

There are many types of allergies but the main three I see often are Food, Environmental, (I.E. chemicals) and Air-born (grasses & trees). The one thing they all have in common is they perpetuate themselves by aggravating the immune system. All allergies are a sign of a tired immune system. Constant sinus infection and rounds of antibiotics lower your immune system and create fungal infections in the sinus cavity that can go undetected by most doctors. Also allergy testing such as the scratch test are not always effective when testing for foods.

Some food allergies can be linked to tree pollen! As an example, the Birch tree can be linked to multiple food allergies/sensitivities such as soy, wheat, celery, almonds and more!

Most allergists will recommend allergy shots for airborne allergies including dust mold trees and grasses. Weekly shots may help the body build immunity towards the reactive substance. There are other more natural ways to deal with these types of allergies. Natural antihistamines with immune support (like our professional nutritional supplement called **Natural-Hist** and **Natural-Hist JR**, a chewable formula) homeopathic phenolic drops (chemicals found in nature, foods and all forms of chemicals) and non-invasive allergy elimination sessions (**BioSET**) can reset the body's response to all forms of allergens.

Reactions to airborne chemicals may be caused by a congested liver and spring is the best time to work on your liver through thinning the bile. Lots of lemon water and or beets. My office uses a professional nutritional supplement with great results called Beta-TCP by Biotics Research, which is a beet formula for people who are not fond of eating beets.