Allergies Session 2 and 3

Recap of Session #1

- 2 kinds of hypersensitivities
- Reactivity determined largely by allergic load
- Allergy should be suspected, ruled out or treated in any disease. “The illusion is that by naming the signs, we have identified the disease.” Tim O’Shea, DC
- Doctors largely deny food intolerance because it is harder to trace.

Session #2 Agenda

- Addiction, Adaptation, Withdrawal and Allergy
- Importance of Good Digestion, Bowel Health
- 3 Most Overlooked Causes of Food Allergy

Addiction and Allergy

- Addiction: the initial relief obtained from exposure to a substance, followed by a sense of imbalance which is then relieved by exposure.

The Vicious Cycle:
- Exposure (to drug, food, or activity)
- Relief (return of sense of ‘well being’)
- Withdrawal (i.e. symptoms experienced when exposure runs out; sense of imbalance)
- Exposure…and the cycle continues.

The Cardinal Signs of Addiction

1. Obsession
2. Relief
3. Negative Consequences
4. Lack of Control
5. Denial – Dismissal of relationship between the addictant and how one feels

Why are Foods the Primary Addictants?

1. Bulk (amount eaten)
2. Frequency (wheat: 3 or more times per day!)
3. Duration (in contact with GI tract for 24 hours)

It is easier to become addicted to processed foods than whole foods because they provide concentrated doses of fat, sugar or sodium.
### Withdrawal Symptoms

1. flu-like symptoms, aching
2. fever
3. headaches
4. Heart palpitations
5. Feelings of anxiety or overwhelmed
6. Pain in the body

### Dealing with Cravings
- Eat a whole foods-based diet
- Avoid fragmented, processed foods
- Consume all 5 flavours in a meal:
  - Salty, sour, sweet, bitter and pungent (spicy)

### A Body–Mind–Spirit Approach
- Flee to a foodless place.
- Distract yourself for 15 minutes.
- Brush teeth.
- Drink water.
- Check-in with yourself. Is there an emotion related to the craving?
- Practice self-love, affirmations, etc.

(From *Constant Craving* by Doreen Virtue, PhD)

### 3 Commonly Overlooked Causes of Allergy

#### #1: Poor digestion

### The Pattern of Allergy Mirrors 3 Phases of Adrenal Stress

Step 1. Alarm reaction (obvious allergy)
- body reacts to allergen at each exposure

Step 2. Adaptation/masking (no symptoms)
- body no longer ‘reacts’ due to layers of protection it has built up to maintain homeostasis for ex. mucosal output by GI tract increases to buffer against allergens

Step 3. Exhaustion
- new, chronic pathologies have set in as homeostatic balance can not longer be maintained

### Addiction and the Link to Allergy

*Repeated consumption of the same foods uses up enzymes, resulting in undigested food, sensitizes the mucosa, leading to ‘leaky gut’ and hypersensitivity*
Allergies Session 2 and 3

Overview of Allergy Pathogenesis

- Inadequate Digestion
- Undigested Food Particles
- Inflamed Gut wall → Hyper-permeability
- Over excited Immune System
- Signs and Symptoms of Disease

The Detailed Pathogenesis

- Allergen is consumed; HCl reduced
- Allergen reacts with IgA in GI mucosa (inflammation)
- IgA spent; tight junctions widen
- Unguarded mucosa → increased intestinal permeability
- Allergen enters bloodstream (inflammatory response)

Possible Manifestations of Allergy in the GI tract

- The Stomach (gastritis) = ulcer formation
- The Small Intestine and Colon (inflammation) = ulcers and colitis.
- The Gall Bladder (concentrated bile) = swelling in bile duct = infection, gall stones.
- The Pancreas (underfunctioning) = inability to secrete bicarbonate (alkaline) to neutralize acids from the stomach = body acidity

The Enzyme Answer to Allergy

- Enzyme: a globular protein which acts to initiate or complete chemical reactions
- repair, direct, accelerate, and modify cellular functions
- the construction crew

Types of Enzymes

- Digestive Enzymes
  for ex. amylase breaks down starch
- Liver Enzymes
  For ex. cytochrome P450 enzyme family
- Immune Enzymes
  for ex. glutathione peroxidase

Enzyme Facts

- Every activity in the human body requires enzymes
- Enzymes are made of amino acids, vitamins and minerals!
- Nutritional deficiencies interfere with production of adequate amounts of enzymes
- Metabolic speed is influenced by enzyme availability
- Enzymes cannot be ‘killed’ because they are NOT organisms; however they may be destroyed or inhibited when requirements are not met
**The Requirements of Enzymes**

To do their job, enzymes require particular conditions:

1. **Proper pH**
   - Ex. #1: pepsin: requires stomach **ACID** to be activated
   - Ex. #2: pancreatin: requires **ALKALINE** juice (bicarbonate) to be activated

2. **Moisture** (fluid)

3. **Proper temperature** (37°C is optimal body temp.)

4. **Particular substance**
   - i.e. only proteases can break down proteins into amino acids; only amylases can break down starch into disaccharides

**Foods and Enzyme Content**

- **Biogenic** foods: highest enzyme content; capable of greatest potential for cellular repair and healing. Unheated, raw, LIVING foods. Alkalizing. for ex.: sprouted seeds and legumes, probiotic yogurt, fermented foods

- **Bio-active** foods: high enzyme content, RAW fruits, vegetables and nuts. Vitamins and minerals remain intact. Alkalizing.

- **Bio-static** Foods: foods **heated** to temperatures greater than 118°F. Some vitamins are sacrificed. Enzyme quality significantly reduced. for ex. Cooked rice, beans, meats, vegetables.

- **Bio-acidic Foods**: foods so over-cooked or processed they have lost all enzymes and most vitamins and minerals. Acid-Forming.

**Pottenger’s 900 Cats**

- 1932–1942 study
- Purpose: to determine the effects of heat-processed foods on the health of cats
- 5 groups of cats
- Results:
  - Raw milk and raw meat groups: remained healthy throughout normal lifespans
Pottenger’s Results

Cooked food group:
- 1st generation developed degenerative diseases in later life
- 2nd generation: degenerative diseases in midlife
- 3rd generation: disease early in life, dramatically shorter life spans (‘infant mortality’), sterility and miscarriage produced
- NO 4th generation.

Conclusion

- What does this mean for humans who subsist on processed foods?
- Pottenger writes: “While no attempt has been made to correlate the changes in the animals studied with malformations found in humans, the similarity is so obvious that parallel pictures will suggest themselves.”

Enzyme Depletion Leads to Disease

- Overloaded digestive system
- Digestive enzyme insufficiency
- White blood cells contribute enzymes to digestion
- Weak, enzyme-deficient immune system
- cancer, infection, degenerative disease

Digestive Leukocytosis and Ill Health

- Leukocytosis = an increase in serum white blood cell count.
- Usually a common sign of infection, intoxication or poisoning!

- Digestive Leukocytosis: increase in serum wbc's after eating cooked food
- Cooked foods contain no enzymes!
- Leukocytes contribute enzymes to digestive tract to finish the job uncompleted by GI system.

Why Cooked Foods are Inferior!

1. Leads to Pancreatic Hypertrophy
2. Leads to Digestive Leukocytosis
3. Enzyme and nutrient-deficient

- Enzyme-rich foods – page 133
- Supplemental Enzymes to Support Immune Function.

Increase your Enzymes

- Enzyme rich foods – page 133

1. Eat less food in general.
2. Eat more raw food. Sprouts!

- Supplemental Enzymes
  - Use enzymes with every meal AND between meals to support recovery from allergy
The Secret to Food Allergy?

- What's the trigger?
  - Undigested food particles
- What is the solution?
  - Optimize digestion
- How do we achieve this?
  - Cleanse, rest and nourish the gut (4Rs)
  - Avoidance is only part of the solution.

Overlooked Allergy Cause #2: Candidiasis

Types of Candidiasis:
- Vaginal candidiasis
- Thrush (candidiasis of the mouth only)
- Intestinal candidiasis
- Systemic candidiasis = chronic yeast infection of the body, occurring once yeast gains access to the blood and lymphatic system.

Facts about Candida albicans yeast

- An opportunistic organism that naturally exists in harmony with well-known "friendly flora" in the human digestive tract and skin
- Thrives in warmth, darkness, moisture and alkalinity
- Overgrowth damages the intestinal wall
- Candida organism easily becomes an allergen due to over-exposure of the body
- Migrates (within body) and mutates (fungal form).

How Candida Contributes to Allergic Load

- Produces over 80 toxins which damage the immune and nervous systems.
  - Acetaldehyde (NOT formaldehyde)
  - Carbon monoxide
  - Alcohol
  - Ammonia
  - Phenols
  - etc.

Systemic Candidiasis

- A poly-symptomatic, pathological condition, affecting many organ systems
- Symptoms particularly aggravated in humid environments
  - Digestive
  - Musculoskeletal
  - Neurological
  - Dermatological
  - Hormonal/Genito-urinary
  - Respiratory

How it spreads

- The yeast organism can grow mycelia (roots) that penetrate the intestinal barrier
  - Colon → vagina
  - Intestine → stomach
  - From the mouth → respiratory system
  - From the mouth → digestive system
  - From the mouth → breast
  - ...and from one individual to his/her sexual partner (vaginal, anal, oral) and back again: →
Etiology of Yeast Overgrowth

Contributors:
- Repeated use of antibiotics
- Long-term use of immune-suppressing drugs
- The Pill (changes vaginal and intestinal pH)
- High blood sugar
- Excessive consumption of refined carbohydrates
- Chronic mould exposure
- Birthing process
- Weak immune system

More interesting facts

- Pp. 79–80
- candida is a contributor to estrogen dominance!
  - Produces beta glucuronidase, an enzyme that rebuilds estrogen metabolites into active estrogenic substances

Moulds and Yeasts

- Moulds are even more toxic and allergenic than yeasts
  - For ex. black mould is a proven carcinogen
- Moulds in Food:
  - Consider: individuals who react poorly to most whole foods (fruits and vegetables, whole grains) may be hypersensitive to the moulds and yeasts growing on them.

Important Facts: Candida and Allergy

- VIRTUALLY ALL CANDIDA SUFFERERS HAVE HYPERSENSITIVITIES.
- CONSIDER YEAST OVERGROWTH IN ALL HYPERSENSITIVE CLIENTS
- ALLERGIES CANNOT BE HEALED UNLESS YEAST OVERGROWTH IS BROUGHT UNDER CONTROL. THE RAIN–BARREL MUST BE DRAINED!

Symptoms of Candidiasis

Worse when exposed to:
- chemical stressors
- moulds and dampness
- Common symptoms pp.75–6
- How candida eludes the immune system:
  - Fibrin and connective tissue capsule forms around yeast cell, making it difficult for the immune system to destroy
- candida is a contributor to estrogen dominance!
  - Produces beta glucuronidase, an enzyme that rebuilds estrogen metabolites into active estrogenic substances

Moulds in Food:

- Consider: individuals who react poorly to most whole foods (fruits and vegetables, whole grains) may be hypersensitive to the moulds and yeasts growing on them.

Yeast Impact:

- An overtaxed immune system
- increased intestinal permeability
- increased susceptibility to food hypersensitivities
Candidiasis is reliably identified from client symptomatology questionnaires
- Dysbiosis questionnaires

Parasite = an organism deriving food and/or shelter from its host, interfering with health of host.
- Overlooked by Western medicine as contributor to disease
- Inadequate testing
- Cause immune-suppression
- Rob nutrients
- Damage GI tract, liver, other organs
- Activate inflammation (IgE antibody response)
- Raise eosinophil (wbc) levels

Purged stool test
- Rectal swab
- Blood eosinophils count
- saliva
- Urine

Symptoms: pp. 88–89
- Acquisition: p.89

THESE PRACTITIONERS AGREE: YEAST, FUNGUS AND PARASITIC INFECTIONS CAN BE ROOT CAUSE OF CHRONIC ILLNESS.

Approach: DRAIN THE BARREL (USE 4 Rs)