

# WHAT'S UP DOC PETE?

## *Part II: Completing our discussion of an integrated approach to conquering allergies*



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### **Know your Enemy**

The first challenge to conquering allergies is to identify the foods and environmental allergens that affect your health. This is difficult to accomplish by symptoms alone since reactions can cover the scale from extreme to subtle and they may be delayed by hours following exposure; making it difficult to associate the culprit allergen with the symptom. Testing is the best way to determine your allergies. There are several types including a skin sensitivity test, known as the RAST test (for food allergens), a blood test, ELISA Immunoassay test (food plus environmental allergens) and bio-energetic assessment, Electro-Dermal Screening (food plus environmental allergens).

**Reduce the Load:** During the time when you are subject to seasonal allergens it is wise to reduce your over all exposure by avoiding or eliminating those substances that cause you to react, reducing the total toxic load we discussed in the last column. For example during times of high pollens you can minimize the load to your system by totally eliminating the food and chemicals that you have identified as allergens.

**Clean House:** Detoxify your system to further reduce the stress of allergens. Simply increasing your daily water intake to equal half your body weight in ounces of water will stimulate your natural organs of detoxification. You may consider liver and colon cleansing programs and a systemic enzyme protocol to do a more thorough job.

**Support the Troops:** Conventional approaches to minimizing your symptoms can be found in the many well-advertised prescription and over the counter products that reduce congestion, relieve headaches and itching eyes. These can bring relief but may have side effects leaving you drowsy and dependent on the medication while doing nothing to resolve the underlying cause. A more natural approach would include quercetin to prevent histamine release, bromelain to reduce inflammation, vitamin C to improve immune function and antioxidants to help modulate the immune system.

**Conquer the Enemy:** The goal is to prevent your immune system from identifying natural, benign substances such as food and pollens as intruders. Conventional medicine offers allergy injections to, over time, build up a resistance to the allergens. An integrated approach is to support your body in declaring peace by balancing your system with the allergen. This protocol is known as NAET, Nambudripad Allergy Elimination Treatment, a gentle, non-invasive method that locates and removes blockages in electromagnetic pathways that are related to allergens. Many people have experienced quick, long-term relief from their allergies and sensitivities through NAET.

You do not have to suffer, there are many options from which to choose to improve your quality of life this spring and your health for the future. Eliminating allergies can prevent the evolution of an inflammatory process into a chronic condition.



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