

ALLERGIES

The Silent Epidemic

by: Joseph Antell

AS INDUSTRIALIZED COUNTRIES OF THE WORLD HAVE ENTERED THE 21ST CENTURY, HEALTH COMPROMISES ARE INCREASING AT AN ALARMING RATE. ONE DOMINANT FACTOR EFFECTING THE PEOPLE OF THESE NATIONS, ESPECIALLY THE U.S., IS THE OVEREXPOSURE TO MORE CHEMICALS, POLLUTANTS AND ENVIRONMENTAL TOXINS THAN CAN POSSIBLY BE MANAGED WITHOUT NUTRITIONAL INTERVENTION. THE BODY'S REACTION TO THIS BARRAGE OF IMPOSING ELEMENTS IS KNOWN AS ALLERGIC RESPONSE. APPROXIMATELY 50 MILLION AMERICAN'S SUFFER FROM VARIOUS TYPES OF ALLERGIES.

PRIMARY CONTRIBUTING FACTORS:

Genetic -

Hay fever, asthma, and eczema are allergies that have a genetic/hereditary basis.

Tendency of allergies passed on to children by:

one parent = 30-50%

two parents = 50-70%

Probably the biggest thing to show above the horizon just now in the biological field is the discovery that all biological growth, mammalian at least, is controlled from conception to death by the physiological influence of allergens.

— Royal Lee, 1963

Nutritional deficiencies -

Imposed factors from conception to one year which may weaken defense mechanisms, especially the immune system.

MOTHER'S HEALTH: Poor diet, stressful lifestyle, alcohol, caffeine, tobacco, recreational and pharmaceutical drugs, refined carbohydrates, lack of vitamins and minerals.

CHILDREN'S HEALTH: Lack of breast milk for the first year (need for colostrum), starting solid foods too early (large molecules are too much for an immature GI tract), over use of cows milk that is pasteurized, homogenized, and has added hormones. Food coloring, preservatives, refined sugar. The imposition of vaccinations before 5 years of age. Compounded vaccines and vaccines with preservatives.

Over Exposure -

Over exposure to chemicals from one year to puberty leads to systemic breakdown, especially in the endocrine system.

- vaccinations
(info available from CT Vaccine Information Alliance, www.CTVIA.org)
- amalgam fillings
(info available from www.wholebodydentistry.com)
- lead paint & pipes
- plastics
- environmental, (i.e. animals, dust, mold)
- medications, (i.e. ibuprofen, Tylenol, antibiotics)

The various degenerative diseases thought to be due to antibody excess are all those in which no reasonable etiological cause has otherwise been found. Normally a healthy endocrine system protects us from these eventualities, but as Sir Robert McCarrison demonstrated in 1918, the first effect of refined foods is to destroy the function of our endocrine glands, with the thymus, adrenal and pituitary among the first to be damaged.

— Royal Lee, 1963

CATEGORIES OF ALLERGIES:

1...

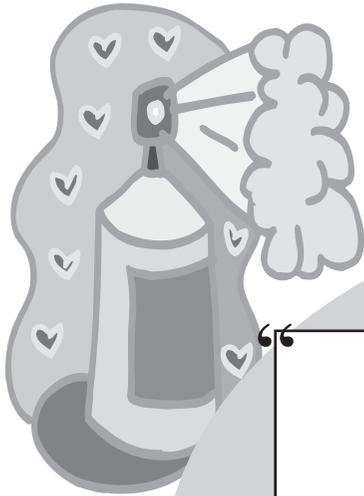
CHEMICAL SENSITIVITY AND TOXICITY -

Health related:

- vaccines/inoculations
- amalgam fillings
- birth control pills, fertility drugs, synthroid, steroids
- medications, i.e. antibiotics, mood altering drugs, pain relievers
- soaps, lotions, sunscreen, insect repellent
- tap water, plastic water bottles, food preservatives and coloring

Life Style related:

- alcohol, tobacco, perfumes, nail polish
- deodorant, hair dyes, make up, cleaning detergents, dry cleaning, aluminum cookware, synthetic fabrics
- household cleaning products, outgassing from carpets, building materials, paints, solvents
- pesticides, fertilizers, flame retardants
- exposure to cell phones and tanning beds



Protocol to aid in balancing systems:

Use the "Patient Guide" Booklet from the Purification Program as recommendations for eating along with the products listed below:

Standard Process

(listed in order of importance)

Paraplex - 2-3 TID

Antronex - 2-3 TID

AF Betafood - 1-2 TID

Arginex - 2 TID

Cholacol II - 3 between meals

Choline - 2 TID

Livaplex - 1-2 TID

Cataplex C - 2-3 TID

MediHerb

(herbal equivalent)

Livton - 1-2 TID

ChelaCo - 1-2 TID

LivCo - 1-2 TID

Detoxify system:

Purification program 2-3 times per year

(most chemicals and toxins are stored in fatty tissue).

Pressman reported in 1951 the existence of anti-lung and anti-kidney antibody and that they were immunologically similar and could be a cause of glomerular nephritis. Such allergens have also been called auto antibodies and natural tissue antibodies in the literature. In his article, Pressman also listed multiple sclerosis, rheumatic heart disease, periarteritis nodosa and Lupus erythematosus as said to be in this category. In pernicious anemia too, antibodies to red cell proteins are known to exist. Atherosclerosis too, is now suspected to be in this category of antibody induced disease.

— Royal Lee, 1963

HYPERSENSITIVITY TO ENVIRONMENT AND SEASONAL ALLERGIES -

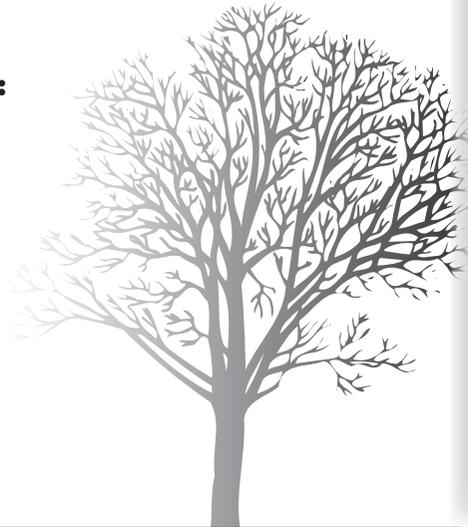
Environmental factors:

- mental and emotional internal imbalance, stress, lifestyle
- temperature extremes:
 - damp, or dry climate
 - air conditioning/warm air
- mold spores, dust mites, insects
- animal hair
- microwave/power lines
- latex

Seasonal Influences:

from pollens:

- trees - spring
- grasses - summer



Protocol to aid in balancing systems:

Desensitize allergic response index *prior* to allergy season:

Standard Process

(listed in order of importance)

Paraplex - 2-3 TID
 AC Carbamide - 2 TID
 Cataplex G - 1-2 TID
 Calcium Lactate - 2-4 TID
 Cataplex F - 1 TID

Other important products

Bee hive (caps) - 1 tbls TID

The protocol for use *during* allergy season:

Standard Process

(listed in order of importance)

Cal-Amo* - 1-2 TID

Paraplex - 2-3 TID
 Antronex - 2 TID
 Allerplex - 2-3 TID
 Thymex - 2-3 TID
 Immuplex - 1-2 TID

MediHerb

(herbal equivalent)

Albizia - 1-2 TID
 Euphrasia - 1-2 TID
 Echinacea - 1-2 TID

*check saliva PH, Micro Essential Lab, Saliva PH paper 718-338-3618, catalog # 067 ph 5.0 - 8.0

In allergic conditions a deficiency of calcium is usually considered a contributing factor, and the tissue fluid content of diffusible calcium is usually demonstrably low. Clinically the use of vitamin G Complex is the most successful of the schedules we have seen tested.

I consider allergies a result of a combination of circumstances which includes a deficiency of Vitamin G Complex, a lowered level of blood carbamide and reduced pancreatic activity in which proteins are incompletely digested and antigenic fractions can get into the blood stream and produce some specific sensitization.

I think carbamide is a vital link in this chain, as where it is deficient there is a great enhancement of the tendency to sensitization. That is because carbamide is a mild denaturant in itself of proteins, and probably acts as a first line of defense against sensitizing agent by destroying their antigenic power.

— Royal Lee, 1963

Another definite aggravating feature of malnutrition and endocrine failure is a crippling of the normal acid alkaline balances of the body fluids. Alkalosis aggravates all allergies, a blood PH of 7.3-7.4 is normal. Often it is found in allergic victims as high as 7.7. Correcting this with ammonium chloride and calcium chloride often and almost always does relieve the symptoms within hours.

Alkalosis is a major cause of allergies. Cataplex G and Zypan are very important to release the proteolytic enzymes for protein metabolism.

The PH of the saliva must be brought to near neutral (PH of 7.0-7.3) before introducing antihistamines, as the antibody-protein build-up is too great for the average antihistamine to overcome it otherwise.

— Royal Lee, 1963

ALLERGIES CAUSED BY FOOD AND INADEQUATE DIGESTION -

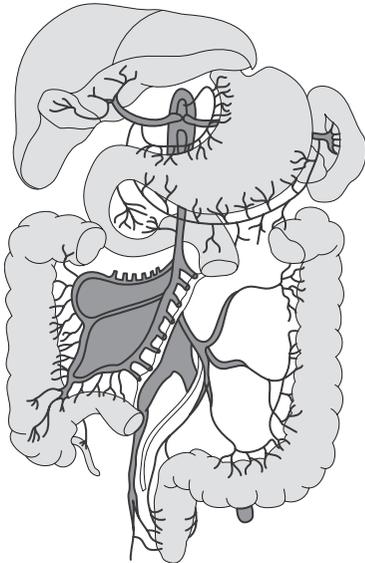
"Eating is an immunological event."

Note: 70% of the immune system is around the digestive system.

Antagonizing foods to eliminate:

Primary: wheat, dairy and carbonation

Secondary: peanuts
tree nuts
eggs
corn
shellfish
chocolate
citrus fruits, strawberries (seeds)
night shade vegetables, tomatoes
peppers, eggplant
pork
artificial colors, flavors (MSG, nitrates)
salicylates
soybeans



Protocol to aid in balancing systems:

To improve digestion:

Standard Process

(listed in order of importance)

Paraplex - 2-3 TID

Antronex - 2-3 TID

Multizyme or Zypan - 1-2 TID

AF Betafood - 2 TID

Thymex - 2-3 TID

MediHerb

(herbal equivalent)

Digest - 1-2 TID

Balancing PH and microorganisms in the gastro intestinal tract:

Standard Process

(listed in order of importance)

Lactic Acid Yeast - 2-3 TID

Zymex - 2-3 TID

Lactenz - 2-3 TID

Reduce inflammation in the digestive tract:

Standard Process

(listed in order of importance)

Tuna Omega Oil - 1-2 TID

MediHerb

(herbal equivalent)

Boswellia - 1-2 TID

Repair leaky gut:

Standard Process

(listed in order of importance)

Paraplex - 2-3 TID

Dermatrophin PMG - 2-3 TID

Okra Pepsin E3 - 2-3 TID

Immuplex - 2-3 TID

Other important products

L-Glutamine - 500 mg. BID

Aloe* - 2 tbsp TID

*Coats Aloe, Dallas, TX, 214-342-7986

"Histamine cannot exist in the presence of Vitamin C."

— Royal Lee, 1963