

# The Source Mentor session- Allergies

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## IN THIS MENTOR SESSION:

- How red is your nose?
- Chronic allergies are more serious than you thought!
- There are natural ways to deal with allergies!

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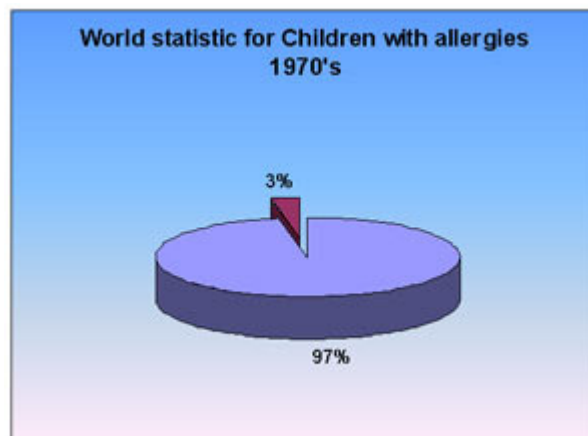
MENTOR SESSION 37

## The big sneeze!

Allergies affect more people in the world today than ever before.

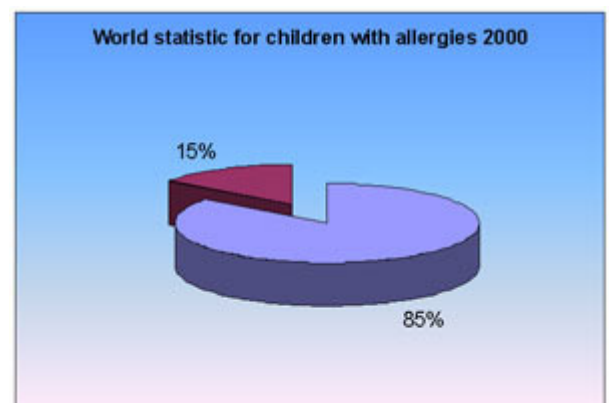
Children are especially affected by this condition. If you look at the images below you'll notice that the rise in allergies have been especially bad over the last 30 years, to the point that 1 in 7 children are reported to suffer from allergies in the westernised world!<sup>1</sup>

Another statistic is that allergic rhinitis is responsible for 3.5 million lost workdays and 2 million lost schooldays annually in the USA alone!<sup>2</sup> (Allergic rhinitis is also called 'hay fever'.)



**The leading condition in children that are younger than 11 years is allergic dermatitis (causes inflammation of the skin)**

**Allergies are responsible for an impressive 16.7 million visits to doctors in the USA per year!**



# Allergies, what's the big deal?

## Why do we need to give attention to allergies?

Sadly, allergies don't just cause the occasional hay fever but rather a whole host of problems for the sufferer!

The following conditions have links to allergies:<sup>2</sup>

- Hay fever
- Asthma
- Chronic sinusitis
- Otitis media
- Eczema
- Frequent upper respiratory tract diseases. (These are then treated with antibiotics that knock out the good gut bacteria and the vicious cycle continues!)
- Attention deficit disorder and attention deficit and hyperactivity disorder
- Irritable bowel syndrome
- General intestinal disorders

## A note about chronic allergic rhinitis:<sup>2</sup>

Chronic allergic rhinitis can cause nasal congestion which in turn can cause sleep-disordered breathing. The problem with this disorder is that it interferes with sleep over a long period of time and this can influence a person quite negatively!

This disorder can worsen psychiatric problems, depression, anxiety, and alcohol abuse. Sleep-disordered breathing in childhood and adolescence is associated with disorders of learning performance, attention and behaviour.



**Allergies are not only responsible for upper respiratory tract problems but could also contribute to conditions like attention deficit!**

## Why the big sneeze?

### Bovine dairy

At the top of the list is the fact that westernised society still consumes copious quantities of allergen-filled, pasteurized milk! Remember that cow's milk contains approximately 20 allergens!

The risks associated with commercially produced bovine dairy definitely outweigh the benefits and I've seen many patients recover from chronic respiratory infections by avoiding dairy!

#### Risks associated with dairy include:

- Lactose intolerance and it's associated problems like irritable bowel syndrome (IBS)<sup>3,4</sup>
- Acne<sup>5</sup>
- Eczema<sup>6,8</sup>
- Airway allergies, asthma and infections<sup>7,8</sup>
- Constipation, vomiting, intestinal colic and chronic diarrhoea<sup>7,8</sup>
- Diabetes risk<sup>8,9,10</sup>
- Rheumatoid arthritis<sup>10</sup>

So why are we seeing more allergies? Well, hopefully you already have some answers figured out after reading the sessions on the intestine! Yes, the intestine is key in this whole problem but there are other reasons too...



Read session 33-36 for more about how important the intestine really is!

## The intestine

### Raw food:

The average person's diet contains too few raw foods which are necessary to support digestion and prevent leaky gut syndrome

### Too little gut bacteria:

Once again refer back to the previous sessions but gut bacteria is super-important to avoid and manage allergies!

The following scenarios should be given attention to:

- People who use regular courses of antibiotics destroy more gut bacteria.
- People who still drink chlorinated water that destroys their gut bacteria.

### Giving your baby the advantage!

As you've seen on page 1 allergies have become a major issue in society and a key to preventing this is the infantile intestine.<sup>1,11</sup>

A baby's intestine is the showground for the 'training' of the young immune system. Proper establishment of the neonatal microflora (bacteria) and prevention of allergies seem to be closely linked!<sup>1</sup>

Babies who are delivered via cesarean section, for example, have increased risk to develop allergies because their intestines become colonised with bacteria slower than vaginally delivered babies.<sup>12</sup>

Another amazing fact is that mothers who use probiotic supplements during pregnancy dramatically reduce their baby's chance of developing allergies!



**By taking probiotics while pregnant and by giving some to your newborn in the first 3 months you reduce their chance of developing allergies!**

**Increased intestinal permeability:** Refer back to session 34 for more detail about this, but the bottom line is that your gut is supposed to be a barrier between the outside world and your bloodstream. This condition has many causes, one of which is deficient bacteria in the intestine and if this barrier is not functioning properly then more 'allergy giving' substances can be allowed into the blood stream.<sup>13</sup>

## Obesity

Yes, believe it or not, but studies are linking more allergies to obesity, especially in overweight women!<sup>14</sup>

## Pollution

The level of air- and other forms of pollution that the average person is exposed to on a daily basis is increasing every year. All the more reason to eat a healthy diet and do whatever you can to protect yourself and your children.



**Overall health definitely plays a role in allergy management and prevention!**

# Steps to avoid and treat allergies

Here is a step-by-step guide to avoid and treat this very common condition using natural therapies... Remember that by just continuing the use of pharmaceuticals like anti-histamines, decongestants and cortisone exposes you to side effects such as drowsiness, dry mouth, blurred vision, constipation, and many other unwanted effects.

Using cortisone for more than 3 to 4 weeks can weaken your immune system in general and cause numerous other side effects as well.

## Step 1: Avoid

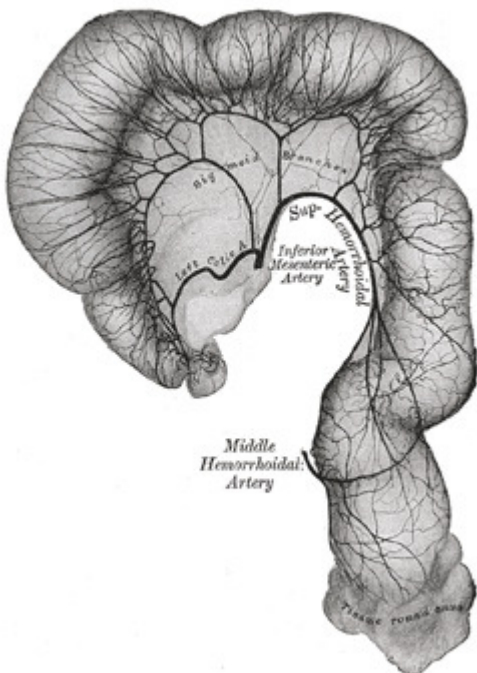
Note: If you suspect a food allergy, the absolute best way to test for it is to go on an elimination diet. Eliminate specific foods from your diet for a week or two and then slowly re-introduce them. Monitor closely how you're feeling and soon you'll know which foods are the culprits.

**Foods to start avoiding are:**

- Bovine dairy
- Gluten from wheat
- Soya
- Eggs
- Peanuts
- Sesame seeds
- Fish (especially shell fish)
- Potato



## Step 2: Resuscitate your intestine



Using the information in sessions 33 – 36 you can give your intestine a new lease on life!

**Here is a summary of what to do:**

**1) Diet**

Immediately switch to a diet that contains more plant-based foods.

**2) Probiotics**

Use a good probiotic and remember that the product you're looking for should preferably contain combinations of the following bacteria:

- *Lactobacillus acidophilus*
- *Lactobacillus rhamnosus*
- *Lactobacillus salivarius*
- *Bifidobacterium longum* (use above the age of 1 yr)
- *Bifidobacterium bifidum* (use above the age of 1 yr)
- *Bifidobacterium lactis* (use above the age of 1 yr)
- *Bifidobacterium infantis* (use below the age of 1 yr)

**Dose:**

Use probiotics for a 1 month period and then use it occasionally as a health boost. Above 40 yrs this becomes a very good idea indeed.

# Step 2: Resuscitate your intestine—c/t

## Still about Probiotics...

### Pregnant mothers:

The daily use of a good probiotic during pregnancy and breast-feeding reduces the child's chance of being allergic!

In one study it was found that the incidence of eczema in children was reduced by as much as 50% in the group where the mothers were taking a probiotic!<sup>16</sup>

**Dose:** Daily capsule containing a broad-spectrum of the above-mentioned bacteria from 6 months into the pregnancy.

### Dose for babies delivered via cesarean section:

Use *Bifidobacterium infantis* powder from a capsule or use the new probiotic spray application (which is a more convenient application and does not need refrigeration). If you prefer using a capsule sprinkle a little of the powder into a teaspoon and dip the breast nipple into the powder before one of the feeds. Do this daily for the first three months of life (can be continued for entire first year if you wish to do so).

If you're bottle feeding then add one spray or half a capsule of powder to one of the feeds on a daily basis.



### 3) Colostrum

Colostrum or 'first milk' is a gift that mammals, including humans, give to their newborn babies.

Colostrum is packed with antibodies and immune-stimulating lactoferrins that fight infections and kill pathogens. Colostrum specifically also contains something called PRP's or Proline Rich Polypeptides that play an immune-modulating function which helps to tone down an overactive or 'allergic' immune system. Colostrum from bovine origin is now widely available in health shops and yes, although the source is bovine, very little of the dairy allergens are present. (Remember that the PRP's help the body to deal with the few allergens that are present.)

### Dose:

Take 3-5 capsules of colostrum three times per day while you have an infection or for the first month of your allergy treatment.

### 4) Digestive enzymes

You may benefit from using digestive enzymes with every meal until you feel your intestine is in shape again. Then you can use it with one of your daily meals.

'I used to wake up at 4 A.M. and start sneezing, sometimes for five hours. I tried to find out what sort of allergy I had but finally came to the conclusion that it must be an allergy to consciousness.'

**James Thurber (1894 - 1961)**



# Step 3: Use all the help you can get!

## 1) Vitamin C

Vitamin C helps for just about everything and allergies are no exception! It has a proven anti-histamine action and it still remains the starting block of a supplement approach!

### Dose:

Take 2000 – 4000mg of a buffered powder daily

## 2) Multi-nutrient

Make sure that you supplement your diet with healthy dosages of all the vitamins and minerals. Be sure that you are getting at least:

Magnesium – 400mg elemental per day

Zinc – 10mg per day

Vitamin E – 400 – 800IU per day



**Give your eyes and nose an allergy break!**

Image by Nico van Diem



**Time to smell the coffee!**

## 3) Oils

Of course I was going to tell you to use oil...!

You should, in any case, be using oils high in omega 3 on a daily basis but there's ample scientific evidence why you should be using it if you want to avoid allergies!

### Dose:

Salmon oil: 3000mg per day

If you prefer the plant oil blends then take omega-3 oils like flaxseed oil – 15ml for every 25kg body weight

## 4) Natural anti-histamines

If you're really struggling with symptoms of allergies like hay fever then an extract from red wine, green tea and apple called Quercetin may just be what you need. Quercetin has numerous health benefits, one of which is a mild anti-histamine action.

### Dose:

Use 250mg three times daily

### Other therapies that you can investigate:

NAC

Green tea extract

Nettle leaf extract

Co-enzyme Q10

### Disclaimer:

It's very important that the above protocol be taken only under the auspice of a trained healthcare professional to rule out any allergies to supplements or possible interactions with other medications.

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# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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