

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directlly 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 construtional 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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Welcome!!!
Just hang On :o)
Our meeting will start soon.



Respiratory Allergies

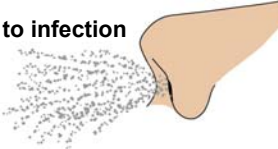


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Respiratory Allergies

Dander, saliva, skin and urine (especially dogs & cats)
Pollen from flowers, plants, grasses and trees
Dust mites
Molds
Perfumes/fragrances

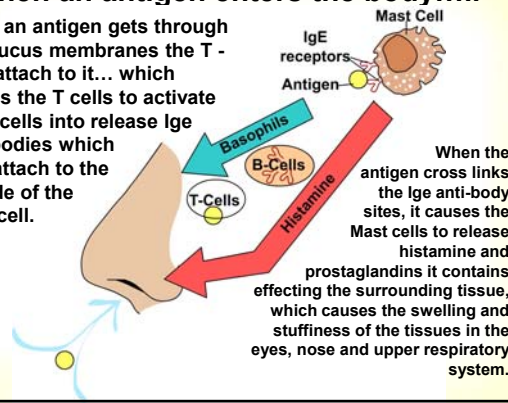
Sinus - irritation lending to infection
Eyes - itchy watery eyes
Stuffy Nose
Asthma
Lungs - Wheezing
Hives




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When an antigen enters the body.....

When an antigen gets through the mucus membranes the T-cells attach to it... which causes the T cells to activate the B cells into release Ige Anti-bodies which then attach to the outside of the mast cell.




When the antigen cross links the Ige anti-body sites, it causes the Mast cells to release histamine and prostaglandins it contains effecting the surrounding tissue, which causes the swelling and stuffiness of the tissues in the eyes, nose and upper respiratory system.

Misguided Medical Professionals Will Say.....

That an allergic reaction is a flawed immune system OVER-reacting to a typically harmless substance.

When in Reality

When an allergen hits an already toxic or overly-taxed respiratory system, the immune system in effort to protect the body, will cause the production of mucus and the swelling of tissue to prevent the allergen from entering the already overburdened respiratory system and lungs.



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Typically When the Swelling and Mucus Becomes Excessive.....

The body has an off switch for every on switch... in this case anti-histamine (corisole). Which block the histamine receptor sites.

Methylation also effects histamine and basophils levels



Adrenals produce the cortisol to adequately counteract the inflammatory allergic reactions.

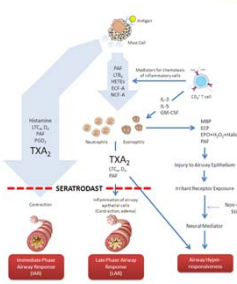



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Noninfectious Respiratory Conditions

So called Allergens don't cause Allergies with everyone. So it isn't the Allergen alone which causes the reaction.

- Check for Toxins in the Respiratory System and Bowel
- Check pH
- Check Adrenals



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Balanced Acid

- Water
- Diet
- Liquid Chlorophyll
- Liquid Calcium
- Calcium

NO MILK PRODUCTS

• Acid causes inflammation



pH Balancing Diet

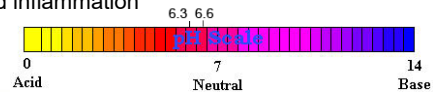
Most Alkaline	Alkaline	Slightly Alkaline	Food Category	Slightly Acid	Acid	Most Acidic
-Grapefruit -Lemons -Limes -Mangoes -Pineapples -Watermelon	-Apples -Bananas (sweet) -Ginseng -Figs -Kiwi -Mangoes -Pineapples -Pumpkins -Raspberries	-Avocados -Bananas (green) -Cherries -Oranges -Pineapples -Pumpkins	FRUITS	-Fruit juices (unsweetened) -Plums	-Cherries (sour) -Rhubarb	-Blueberries -Cranberries -Pineapples
-Asparagus -Broccoli -Cauliflower -Onions -Parsnips -Spinach (raw) -Vegetable juices (fresh)	-Beans -Beets -Celery -Cucumbers -Lettuce -Onions -Spinach (cooked) -Sweet Potato -Zucchini	-Cabbage -Carrots -Corn -Mushrooms (fresh) -Onions -Peas -Spinach -Sweet Potato -Tomatoes	BEANS VEGETABLES LEGUMES	-Beans (soy) -Kidney -Soybeans	-Beans -Pinto (beans) -Peanut -Lima (beans) -Peanuts	-Carob -Soybean
			MEATS	-Fish (cold water) -Tuna	-Chicken -Lamb -Turkey	-Beef -Pork -Shellfish
		-Amaranth -Millet -Quinoa -Wild Rice	GRAINS CEREALS	-Bread (sprouted wheat) -Rice (brown) -Rye	-Buckwheat -Corn -Couscous -Rice (white) -Rye	-Flour (white) -Pasta -Pretzels -Wheat
	-Almonds	-Chestnuts	NUTS/SEEDS	-Pumpkin seeds -Sunflower seeds	-Cashews -Peanuts	-Peanuts -Walnuts
	-Brazil Milk -Milk			-Milk (raw) -Soy Cheese -Soy Milk		-Cheese -Ice cream -Milk (homogenized)

<http://www.marysherbs.com/Miscellaneous/pHfoods.shtml>

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The pH Factor

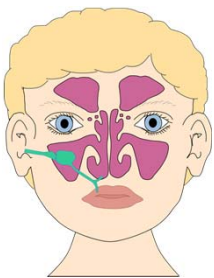
- Almost all health problems begin in an acidic environment
- If your pH is below 6.5
- Your body will try to eliminate some of the acid out through the lungs.
- This acid can irritate the membranes and tissue in the respiratory system effecting the lungs and bronchials and sinus causing inflammation
- The body often produces mucus in response to acid and inflammation



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Sinusitis

- Infection or inflammation of sinuses
- Caused by bacteria, viruses, yeast, mold, parasites or fungi
- Symptoms
 - Sinus pain and pressure, swollen nasal passages, fever, cough, post nasal drip



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- Sinus Support
- CBG Extract
- Tei Fu
- ALJ
- Lobelia
- Silver Shield

NETI POT

- Use Distilled Water and salt
- OR Silver Shield ONLY
- OR Bayberry & Slippery Elm tea (let cool to room temp) for nose polyps
- Make sure to keep everything sterile!!!



Nature's Sunshine Products

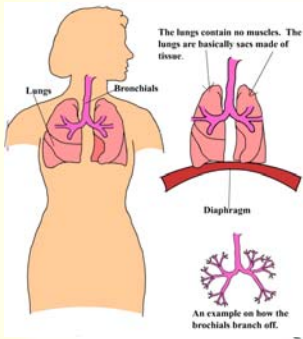
- ALJ
 - Soothes irritated tissues, neutralizes allergens, promotes expulsion of mucus
- Sinus Support

Provides nutritional support of respiratory cleansing and tissue-protecting processes. The herbs in Sinus Support EF provide practical and safe support for the respiratory system, especially when pollen levels soar. Sinus Support EF supports nasal passages and supplies nutrients for proper respiratory function. Sinus Support EF features synephrine (from immature orange peel), which possesses properties somewhat similar to the alkaloid ephedrine in providing respiratory support, but it acts much more mildly in the body.



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Keep the Respiratory System Clean



The lungs contain no muscles. The lungs are basically sacs made of tissue.

Other Insults to Lungs:

- Black mold
- Chemicals
- Paint/Thinners
- Coal/ Dust
- Lint
- Talc - Algin
- Flour
- Smoking
- Asbestos

An example on how the bronchials branch off.

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Nature's Sunshine Products



- Chinese Lung Support
 - Acts as a tonic to moisten and nourish tissues of the respiratory tract, especially the lungs, making it useful for dry, irritating coughs
- Lobelia
 - Helps relax bronchial spasms and coughing

Castor Oil Packs

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If the Drain in the Cellar is clogged



Sooner or later the upper drains will soon become sluggish and slow

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Natural Antihistamines



Elderberry:

- Historically recommended for colds, seasonal allergies, and flu.
- The active ingredients in this great herbal combination also support the sinuses by discouraging swelling of the mucous membranes. As an added plus it helps keep bacteria in check.
- Can be taken for long periods of time without fear of homeostasis and immune dependency.

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Natural Antihistamines



Eyebright:

- Widely known for its support to eye health and is gaining a reputation for being a mild antihistamine.
- Also known to help combat dry eyes, allergies, sinusitis, conjunctivitis, and other eye infections.

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Natural Antihistamines



Ginkgo biloba:

- Best known for helping mental alertness and memory.
- Less known for: bronchitis, asthma, and seasonal allergies
- Some herb books describe ginkgo as a natural antihistamine

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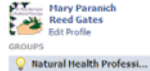
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