus	#4 Fats	Sulfur, Vitamin H (Biotin)

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Typical Unusual Allergic Symptom	List of Reaction Producing Foods	Most Common Deficiency
Heart palpitations, asthma	#5 Corn	Magnesium, Potassium, L-Histidine, Fatty acids
Stress, being a night owl, menses headaches, mouth sores	#6 Citrus	Pantothenic Acid (B-5), Calcium, L-Serine
Smoke sensitivity, hiatal hernia	#7 Peppers, Pears, Peaches, Plums	Phosphorus, L-Glutamine
White dots on finger nails, cold sores	#8 Yeast , Potatoes, Raisins, Walnuts, Barley, Cherries, Rye, Millet	Zinc, B-1, L-lysine
Colic	#9 Oatmeal, Sesame seeds or oil	Iron, Folic Acid

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#6 Age of Exposure to Foods

1. Breast milk	Diet
2. Raw goats milk add Fatty acids and Black Strap Molasses --- folate... not folic acid	<ul style="list-style-type: none"> •Raw Veggies •Raw Fruits •Whole grains •Protein •Water
When do you introduce food?	pH balance
How do you introduce food?	Liquid Calcium
WAIT on introducing:	
<ul style="list-style-type: none"> - Eggs - Honey - Nuts 	



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#7 Food Adulteration

Chicken genes in apples, flounder genes in strawberries

Marcus Williamson
<http://www.gmfoodnews.com>

DNA of Other Species

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Not just labeling.... GMO effects are just too far reaching






• **10 Scientific Studies Proving GMOs Can Be Harmful To Human Health** April 8, 2014 by [Ariun Walia](#).

First commercial sale of GMO was only twenty years ago

Material and [Full text of this document are available for free at PubMed](#)

Journal of Endocrinology of Quebec, Canada

Author: [Ariun Walia](#), Samuel Lefebvre

Publication: [GMOs linked to gluten disorders plaguing 18 million Americans - report](#)

Abstract

Pubmed.com | Published | Advanced | Display Settings: Abstract | Send to

Endocrinology 2013; 54(1):125-30. doi: 10.1016/j.je.2013.05.007. Epub 2013 Jun 10.

Glyphosate induces human breast cancer cells growth via estrogen receptors.

Theodoropoulos S¹, Theodorakaki A, Rangelova N, Sultov T, Samardzic J

A long-term toxicology study on pigs fed a combined genetically modified (GM) soy and GM maize diet

Judy A. Carman^{1,2*}, Howard R. Vlieger³, Larry J. Ver Steeg⁴, Verlyn E. Sneller⁵, Garth W. Robinson^{5*}, Catherine A. Clinch-Jones¹, Julie I. Haynes⁶, John W. Edwards²

Entropy 2013, 15(4): 1416-1463. doi:10.3390/e15041416

Review

Glyphosate's Suppression of Cytochrome P450 Enzymes and Amino Acid Biosynthesis by the Gut Microbiome Pathways to Modern Diseases[†]

Anthony Samsel¹ and Stephanie Seneff^{2,*}

Display Settings: Abstract

Nutr Rev. 2009 Jan;67(1):1-16. doi: 10.1111/j.1753-4887.2008.00130.x.

Risk assessment of genetically modified crops for nutrition and health.

Magaña-Gómez JA¹, de la Barca AM

Author information

Abstract

The risk assessment of genetically modified (GM) crops for human nutrition and health has not been systematic

Common Symptoms Of Food Allergies

- Rash or Hives
- Wheezing or shortness of breath or persistent cough
- Shock or circulatory collapse
- Tight, hoarse throat; trouble swallowing
- Swelling of the tongue, affecting the ability to talk or breathe
- Weak pulse
- Pale or blue coloring of skin
- Dizziness or feeling faint
- Anaphylaxis a potentially life-threatening reaction that can impair breathing and send the body into shock; reactions may simultaneously affect different parts of the body (for example, a stomachache accompanied by a rash)

Less Common Symptoms

- Depression
- Hyperactivity
- Poor concentration (ADD or ADHD)
- Headaches

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A Simple but Pretty Effective Allergy Test

Step #1 Cut out all dairy and wheat and keep track for a week. (this is a cleansing week)

Step #2 Week 2 day 1 add dairy (as much as you can) for breakfast, lunch and dinner (skip a day for cleansing)

Step #3 Week 2 day 2 cut out all wheat and dairy for a cleansing day

Step #4 Week 2 day 3 add wheat products (as much as you can) for breakfast, lunch and dinner

Step #5 Return results to me.

Step #6 Keep in your "Health Journal"

Pulse test

- Sit down for a meal, wait a few minutes sitting, then take your pulse
- Eat and sit still again for 20 min. retake pulse test.
- If the pulse has gone up 10 beats a minute or more then your body is having a difficult time with the food and can cause food allergies.

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If you have a tendency towards food allergies, and are going to do pulse testing, make sure you do it with someone in attendance and have on hand Benadryl® or an Epi pen!!!

CALL 911!!!

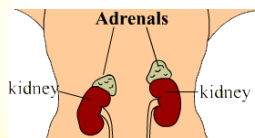

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Phase II detox liver - glutathione



Adrenal Connection

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