



Focus:

- › Role of Acid-Alkaline Balance in allergies
- › milk misconceptions
- › Role of fats
- › Children and allergy
- › Chemical Allergens

Acidosis and Allergy

*many allergic reactions **occur in**, and help **create** acidic conditions in the body*

Acid-Alkaline

- › A delicate balance which affects the healing process of the body.
 - Essential in healing
 - Essential in preventing allergic reactions
 - Role in Homeostasis
- › What is pH? Page 141
- › Blood pH is always 7.4

Choosing alkaline-forming foods is best way to guard against over-acidity of body tissues and protect bone mineral stores.

Cellular Consequences of Overacidity

- › Minerals used up to buffer acid
- › Enzyme deficit
- › Metabolic processes slow down
- › Fatigue

Over-acidity and allergy

- Allergic reaction causes:
 - cellular acidity (lactic acid)
 - Loss of potassium
 - Sodium flows into cells
 - Coagulation of blood
 - Result is mineral depletion, ultimately leading to degenerative disease.
 - oxygen deprivation
- ▶ All degenerative disease associated with excess acidity (ACID RAIN analogy)

Diet and our Biochemical Balance

An Acid-forming diet:

1. Fails to contribute alkaline-forming elements
2. Uses the body's stored minerals by requiring excessive quantities of them to neutralize acids.
 - ▶ *Remember an environment dominated with excess acidity depletes minerals, disrupts enzymes production and cellular health.*

Effects of Protein Excess

1. **Excess Protein**
 - Depletes minerals: inherently acid-forming.
 - Increases enzyme/HCl requirements
 - Excess phosphorous – produces a poisonous acid.
 - Produces ammonia, excess urea (has a diuretic effect)
 - Excretion of minerals via kidneys
 - Damages the cell
 - Resulting acid lowers white blood cell production.

2. Trans Fats

Trans Fats:

- ▶ plug up cellular membranes
- ▶ free-radical generating
- ▶ stack inside arteries

- ▶ suppress the immune system

- ▶ promote EFA Deficiency

Action:

- ▶ Reduce inflammatory PG-2s by modifying fat consumption.
- ▶ Switch focus from sat. fats to omega-3s
- ▶ Ensure adequate intake of co-factors Mg, B-6

3. Refined foods

- The 'white' stuff. And 'POP' (phosphoric acid) = bio-acidic
- low minerals, no vitamins
- Use up nutrients in order to be processed
- causes mineral loss in the urine

Optimize pH

- ▶ Cellular pH balance vital to disease prevention
- ▶ acidity produces cellular injury
- ▶ Recall: cellular injury creates a pathology

- ▶ Get alkaline with fruits and vegetables
 - 50% of your plate (minimum)

Why milk is the most allergenic food:

- ▶ Pasteurization destroys 100% of enzymes
- ▶ Pasteurization denatures the protein
- ▶ Casein—large protein molecules
- ▶ Babies drinking it too soon
- ▶ Low fat and skim milk contain excess phosphorus and have a higher glycemic index
- ▶ Volume and frequency consumed

If abstaining, supplement Cal-Mag with vitamin D.

Calcium Depleting Factors

- ▶ Coffee
 - ▶ Pop
 - ▶ Chocolate
 - ▶ Refined sugar
 - ▶ Excess phosphorus – binds to calcium
 - ▶ Excess sodium
 - ▶ Fiber (in huge amounts).
 - ▶ Vitamin D deficiency – key nutrient in calcium utilization
 - ▶ Excess protein
 - ▶ Smoking, alcohol abuse, medications
 - ▶ **Non-Dairy sources of Calcium** – Kale, collards, soy milk/tofu*, tahini, almonds, wheat germ, salmon with bones.
- (*fortified with Ca sulfate)

Allergies in Children

- ▶ Dr. Doris Rapp, MD, pediatric allergist (Buffalo, NY)
- ▶ Pediatric allergies are increasing in incidence in population, and each child has more allergies
- ▶ Uses PNI technique for identification and treatment of allergies

- ▶ www.drrapp.com

Hidden Allergies cont...

Hyperactivity – characterized by short attention span, behavior and learning problems.

- Address: poor nutrition, food and environmental allergies, environmental toxins, yeast overgrowth and antibiotic abuse.

Recommended for Parents:

- ▶ Book: *Is Your Child's Brain Starving?* Michael Lyon, M.D.

Hidden Allergies in Children

1. Colic – is defined by inconsolable crying
 - Can be related to allergy
 - Rule out GERD and Gas/constipation
 - Milk is the common offender
 - MED must be done by *mother* since proteins passed thru in breast milk.
 - Mom: take enzymes
 - Baby: Bifidus probiotic (Dairy-free)
 - Baby: Omega-3s
 - For baby: Apply both to mother's nipple (if nursing)

Allergies in Children cont.....

2. Ear Infections –
acute otitis media = swelling of the middle ear
- #1 reason for pediatrician visits
 - ▶ In a child, the Eustachian tube is shorter and more horizontal than in adult
 - ▶ fluid can become trapped.
 - ▶ If fluid builds up, infection can occur.
 - ▶ #1 Allergen here?

Allergies in Children cont....

- ▶ Protection against Ear Infections
 - Breastfeeding
 - Probiotics!
 - Plant Enzymes (age 3 and up)
 - Eliminate any possible food allergies
 - EFAs

Allergies in Children.....

3. Bed wetting
- If infections and neurological problems ruled out, suspect allergy.
 - Food allergen causes swelling of the mucosal lining of the bladder – therefore decreasing its size and capacity.
 - Look at contributing factors and deal with
 - Candida, blood sugar, ear infections
 - MED diet, or at very least, no cow's milk or sugar

Allergies in Children cont...

4. Eczema – characterized by itchy, scaly, red or infected skin.
- Triggers, page 196
 - Multi-causal
 - MED
 - Probiotics
 - Plant Enzymes
 - EFAs
 - Calendula, Aloe (topical)

Common Additives Linked to Pediatric Allergies

Asthma triggers:

1. Sulfites: mould inhibitor
2. Tartrazine (yellow #5):colourant
 - Symptoms include: Hives, difficulty breathing, dizziness, headache, diarrhea and vomiting.

Chemical Allergies

- ▶ Everything we ingest contains chemicals or contaminants
- ▶ P.205
- ▶ Recall: How well we process, detoxify, metabolize and eliminate these chemicals depends on:
 1. our genetic predisposition / inherited ability
 2. The toxic load
 3. nutritional status

Common Additives Linked to Allergy

1. Sulfites – are a preservative – to help foods stay fresh and prevent them from turning brown.
 - **Forms** – sodium bisulfite or potassium metabisulfite, sulfur dioxide, etc.
 - Major asthma trigger
 - Common foods containing sulfites: wine, beer, dried fruit, citrus drinks, frozen foods, chips and potato starch (fries).
 - Symptoms include: Hives, difficulty breathing, dizziness, headache, diarrhea and vomiting.
 - **Sulfites interfere with vitamin B-1 and therefore may induce deficiency if consumed regularly.**

ADD/ADHD Triggers

1. BHA
2. BHT

Both are preservatives, originally used for rubber and petroleum based products.
Sources: pharmaceuticals, all dried non-organic cereals, some crackers, candy
3. Sodium Benzoate (benzoic acid): mould inhibitor used in fruit juices, drinks and other liquids.

Aspartame

- = an artificial sweetener, made up of three chemicals: aspartic acid, phenylalanine and methanol (first approved in 1981). A.k.a. Nutrasweet, Neotame.
 - Accounts for over 75% of the adverse reactions to food additives reported to the US Food and Drug Administration.
 - Symptoms include: headache/migraine, sinus, rashes, depression, fatigue, dizziness, nausea, muscle spasms, weight gain, etc. See page 212.
 - High intake warned against during pregnancy due to potential brain damage to the developing fetus.
 - **Neuro-toxicity: kills brain cells by over-stimulation**

MSG

- = Monosodium Glutamate – used to enhance flavour.
 - Found in:– hydrolyzed vegetable protein, autolyzed yeast extract, hydrolyzed yeast, and vegetable bouillon powder.
 - Naturally occurring in small amounts in mushrooms, soy products.
 - B6 is necessary for MSG metabolism. May cause a deficiency.
 - Issue: neuro-excitatory: causes neuron death

Recommended resource: *Excitotoxins: The Taste that Kills*. Russell Blaylock, M.D. Health Press, 1997.

Drugs

Alcohol
increases intestinal permeability
Consider: made from fermentation of corn, wheat, barley, rye, potato or yeast.

Beer: barley (gluten) and yeast allergens

Allergic Clients

- ▶ Look for evidence of:
 - chronic infections (yeast, fungal, bacterial, parasitic)
 - enzyme deficiency
 - poor gut function

Instructions for Elimination- Provocation

For at least 10 days:

1. Completely avoid top 10 allergenic foods and other suspicious food ingredients (food additives).

2. Substitute live, natural good quality low-allergenicity foods

Elimination-Provocation cont'd

3. Re-introduce one food at a time, every 3rd day
i.e. Wheat pasta (do NOT use yeasted bread)
Watch for any sign of hypersensitivity. Record reactions in a journal.

4. If food is reactive, do not eat it again until further notice. Wait 3 days before re-intro'ing another food. Otherwise proceed down the list intro'ing foods every 3rd day.

Food Rotation

- ▶ Purpose: to keep frequency of exposure to a minimum, preventing the collapse of tolerance (i.e. to keep the barrel from overflowing = symptoms appearing)
- ▶ Pros:
 - Reduces exposure; prevents allergic reactions (IgG)
 - May prevent new allergies from forming
- Cons:
 - Requires careful planning
 - Not always realistic if eating outside the home

For Best Compliance

- ▶ Day 1 should **start at supper time.**
= lunches can be leftovers from the night before. Suppers are always the freshly prepared meal.

- ▶ Work with the client to build a realistic sample rotation plan that works for them.

Sample Food Rotation Chart

Day 1	Day 2	Day 3	Day 4
Trout Banana Corn almond	Egg Apple Buckwheat hazelnut	Soybean Orange Quinoa cashew	Chicken Blueberries Rice walnut
Trout Banana Corn almond	Egg Apple Buckwheat hazelnut	Soybean Orange Quinoa cashew	Chicken Blueberries Rice walnut
Egg Apple Buckwheat hazelnut	Soybean Orange Quinoa cashew	Chicken Blueberries Rice walnut	Trout Banana Corn almond

Food Rotation vs Elimination Diet

- Note:
- Why 4-day rotation diet is good:
 - ▶ IgE antibodies have a half-life of 2 days.

 - Why the Elimination Diet is good for identifying allergies IF food is re-introduced within 10 days:
 - ▶ IgG antibodies have half life of 7- 23 days (i.e. IgG levels will have dropped to half the quantity within 3 weeks.)
 - no reaction may occur past half-life date has been reached.

1. Prep to get well

- Detoxify the body. Reduce toxic load.
 - Includes removal of pathogenic microbes.

Methods:

- Fasting
- Juicing
- Elimination Diet with 4 Rs
- Sauna therapy

2. Eliminate Allergens

- Have thorough house cleaning:

- Air duct cleaning
- Carpet cleaning
- Furnace cleaning
- Shower stall/bathroom cleaning
- Fridge cleaning

Eliminate toxins from home:

- Pesticides
- Paints, aerosol sprays, synthetic air 'fresheners'
- Stained, mouldy carpets
- Replace old pillows and mattresses
- Use a dehumidifier

2. Eliminate Allergens cont'd

- Top 10 allergic foods: eliminate all sources carefully. Take the time to educate client. Use handouts.
- Don't eat leftovers more than 2 days old.
- Have air ducts cleaned.
- Professional housecleaning using natural substances is ideal.
- Fresh air: air filter (Health Mate brand, or Nikken brand recommended)

3. Enzyme Support

- Take enzymes with all solid foods.
- Take between meals/before bed.
- Increase biogenic and bio-active foods.
- Juicing
- Sprouting

4. Build and Strengthen Immunity

- Build with nutrients: ACESZn, EFAs
- Gut support: glutamine, green tea extract, probiotics
Aloe, turmeric, fennel, chamomile, chlorophyll and DGL, licorice root.
- Do NOT boost the immune system.
- Adequate sleep

5. Seek out Qualified Help.

- Clinical ecologist/Environmental medicine specialist (M.D.)
- Naturopath (N.D.)
- Registered Nutritionist
- Psychotherapist (Ph.D. Psychology)
- Etc.

6. Prepare the Foundation with Healing Techniques and Dietary-Follow up

Dietary improvements

- ▶ Macronutrient-balanced meals and snacks
- ▶ Calcium and magnesium rich foods with low phosphorus

Biogenic and bio-active foods emphasis to maintain healthy pH

- ▶ Homeopathy to help with desensitization and neutralization

7. Think Wellness.

- ▶ Body-mind-spirit. Be positive!
- ▶ Visualize how you want to feel.
- ▶ Counseling
- ▶ Deal with fears and emotional baggage

7 Steps to Healing

1. Prep the body to get well
 - Reduce toxic load.
2. Eliminate allergens
3. Enzyme Support
4. Build and strengthen Immune system
 - Gut support
5. Seek out qualified help
6. Creating a foundation – Diet
7. Body -mind connection. Think wellness.