

How To Be Allergy Free



*Throughout
Pregnancy and
Breastfeeding...*



*....For the
Health of
your Baby*



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Foreword

Bringing a new child into the world, holding your precious new-born for the first time, seeing their first smile....all these are wonderful moments a parent never forgets.

The instinct of a mother is to protect and shield her child from harm. However, we know that this is not always possible. Many things are out of our hands.

Every generation has its own perils; historically mothers have adjusted and done whatever was necessary in order to give her child the best start in life.

Today we might not have to kill a beast or cook over an open fire in order to feed our family; nevertheless, modern society has its own different and more sophisticated sets of threats and risks.

These days parents are faced with a fast paced and an information overloaded world. At times this is of great value, but it can also be confusing and overwhelming, especially when the health and wellbeing of your child is involved.

As soon as your new-born opens their eyes you are confronted with choices. You are bombarded with information regarding the health and upbringing of your child. It is up to you to inform and educate yourself in order to make the right choices.

However, what are the right choices?

There are no clear and definite guidelines. It all comes down to information and which educated expert to believe. After dissecting and rereading gathered information the decisions are still yours to make. Once you clear your mind and trust your instincts, you will make the right choices.

Hopefully, I can be of some help.

In my e-book "How to be Allergy Free" I have touched on the subject of allergies and pregnancy. How the mothers allergies can be carried over to her unborn baby. It has been established that allergies can be transferred from the pregnant mother-to-be to the fetus from around 12 weeks to 16 weeks into the pregnancy.

For the sake of the future health of the baby, it is of great benefit that any mother-to-be should get tested for possible allergies. It is important to take the test between 6 to 8 weeks into the pregnancy or before. This is not only recommended for known allergies, but also if there is even a slight chance that an allergy could exist. (More information about this at the end of the book).

On the other hand there are many couples who have been trying for years to conceive only to be disappointed time and again. For those who have tried different procedures and tests in their pursuit for a baby without success; allergy testing might be the answer.

Unrecognized allergies can be the problem in unsuccessful conception. This would include the testing of both partners. Then both partners would need to strictly adhere to the recommended allergy program.

Finding out about the possibility of allergies could be an important step in looking after your future baby's health, as well as an alternative approach for conception.

Allergy And The Pregnant Mother – To – Be

Let's start with pregnancy. As a mother-to-be, you are concerned with the health of your unborn child. This means looking after your health and wellbeing first in order to give your developing baby the best.

But how do you know if you have allergies?

You generally feel healthy. You might have a few minor complaints – perhaps an occasional headache or some skin irritations, maybe low energy, bloating or other digestive problem. The list of allergy related complaints is long.

However, let's assume there are allergies present either known or unknown to you. Could those allergies affect your fetus? Could allergies be passed on from you to your fetus? Could your baby's future health be affected by your allergies?

There is enough evidence today to say yes.

German researchers are claiming that the food a woman eats while she is pregnant could impact on whether or not her child develops allergies to

food when they grow up.

Dr Joachim Heinrich led a team from the GSF-Institute of Epidemiology in Neuherberg, Germany in the analysis of expectant mothers' diets during the last four weeks of pregnancy before comparing them to the allergies and eczema the offspring developed at two-years-old, reports Reuters.

Overall, 17.7% of all children had doctor-diagnosed eczema at the age of two. A total of 9.3% were sensitised to food allergens - most commonly milk and eggs - and 4.8% were sensitised to inhaled allergens.

The researchers concluded that according to their studies of the mother's diet prior to giving birth, high maternal intakes of margarine and vegetable oils during the last four weeks of pregnancy correlated with a number of offspring who suffered from eczema.

Similarly, eating a lot of fish prior to birth appeared to provide some sort of protection against the development of eczema, while mums who eat a large amount of citrus fruits and celery often gave birth to kids with increased risk of being allergic to certain foods.

Air-borne allergies were also found to be more common in the offspring whose mothers had indulged in a lot of food that was deep-fried in vegetable fat, raw sweet peppers and citrus fruits during the last month of pregnancy.

(For more information see **“Website 1”** in Website Resources at the end of the book)

The above research is showing how certain foods are able to affect the fetus and the health after the baby is born.

I believe this is a strong case for the possibility of the mothers allergies affect upon her unborn and the consequences it might have on his/her future health.

Be aware that if you or your partner have an allergy, the likelihood of you passing on your allergies and your baby developing an allergy is significantly increased. With one parent with an allergy the risk of the baby or the young child developing allergies later in life are about 20 to

40 %. If both parents have allergies the risk goes up to 50 to 80%. There is still a 15 % risk for the child, even if none of the parents have allergies.

Passing on your own allergies to your developing baby before birth or after birth through breast feeding is a possibility. However, the chance of your child developing other allergies later in life increase when one or both parents have a history of allergies.

During the early days after birth, a baby's immune system switches to be either 'allergy prone' or 'non-allergy prone'.

So it is important to know that during pregnancy and breastfeeding you can help to protect your baby against allergies developing during the early years of life, by boosting your own immune system and generally keeping healthy. As a nutritionist, I would recommend a healthy diet with plenty of vegetables including green leafy ones. Protein from lean meat and fish, wholemeal bread and if you can afford have organic foods. A variety is important so you get all the vitamins, minerals and other nutrients like enzymes.

Include sprouts, and greens like spirulina, wheat grass, barley grass and chlorella - greens are called "Superfoods" containing all needed nutrients. You can find a mix of the above greens at <http://www.strideintohealth.com> . Colostrum is also a potent immune enhancer.

A probiotic is important and I would also recommend a multivitamin/mineral especially for pregnancy and maybe omega 3 fish oil.

The website below has a lot of information - it might need a bit of time to navigate and pick what is of interest to you, but worthwhile.

(For more information see "**Website 2**" in Website Resources at the end of the book)

Allergies And Breastfeeding

Back in 2002 there was an interview on ABC radio with Dr. Norman Swan and it became clear we not only have to look at what the baby is eating, but just as importantly what the breast-feeding mum is eating as well. He says:

About a third of babies suffer from colic, reflux or eczema, much to the distress of their parents. Research indicates that large numbers of these babies actually have food allergies which are the cause of these distressing symptoms. More disturbing is the discovery that even babies who are breast fed can develop allergic symptoms triggered by foods which their mothers eat. The good news for mums is that cutting out the problem food from her diet can result in a happy baby and a good night's sleep.

(For more information see **“Website 3”** in Website Resources at the end of the book)

Breastfeeding is very important to the early development of the baby's immune system.

Breastmilk is much more than food. In addition to providing the absolute best nutrition for a growing body, breastmilk supplies the factors needed to develop the immune system and protect your baby against disease.

For the first 6 month of their lives the new born does not have much protection, as it takes some time for the infant's body to produce antibodies efficiently; it relies on the mother's milk for immune protection. Breastmilk contains lymphocytes, macrophages and other immune factors as well as lactobacillus.

All this is important for the health and allergy protection of the infant. It also contains elements guarding against viruses, fungi and parasites. Not to mention the comfort and bonding the baby feels during breastfeeding. It is a very important time for both mother and baby and it should be a time of relaxed enjoyment.

But what about if there are allergies present?

These could be transferred in the breastmilk from mother to infants. There is no proof that the actual breastmilk of the mother can produce an allergic reaction.

Allergic reactions in infants who are exclusively breastfed might be mistaken by some mothers (and some physicians) as an allergic reaction to the breastmilk itself. Rest assured, this is most often not the case. According to lactation consultant Kathy Koch, "It is not possible for a child to be allergic to his or her mother's milk. It is possible for a child to be allergic to something in the mother's milk -- that is, something the mother has consumed." (A rare metabolic condition exists that interferes with a baby's ability to appropriately digest a mother's milk, but even this does not necessarily preclude breastfeeding.)

(For more information see **"Website 4"** in Website Resources at the end of the book)

Can The Stress Of The Mother Cause Allergies In Her Baby?

Babies born to mothers experiencing high levels of stress had more IgE in their blood at birth than babies born to less-stressed moms. IgE is an antibody involved in allergic and asthmatic reactions. "Moms who had elevated levels of stress had children who seemed to be more reactive to allergens, even when exposed to low levels of allergens," said study co-author Dr. Rosalind Wright, an assistant professor of medicine at Brigham and Women's Hospital and Harvard Medical School in Boston.

(For more information see **"Website 5"** in Website Resources at the end of the book)

Are Allergy Medications Safe During Pregnancy?

I am not a doctor of medicine, so I would suggest you seek advice from someone who is qualified in this area.

I feel that there are better ways of getting your allergies under control than taking medication. Having said that, I would never recommend to anybody to go off their medications as those could be lifesaving, especially in asthmatic conditions.

Considering that your asthma, for example, could be allergy related is an option you might like to explore. The bio-compatible allergy testing through hair sample is one such avenue for you to try. Find all the necessary website information in the last chapter of this e-book.

According to the Food and Drug Administration (FDA), no medicines are considered completely safe in pregnancy. This is because no pregnant woman would want to sign up for a medication safety study while she is pregnant. The below website might answer some of your questions about allergy medication during pregnancy.

(For more information see **“Website 6”** in Website Resources at the end of the book)

Possible Allergy Related Conditions

- ✚ Infantile Eczema.
- ✚ Infantile Reflux .
- ✚ Infantile Sleeplessness.
- ✚ Infantile Constant Recurring Infections.
- ✚ Thrush.
- ✚ Toddler Eczema.
- ✚ Toddler Asthma.
- ✚ Toddler Hayfever.
- ✚ Glue Ear.
- ✚ Constant Runny Nose and Sinus Congestion.
- ✚ Hives and Rashes.
- ✚ Tummy aches, Diarrhoea and Constipation.
- ✚ Constant Recurring Ear, Nose and Throat Infections.

Those above conditions could be allergy related and the list is by no means conclusive. As we are all individuals many different symptoms can manifest due to allergic reactions.

Allergy Information

From Allergy Specialist Dennis Hodges

Colic, Wind - Can these symptoms be a sign of a baby allergy?

- Un-consolable crying
- Unsettled baby
- Painful jerks
- Green Poo

Tired and frustrated parents desperately looking for a cure for colic or wind in their new born babies may find that their bundle of joy has an **infant** or **baby allergy** to substances either in the formula or breast milk.

Colic or wind like symptoms such as painful cries that last only 45mins (as opposed to 3 hours synonymous with colic), might in fact be an intolerance to milk or lactose. Green poo can also be a symptom of lactose intolerance.

If your otherwise content baby suffers from bouts of tummy pain and unexplicable (and somewhat inconsolable) crying irregularly, it could be an intolerance to some of the food the mother is eating when breast feeding.

Babies in the womb can also become sensitised to some substances, especially foods. Research has shown that antibodies can cross the placenta between 12 and 14 weeks. Not all of these antibodies develop into an allergy.

How can Allergy testing take the guess work out of unsettled babies?

Testing for allergies around 6 to 8 weeks (when planning a pregnancy) is advisable so that allergens can be removed and the levels of antibodies reduced to limit the transfer over this critical time frame. Babies can appear to be born with allergy. If you have any history of allergy in the family, not just in the mother it is best to test and eliminate as early as planning conception. Re- testing around 6 to 8 weeks into the pregnancy is recommended. The baby and mother should be tested soon after birth so that the mother (if breast feeding) can avoid the foods that baby is allergic to. This will help eliminate the transfer of allergens through the mother's milk.

Testing is not painful as we just need a small hair sample from the mother and baby once old enough. If the baby has insufficient hair, a saliva swab can be taken from the mouth. We have available a separate baby kit for babies under 12 months old and our tests can also determine the correct formula for the child.

The Baby Test is for children **under 12** months old or is still on formula.

BABY IS BREAST FED; Test mother and baby for the 300 standard test and the baby test.

Mother will need to follow both test results.

BABY IS NOT BREAST FED; Test baby for 300 standard test and baby test. If baby is taking a brand of Formula that is not on our list, send ($\frac{1}{2}$ a teaspoon) sample with the hair.

Where babies do not have hair. Our system gives the same results from saliva.

To collect saliva sample, turn a small zip-top plastic bag inside out and place on your finger. Rub around inside the baby's mouth and turn bag back again.

Avoid unnecessary frustration by finding out what foods are making your baby unsettled

PREGNANCY TESTING

WHERE COUPLES ARE HAVING DIFFICULTY WITH CONCEPTION

Antibodies can be transferred in body fluids. To avoid cross contamination both partners should be tested and **both** follow **both** test results.

For more information on the bio-compatible allergy test and how to order your own test please go to:

www.freeofallergies.com

or

www.allergydefencetest.com

The Bio-compatible Allergy Hair Test is more than just a test. It comes complete with a 6 month program including all the information you need to get well.

Website Resources

“Website 1” <http://www.bounty.com/Pregnancy-diet-could-affect-babys-allergies.news/18075782>

“Website 2” http://www.streetdirectory.com/food_editorials/topics/food+allergy+baby

“Website 3” http://www.abc.net.au/dimensions/dimensions_health/Transcripts/s560891.htm

“Website 4” <http://www.breastfeed.com/articles/overcoming-difficulties/breastfeeding-and-allergies----nothing-to-sneeze-at-2632/>

“Website 5” <http://health.usnews.com/articles/health/healthday/2008/05/18/moms-stress-in-pregnancy-may-up-babys-asthma-and.html>

“Website 6”

<http://allergies.about.com/od/allergiesandpregnancy/f/allergytxpreg.htm>

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Disclaimer

The aim of this e-book is to provide information on using methods for allergy relief and health improvement. We cannot accept any legal responsibility for any problem arising from experimenting with these methods. For any serious disease, or if you are unsure about a particular course of action, seek the help of a competent health professional.

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