

How To Be Allergy Free

By Barbara Bourke, Nutritionist, (Adv. Dip. Of Nutrition)



Ever wondered if allergies affect your health?

Are hidden allergies sapping your body of vital energy?

Could your health problems be allergy related?

Those questions and more will be answered in this e-book

Chapter	Page
1. <u>Introduction</u>	3 to 5
2. <u>The History of Allergies</u>	6 to 7
3. <u>Some Allergy Statistics</u>	8 to 9
4. <u>How do Allergies begin?</u>	10 to 12
5. <u>Allergies and the Immune System</u>	13 to 15
6. <u>Allergies, Pregnancy and the Immune System</u>	16 to 17
7. <u>Allergies, Dysbiosis and Candida</u>	18 to 20
8. <u>Allergies and Inheritance</u>	21 to 22
9. <u>Interesting Websites to Visit</u>	23 to 24
10. <u>How to Test for Allergies</u>	25 to 34
11. <u>Questions and Answers</u>	35 to 42
12. <u>The Allergy Solution</u>	43 to 47
13. <u>The Interview</u>	48 to 51
14. <u>Testimonials</u>	52 to 57
15. <u>Website Resources</u>	58 to 59
16. <u>Disclaimer, Copyright</u>	60

Introduction

Congratulations on your decision to purchase my e-book. Because you are reading this, I assume you, or someone close to you, is suffering from some kind of allergy and needs help. However, often we do not necessarily relate our health problems as being allergic reactions to the food we eat, chemicals we use or to the environment.

I am sure you will find the information in my e-book, vital in helping you to rid your body of those allergies and achieve more vibrant health.

Would you like to know how many of my patients have achieved improved health and wellbeing?

Would you like to know how you can benefit as well?

By eating only bio-compatible foods, you will be taking the first step towards improved health and wellbeing.

We, Judie and I (you can read Judie's story in the testimonials) decided it would be great to produce an e-book and tell people how to overcome their allergies. But we also wanted to know and include people's questions. This inspired us to conduct a "website allergy survey" asking people to send us their most pressing allergy questions. Those questions, as well as questions my clients have asked me and questions submitted from another naturopath, are all included in this e-book.

I would like to thank everyone, not just those who have sent their questions forward, but also to those who are allowing us to include their testimonials.

When I started my practice I was very idealistic and enthusiastic. All I wanted was to help my clients with their health problems and relieve their symptoms. Eagerly, I studied many natural supplements and different kinds of therapies in the hope of finding the ones which

work best. Too often it was a game of hit and miss. Sometimes I was successful other times success was short lived.

Through a chance meeting with a naturopath, I learnt about the connection of many diseases to known or hidden allergies. After further studies on the subject, *I became absolutely convinced that by treating the underlying allergy of a person this person would be able to improve there health.*

This was great news, but how do I find out what a client is allergic to? I researched ways to test, but I could not find one I believed was truly authentic, until I used the Bio-compatibility testing system. I have been using this system in my practice ever since. It has changed the direction of my practice for ever.

Wouldn't it be great if there was a system which could pinpoint and tell you exactly what you cannot eat, but more importantly what you can eat?

A little later in the book I am going to tell you about such a great system. As the title of this e-book suggests you will learn how to be allergy free.

Let's quote Hippocrates who said"

"Let food be your medicine and let medicine be your food"

Embrace this quote and let your food be your medicine.

What went wrong? Why do we become allergic to certain chemicals, the environment or even the food we eat? Aren't all foods supposed to be nourishing and support our health and wellbeing?

In the past this might have been true, however, today we are often overfed and undernourished.

This can lead to many health problems, as the immune system is being compromised. When it comes to maintaining good health the immune system is our most precious asset. It protects our body against many of the world's most widespread and deadliest diseases.

Allergies are a sign that the body and the immune system are under stress.

Since the early 1950's, with the development of antibiotic therapy, general vaccination programs and more advanced cancer treatments, we started trusting the medical system more than the old fashioned naturopathic approach of encouraging our own innate self-healing process.

Now 60 years on, this has not really advanced us to become a healthier society. Nor have we achieved health and harmony of body, mind and spirit. The constant development of more and more drugs and medical technology might keep us alive longer, but certainly not healthier.

It seems vaccinations have eliminated an array of infectious diseases and antibiotic treatment has saved many lives, but at what price? A newborn is vaccinated with different combinations of vaccines as soon as they are born. Doctors advise us to go on a course of antibiotics, even for minor health concerns. All a bit excessive if you ask me. How do interventions like this affect our own inner process of self-healing?

Excess Candida or systemic Candidiasis is widespread today. Antibiotics are partly to blame as they are not only destroying the bad microorganisms, but unbalance the healthy flora of the digestive system. Are we interfering too much with Mother Nature? What happens if we are in desperate need of a lifesaving antibiotic but the body is not responding to it anymore, because of overuse?

Go to a supermarket, walk down the aisles and have a look at the many shelves of foods available. Many tease our taste buds, rather than improve our health. We have to take responsibility for our own health and wellbeing. We need to act and inform ourselves and learn to listen to our bodies. We must stop relying on an ever increasing range of medical weapons which are becoming more hazardous to use. *Think before you spend your hard-earned money on quick fixes and drugs instead of a healthy diet and lifestyle.*

I would like to share some words of wisdom with you

He who has health has hope, he who has hope has everything

(Arabian Proverb)

The History Of Allergy

The concept of "allergy" was originally introduced in 1906 by the Viennese pediatrician **Clemens Peter Freiherr von Pirquet** (May 12, 1874–February 28, 1929). He was an Austrian scientist and pediatrician best known for his contributions to the fields of bacteriology and immunology. He noticed that patients after receiving a second injection of a horse serum (or smallpox vaccine) often had severe and much quicker reactions than after the first dose. He and a colleague Bela Schick coined the word allergy. The word allergy comes from the Greek “allos” meaning “other” and “ergon” meaning “reaction”.

Pirquet is also the father of the modern tuberculosis test, which is named after him.

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

A major breakthrough in understanding the mechanisms of allergy was the discovery of the antibody class labeled immunoglobulin E (IgE). Kimishige Ishizaka and co-workers were the first to isolate and describe IgE in the 1960s.

Historically, all forms of hypersensitivities were called allergies. In 1963 through the work Philip Gell and Robin Coombs a classified system was developed, categorizing hypersensitivities from I to IV.

Coombs and Gell classification

Type	Alternative names	Often mentioned disorders	Mediators
1	Allergy (immediate)	<ul style="list-style-type: none">• Atopy• Anaphylaxis• Asthma	<ul style="list-style-type: none">• IgE
2	Cytotoxic,	<ul style="list-style-type: none">• Autoimmune	<ul style="list-style-type: none">• IgM or IgG

	antibody-dependent	<ul style="list-style-type: none"> hemolytic anemia Thrombocytopenia Erythroblastosis fetalis Goodpasture's syndrome 	<ul style="list-style-type: none"> (Complement)
3	Immune complex disease	<ul style="list-style-type: none"> Serum sickness Arthus reaction SLE 	<ul style="list-style-type: none"> IgG (Complement)
4	Delayed-type hypersensitivity ^[3] (DTH), cell-mediated immune memory response, antibody-independent	<ul style="list-style-type: none"> Contact dermatitis Mantoux test Chronic transplant rejection Multiple sclerosis^[4] 	<ul style="list-style-type: none"> T-cells

Type 5

This is an additional type that is sometimes (often in Britain) used as a distinction from Type 2

Instead of binding to cell surface components, the antibodies recognize and bind to the cell surface receptors, which either prevent the intended ligand binding with the receptor or mimics the effects of the ligand, thus impairing cell signaling.

Some clinical examples:

- Graves disease
- Myasthenia gravis

The use of Type 5 is rare. These conditions are more frequently classified as Type 2, though sometimes they are specifically segregated into its own subcategory of Type 2.

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

Some Allergy Statistics

The statistics below are an indication as to how widespread allergies have become. We will discuss and shed some light on the problem which increasingly is becoming a very threatening aspect to our health. However, the word allergy is frequently used incorrectly. Often it is a sensitivity we have developed over time or it is intolerance to a food, because of a missing enzyme.

Allergy Statistics

- ✚ Estimates from a skin test survey suggest that allergies affect more than 50 million people in the United States.
- ✚ Allergic disease is the 5th leading chronic disease in the U.S. among all ages, and the 3rd most common chronic disease among children under 18 years old.
- ✚ A recent nationwide survey found that more than half (54.6 percent) of all U.S. citizens test positive to one or more allergens.
- ✚ The costs associated with allergic disease are extraordinarily high: one analysis estimated it at \$7.9 billion per year, of which \$4.5 billion was spent on direct care and \$3.4 billion on indirect costs, related primarily to lost work productivity.

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

It seems a skin test was the only method of testing performed in the above information. There are different allergy testing methods available. We will discuss them later in this e-book.

It is estimated that about 3% of Australian children are suffering a peanut allergy. Australia is one of the highest on the list. Not all sufferers will show symptoms. On the other hand severe, life-threatening reactions are often the case.

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

In 2007, approximately 3 million children under age 18 years (3.9%) were reported to have had a food or digestive allergy in the previous 12 months.

From 1997 to 2007, the prevalence of reported food allergy increased 18% among children under the age of 18. Children with food allergy are two to four times more likely to have other related conditions such as asthma and other allergies, compared with children without food allergies.

From 2004 to 2006, there were approximately 9,500 hospital discharges per year with a diagnosis related to food allergy among children under age 18.

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

Other statistics show that allergy now affects 65-70 per cent of the population and is on the increase; the number of people going to their GPs for treatment for asthma and hay fever doubled in the 1990s. Asthma is responsible for up to 2000 deaths a year. One in seven primary school children carries an inhaler.

Cow's milk is the most ordinary allergy-causing food in kids, and it's the chief source of allergic result in quite young children. Milk allergy affects approximately 2 - 3% of toddlers globally, and its symptoms and signs may be difficult enough to cause concern not simply for an allergic kid, but also for the child's parents. But the good news is that the majority of children grow out of a milk allergy by the age 2 or 3.

Allergic reactions commonly show a few minutes to a few hours after you consume milk, but occasionally it can be days before symptoms and signs show. Signs and symptoms stretch from mild to serious and may include wheezing, vomiting, hives and digestive problems. Very rarely, milk allergy can cause anaphylaxis - a severe, life-threatening reaction.

The cause can be an allergy to the milk protein or a metabolic disorder or intolerance where the cause is a missing enzyme. These numbers certainly should wake up and take action.

How Does Allergy Begin?

It can take some time after being sensitized to a certain allergen before symptoms appear. More often than not we don't know what has caused or is causing an allergic reaction in the first place. We might suspect certain culprits, however, there could be a variety and a combination of substances involved.

Over the last twenty years or more there have been huge changes in food technology. The advent of genetic modification, the addition of an ever increasing number of chemical additives, irradiation, processing, and soil depletion, have modified foods so much that they have lost a lot of their original therapeutic benefits. These changes combined with the mountain of nutritional information that is in circulation today, virtually makes it impossible to determine exactly which foods are best suited to the individual.

Allergies are a systemic disorder and can affect the nose, lungs, eyes, skin and gastrointestinal tract, simultaneously or in succession throughout a person's life. The reason for the clinical expression of allergic reactions is not known.

A healthy resilient body and immune system is more able to fight back. Then again, if your immune system is weakened by illness, poor diet, lifestyle or repeated allergic reactions it will struggle and eventually lose the battle and the equilibrium is compromised.

When I speak of allergies I use the term food Allergy in a general way including not only genuine immunological reactions, but also food intolerances and chemical sensitivities.

The initial stage or the first stage in the progress of allergies is often called the addictive or alarm stage, meaning we crave the very food we are allergic to.

Being allergic to a food means we are sensitized to that food and eating it again and again stimulates the adrenal glands to release stress hormones (epinephrine). For a while we feel well and energized, very much like a drug. When this feeling subsides we need another "fix" of our "feel-good" food.

As you can see allergies or bio-incompatible foods cause stress within the body. The adrenal glands not only release stress hormones, but also inflammatory hormones/chemicals. In turn the sympathetic nervous system is over-stimulated. Besides causing allergic reactions, it may also trigger hyper-excitability, increased blood pressure, palpitations, anxiety, anger, and poor digestion. If this merry-go-round continues for too long, the stress becomes permanent. The body adapts by releasing anti-inflammatory hormones/chemicals. The adrenals become exhausted, we develop a lack of energy, tiredness, mental and physical exhaustion.

When we are in the second (the exhausting), state we will not experience the feeling of elation after eating the same food. The constant attack of the allergen has drained us, and our body is often too weak to react.

Even this stage will pass as the capacity of the adrenal glands to produce sufficient anti-inflammatory hormones becomes exhausted. This sets the stage for chronic generalized inflammation and numerous chronic degenerative diseases *and could be called the third stage.*

Besides the above addictive allergy type there are others - cyclic, multiple, trigger and fixed allergies. Never mind the name, the scenario is the same; stress, inflammation and the rest, just as I have explained before.

- ✚ In a cyclic allergy there might only be a reaction if the food is eaten in excess, either eating too much, too often or both.
- ✚ A multiple allergy we react to a multitude of different foods and chemicals. The list grows as we substitute the allergic foods with different foods, only to become allergic to the replacement food as well. This is also called being allergic to the twenty-first century.
- ✚ Trigger allergies cause an attack like asthma or hayfever due to an inhaled substance such as pollen, dust or animal hair etc., due to hypersensitivity of the mucus membranes. Removing the trigger might help for a while, but new triggers will develop very soon. The problem is an underlying food or chemical allergy.

The same goes for skin as a hypersensitive skin is prone to irritation and other skin problems.

- ✚ With a fixed type allergy the person will react every time, even if only a very small quantity is ingested. Those allergies are easily recognized and not adaptive. A strong reaction in this type is called an anaphylactic reaction and can be life-threatening.

In all allergy types, with possibly the exception of a fixed allergy, stress, emotional and mental problems or environmental triggers will each time exacerbate a reaction.

The first step is **always** to find out the culprit foods and chemicals. Remove the culprits and the body can start the healing process.

A nutritional deficiency including vitamins/minerals, enzymes, lack of gastric acid, weak liver function and bacterial overgrowth of the digestive tract, including Candida, needs to be considered. However, as I said before the first step is always finding and eliminating the offending foods/chemicals.

And this is what this e-book is all about - take the first step.

Allergies And The Immune System

The Immune System comprises all structures and processes that are involved in defeating the attempts of environmental forces to overrun, destroy or gain control of any part of the body.

Specifically, it comprises anatomic barriers (such as the skin and mucous membranes) that physically block the entry of antigens into the body. Physiological barriers (such as body temperature and acidity) inhibit the growth of or kill detrimental microorganisms, plus the various organs and cells of the Immune System itself. The overall coordination of the Immune System takes place in the Hypothalamus and Pineal Gland. Allergies increase the burden on the body's Immune System, causing the body to be more prone to Infection by various Antigens.

REF: In-Tele-Health © 2006 (from Hyperhealth Pro CD-ROM)

Our immune system has evolved as a defence against infectious disease.

It is often considered a separate and individual functioning system. However, it is impossible to divorce the immune system from the lymphatic system. Lymphoid organs are the programming site and the seedbeds for the immune cells, monitoring blood and lymph for the presence of foreign substances.

There are many different type of immune cells. T-cells and B-cells are a type of white blood cell found in blood, bone marrow and lymph tissue. T-cells can destroy directly or help B-cells. T-cells include helper cells, cytotoxic cells, and suppressor cells. B-cells when stimulated by T-cells and cytokines secrete antibodies (cytokines are a group of substances secreted by Cells of the Immune System). Then there are antigen presenting cells, neutrophils, mast cells.

Five types of antibodies or Immunoglobulins (Ig's) which are proteins secreted by plasma cells that activate enzymes and stimulate

various blood cells and tissue to destroy bacteria and other pathogens. These cells, proteins and various chemicals are all important components of the immune system.

The harmonious interaction of these cells is what keeps the immune system strong and our allergies under control.

At first the role of the immune system was thought to be purely protective. However, it was not long before its dangerous potentials were discovered. Hypersensitivities or allergies are caused by an overprotective immune system gone awry. In the process causing tissue damage as it fights off the potential imaginary invaders or perceived threats. *The immune system and its cells are the police force of the body, protecting the body from potentially harmful substances by recognizing and responding to antigens.*

Antigens are large molecules (usually proteins) on the surface of cells (bacteria, fungi, cancer), viruses, or multicellular parasites. Some non-living substances such as toxins, chemicals, drugs, and foreign particles (e.g. a splinter or pollen) are also antigenic. Anything that contains these antigens is recognized and attacked by the immune system. There are two levels of immune response: innate and acquired.

INNATE IMMUNITY: BARRIERS

Innate immunity is primarily comprised of the barriers that keep harmful materials from entering the body. They form the first line of defense in the immune response. Some of these barriers are:

- ✚ The skin
- ✚ Stomach acid
- ✚ Mucus
- ✚ The cough reflex
- ✚ Enzymes in tears and skin oils

ACQUIRED IMMUNITY: T CELLS

- ✚ T- cells attack antigens directly, and provide control of the immune response. They are activated by exposure to antigenic fragments displayed on the surface of antigen presenting cells (APCs).

- ✚ If the antigen is a virus, bacterium, fungus or cancer cell, T lymphocytes differentiate into T-helper 1 (Th1) cells
- ✚ If the antigen is an allergen or parasite, into Th2

The biochemistry of an allergic reaction is very complicated, but the end result of each reaction is the release of excess inflammatory mediators. These inflammatory mediators, such as histamine, leukotrienes and bradykinins, are released into the blood and can cause inflammation anywhere in the body. Once tissue and nerve endings are inflamed, many other substances can cause a secondary irritation.

Immune reactions are not always helpful. If the immune system overreacts to the presence of harmless substances it produces allergic conditions. When it is weakened it fails to protect us from infections and immunological states such as AIDS and cancer for example. It can also start to attack its own body cells as if they were foreign. This is called autoimmune disease such as Myasthenia Gravis, Rheumatoid arthritis, Lupus and many more.

Allergies, Pregnancy And The Immune System

Some research shows that becoming sensitized to allergens often occurs within the first 2 years after birth. Through the allergy research work by Dennis Hodges ND (see his interview at the end of the book) 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, he stresses the urgency 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.

Breast feeding is another time when allergies can be transferred from the mother to the baby. Therefore it would be wise to get retested again after the baby is born.

We also cannot disregard the transfer of Candida (more about Candida in the next chapter) during the time of birth.

If the mother is infected by Candida, this can be transferred to the fetus going through the birth canal at the time of delivery. Therefore, it is advised that before and during pregnancy some antifungal treatment is recommended. You have to see your natural health practitioner for alternative supplements if you do not like to take medication. Lugol's, an iodine solution is one of the best. Lugol's Solution can be found at: <http://www.strideintohealth.com>

During pregnancy the woman's immune system is reducing its Th1 helper cells to prevent attacks on the fetus as it potentially can see the fetus as an invader. In the same way as it can see a transplanted organ as an invader and might reject it. But immune protection is still needed so the production of Th2 helper cells is increased. Th1 and Th2 cells are immune cells who give instruction to other immune cells. Th1 cells are immune cells that order other immune cells to attack and protect directly without producing antibodies.

Th2 immune cells on the other hand are cells that call a different

kind of immune cells for help, in particular immune cells that produce IgE antibodies- the allergy causing antibodies.

Both Th1 and Th2 are forever working in harmony in order to keep invaders out and protect the body.

What happens when this harmony becomes unbalanced? Especially if the unbalanced situation continues for too long? To explain all that would go beyond the scope of this book. All you need to remember for now is that Th1 immune cells are suppressive to the immune system and Th2 cells increase immune reactions. Both types of immune cells and reactions in a balanced, harmonious state are necessary in protecting the body from being harmed.

As you can see balance and harmony are important on all levels in life.

Allergies, Dysbiosis And Candida

Candida and disbiosis are “dirty” words, meaning they can make the difference between health and disease. A digestive system overgrown with harmful microorganisms is out of balance.

Remember “health and disease starts in the digestive tract”.

In order to really conquer your allergies, a digestive system detox and healing are vital. Sure, cutting out the offending foods and chemicals etc. are imperative and always the first step.

Just as important is rectifying the overgrowth of bad microorganisms and re-introducing the good bugs with a detox and a potent probiotic. A healthy micro-flora is of essence as it reduces inflammation in the digestive system and keeps the bad bugs (parasites, viruses bacteria, fungi etc) out.

Candida albicans is one of 70 different species of Candida yeast. It inhabits all humans (in the mouth, throat, intestine and genital/urinary tract) but usually only in small amounts. The term Candidiasis is applied to excessive proliferation of Candida albicans and involves the over-proliferation of Candida albicans throughout the body.

It is worth noting that over 90% of a healthy population is "allergic" to Candida. How can that be if it normally resides in the body? The delayed hypersensitivity (Type 4 allergy) response by the immune system is what helps the body control yeast overgrowth. This is a normal and protective response to yeast but sometimes it gets out of hand. I believe this is due to an over-proliferation of Candida. Candida can also cause an immediate hypersensitivity response (Type 1 allergy), which is found in approximately 10 percent of the population, and is capable of causing hives, asthma, eczema, chronic vaginitis, abdominal cramps, and diarrhea.

New evidence shows that Candida contains a protein (HWP-1). This protein structure is similar to gluten. This connection can trigger celiac disease in some genetically-susceptible people. Therefore celiac disease could be an allergic reaction to gluten **and** Candida.

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

I believe that Candida (especially an overgrowth) is responsible for, and is at the center of many allergy reactions.

We have established that an over-proliferation of Candida in the yeast form causes allergies. When Candida changes into the fungal form it will cause even more damage. It sticks to the walls of the intestines and its tentacles will tend to pierce the intestine wall. Those tentacles and other microorganisms and their toxic byproducts can cause what is called *“leaky gut syndrome”*.

What is “leaky gut syndrome”?

Leaky gut or Intestinal Permeability is an ailment of the Digestive System characterized by the inability of the Intestines to prevent the “leakage” of large particles (Antigens) through the Intestinal Wall into general Blood Circulation. In some cases of Intestinal Permeability whole Bacteria, the toxins produced by Bacteria (endotoxins or Lipopolysaccharides) and other Antigens are able to permeate the Intestinal Wall or Gastric Mucosa and enter the Lymph Glands, Lungs, Liver and other organs where they produce various diverse ailments. When the Antigen is a Microorganism, this phenomenon is known as Microbial Translocation (when the Microorganism is Bacteria, the phenomenon is known as Bacterial Translocation). During Intestinal Permeability, the Epithelium of the Villi of the Small Intestine becomes inflamed.

REF: In-Tele-Health © 2006 (from Hyperhealth Pro CD-ROM)

Once the mucosa of the digestive tract is compromised those toxins and the spores produced by the fungus will be circulated throughout the whole body via the blood stream.

Widespread problems will arise as the toxins are not longer contained within the digestive tract.

We have to understand the digestive tract contains its own immune system and is there to deactivate those toxic substances. However, once those substances, also called antigen, enter the blood stream a

total immune system alert is triggered and all body systems are alarmed.

Why is the fine balance of our intestinal flora disturbed in the first place?

Lifestyle, incorrect and an acid producing diet as well as the overuse of antibiotics can all be part of the problem.

I consider it essential to assess and restore the health of the bowel, blood, and liver ecosystems in the management of every allergic person.

Always clean and heal the bowels first, before moving on to the liver. If you do not clean the bowel first, toxins from the bowel will re-enter the blood stream adding extra stress to the detoxification of the liver. When you detox the liver, make sure you use a herb like St Mary's Thistle, which help strengthen the liver during the detox .

It is recommended to consult a qualified health-practitioner who will be able to advise on the correct program.

Allergies And Inheritance

An inherited tendency to the overproduction of IgE (immunoglobulin E) antibodies to common environmental antigen is also called atopy. Several members within a family can be affected. The members of such a family are called atopics.

Can we inherit a gene that makes us more prone to become allergic? Is there an allergy promoting gene? Allergies can run in the family, but not all family members will develop allergies.

It is not a single gene that is at fault here, but a combination of many. Dr Vincent Beltrani of Columbia University believes that there are about 20 different genes responsible (“The Allergy Bible” by Linda Gamlin).

Could this be the reason why someone in the family develops allergies and others won’t? It might be a matter of how many genes and in what combination that will determine the risk of developing allergies. It looks like luck plays a part as well.

If both parents carry the allergy genes there is a more likely chance that their offspring can develop allergies sometime during their lifetimes.

Genes are not the only factor, as the environment, meaning everything external, has a big part to play. What is your diet like? Do you smoke or drink too much alcohol? What about your health and do you take medications? Are you under long term and/or excess stress? Are you breathing polluted air, drinking chlorinated tap water? In other words, if a genetic tendency to allergies and the external world interacts this can be a trigger in a susceptible person. We do have choices, make the right ones, and you might never develop an allergy even if you are genetically disadvantaged.

Exceptions do exist where only one gene is responsible. It is also called a metabolic abnormality or food intolerances. An enzyme is missing; the most common ones are:

- **Lactase deficiency** - leading to lactose intolerance
- **Trehalase deficiency** - breaking down substances in mushrooms and most other fungi, including yeast.
- **Galactosaemia** - leading to galactose intolerance, a milk sugar.
- **Fructose intolerance** - is very rare. Eating fruit and other sources of fruit sugar leaves an unpleasant taste in the mouth.
- **Phenylketonuria** - an intolerance to the amino acid phenylalanine

How do we know if we carry allergy genes?

A blood sample taken from the umbilical cord just after the birth can give some indication. If there are very high IgE levels present this can indicate the chances of the development of allergies in later life. However, in families with allergy tendencies already, this test only confirms what is already known.

Tests can be performed for specific allergy genes.

(For more information see **“Website 7”** in **“Website Resources”** at the end of the book)

The above mentioned website is worthwhile reading. However, the question here is - are we getting too complicated in our search to find answers to our allergies?

Bio-compatible testing is a much easier answer. Do you once and for all want to know exactly what you can and cannot eat or drink and which chemicals are affecting your health in a negative way?

Before we go further into the bio-compatibility testing information, I have a few more websites to show you. However, some might be a little long and technical.

Get a cup of coffee or tea, relax, take your time and enjoy.

Interesting Websites To Visit

Allergies And The Vaccination Connection

This website has an article about peanut allergy and the vaccination connection. It is rather long, but very interesting, not only for someone who has a child with a peanut allergy.

(For more information see **“Website 8”** in “Website Resources” at the end of the book)

Allergies And The Hygiene Connection

This website will inform you about allergies and the hygiene connection. It is still controversial, but it is an interesting concept worth reading.

(For more information see **“Website 9”** in “Website Resources” at the end of the book and also **“Website 10”**)

Allergies And The Genetically modified foods Connection

The production and consumption of genetically modified foods has one more aspect to its controversy and that is the allergy connection.

The first article (“website 11”) is a little technical, but well worth reading.

(For more information see **“Website 11 ”**and **“Website 12”** in “Website Resources” at the end of the book)

Allergy And Obesity In Children

“The journal of Allergy and Clinical Immunology” states the following:

The prevalence of both obesity and allergic disease has increased among children over the last several decades. Previous literature on the relationship between obesity and allergic disease has been inconsistent. It is not known whether systemic inflammation could be a factor in this relationship. Obesity might be a contributor to the increased prevalence of allergic disease in children, particularly food allergy. Systemic inflammation might play a role in the development of allergic disease.

(For the abstract see **“Website 13”** in “Website Resources” at the end of the book)

(For the full text see **“Website 14”** in “Website Resources” at the end of the book)

How To Test For Allergies

There are various methods of detecting allergies, and each one has its supporters. Many of these ways are effective at detecting the problems that cause or contribute to allergy symptoms. Finding out the cause is only half the story. The other half is finding the answer on how you to fix the problem. I will explain this later. Below find some of the more common tests available

Conventional Medical Allergy tests

- ✚ **Skin prick test** - involves putting drops of a variety of suspected allergens (for example pollen, dust mites, pet hair, mould, foods) using a pin-prick, on the forearm or back. Sensitivity to a particular allergen will show itself with an itchy, red, raised wheal. Skin prick tests are a way of checking sensitivity to inhaled allergens such as pollen or dust mite, but are not so effective at detecting sensitivity to foods. This test is uncomfortable and only a limited number of allergens can be tested.

- ✚ **Patch test**
Patch testing is a way of identifying whether a substance that comes in contact with the skin is causing inflammation of the skin. Patch tests are not the same as skin prick tests, which are used to diagnose hay fever allergy (house dust mite, grass pollens and cat fur). Skin prick tests have very limited value for patients with skin rashes.

- ✚ **Blood tests for allergen specific IgE antibodies (RAST or radioallergosorbent test)** - determine sensitivity to suspected allergens. Whereas the skin prick test result is available immediately, RAST results are often not available for a few days and may be more expensive than skin testing.

However, RAST testing is a useful alternative when skin prick testing is not possible.

- ✚ **Blood test for IgG** - Is a blood test for non-immunological adverse reaction to the sensitivities to common foods.
- ✚ **Blood test for IgA** - IgA is found in the saliva, gastric fluids, plasma and mucous membrane of the body. It is believed that IgA is the link between gut-related health conditions and the systemic illness and is usually associated with altered intestinal permeability (leaky gut). It is responsible for immune protection within the gut. Stress, Candida, coeliac disease, Crohn's disease and other auto immune conditions and also food sensitivities can be responsible for elevated levels.

Unorthodox Allergy Tests

There are several methods of unorthodox tests for allergy.

- ✚ **Cytotoxic food testing "Bryans' test"** - This test exposes some of your white blood cells to a fraction of the suspected food or substance. Usually between 24 and 90 different items. Additionally there is often a supplementary list available (between 80 and 90 items). This is not a lot of items if you think of all the combination of foods on the supermarket shelves today. More importantly it does not tell you what foods you **can** eat.
- ✚ **Vega testing** - Testing with the Vega machine is one of the bioenergetic regulatory techniques that has its origins in acupuncture and homoeopathy. Its basis is the concept of "energetic pathology", which postulates that the first sign of abnormality in the body is an electrical charge. Further, if

abnormal electrical charges continue for long enough, then eventually structural changes will ensue. Again, this might tell you what **cannot** eat, but not what you **can** eat.

✚ **Kinesiology or Muscle testing** - Is a system of obtaining feedback in order to examine the current functioning of someone's body. It was originated by Dr. John Goodheart in the 1960s. Dr. Goodheart found that muscles in the human body instantly became weak when the body was exposed to allergens or harmful substances. By applying a degree of pressure to a large muscle, such as the deltoid muscle in the arm/shoulder, it is possible to obtain information relating to energy blockages.

✚ **Pulse testing** - To perform this test, you take your pulse. This is called your basal pulse or base pulse rate. You have to sit still for at least 5 to 10 minutes. Then you eat a single food, and check your pulse rate in 15, 30, and 60 minutes afterward. An elevation in pulse rate of more than ten beats; that is, it beats more than 10 beats faster per minute than your base pulse. This means that you are allergic to that food. A problem is that you may wish to eat more than one food at a time. You can take your base pulse, then sit down and eat your entire meal and keep checking your pulse 15, 30, and 60 minutes after you finished. If your pulse rate goes up you need to test every item which was contained in your meal separately, rather time-consuming and you need to be very accurate with your pulse taking.

✚ **And then there is the "Elimination Diet".**

This diet and information below I used to hand out to my patients before I found a better and more successful way to help them with their allergy problems.

The Elimination Diet needs to be followed for 7-21 days, to allow allergens to clear from the body and symptoms to improve. Any

of your symptoms which are food-related should have improved after 21 days. During this time you might encounter some detox symptoms including headaches, nausea, lack of energy and possible cravings.

Drink plenty of water and rest if you can as those symptoms will usually subside in a few days.

It is very important that you eat only the foods listed under ‘Enjoy’, and completely avoid the foods listed under ‘Avoid’ for up to 21 days. This is a general elimination diet shopping list

The Elimination Diet - General Shopping List		
Food group	Enjoy	Avoid
Vegetables	Avocado, Alfalfa, Asian greens, Artichokes, Asparagus, Bean sprouts, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Coleslaw (dry), Cucumbers, Eggplant, Fennel, Garlic, Ginger, Green beans, Lettuce, Leeks, Mushrooms, Onions, Parsley, Peas, Potatoes, Pumpkin, Radishes, Rocket, Salad greens, Silver beets, Shallots, Snow peas, Spinach, Sprouts, Squash, String Beans, Sweet potatoes, Watercress, Zucchini. Fresh, frozen and pickled vegetables	Tomatoes, Corn
Fruit	Apples, Apricots, Bananas, Cherries, Custard apple, Dates, Fig, Grapes, Kiwi Fruit, Lychees, Mango, Nashi, Nectarine, Passionfruit, Peaches, Pears, Persimmon, Plums. All melons including Rockmelons, Watermelons, Papaya and Honey dew. All berries including Blackberries, Blueberries, Mulberries, Raspberries, Strawberries Fresh and dried fruits – no added sugar	Citrus fruits - Oranges, Mandarin, Lemons, Limes, Grapefruit Tomatoes Limit canned sweetened fruits

Nuts and seeds	Coconuts, Water chestnuts	All nuts, seeds, nut meals and nut butters. Almonds, Brazil nuts, Flax/ Linseed, Hazelnuts, Macadamias, Pepitas, Peanuts, Pine nuts, Sesame seeds, Sunflower, Walnuts, Cashews, etc.
Meats and Poultry	All meats including Beef, Kangaroo, Lamb, Veal and Pork. All poultry including Chicken, Quail, Turkey and Duck Gluten-Free processed meats with listed ingredients eg. some sausages	Salami, sandwich meats, crumbed or stuffed meats or chicken, sausages with unknown fillers
Fish and Seafood		All fish, seafood and shellfish
Eggs		All eggs including chicken, duck and quail
Cereals	Rice, millet and quinoa and all related products – rice noodles, rice crackers, puffed rice, puffed millet, rice cakes	Wheat, corn, rye, barley, oats, spelt, tricale, buckwheat and all products containing them – breads, breakfast cereals, snacks, pastries, cakes, etc.
Legumes, soy products	All legumes except soy, including Lentils, Chick peas, Kidney beans, Lima beans, Black eyed peas, Broad beans, Cannelini beans, Aduki beans, Green peas	Soy yoghurt, Soy milk, fermented soy products, Miso, Tofu, Tempeh, Peanuts
Fats and oils	Cold-pressed Olive and Coconut oil	Butter. Any other oil (derived from nuts and seeds) – Mixed vegetable oil, Sunflower, Safflower, Sesame, Walnut, Flax seed, Macadamia oil, etc.
Condiments and sauces	All herbs, spices, salt and pepper (check label for hidden fish, gluten, citrus, soy, tomato, nuts, dairy etc). Curry paste, Coconut milk, Herb infused olive oil,	Tomato, BBQ sauce, Soy sauce, Tahini, Tamari, Lemon juice, Lime juice, Pesto, Peanut or nut butters, Hummus, Eggplant dip (with lemon juice or tahini)

1. General Level:

The General level eliminates the most common dietary allergens, including wheat (and other gluten-containing grains), dairy, eggs, soy, nuts, peanuts, fish, shellfish, corn, tomatoes, citrus fruits, chocolate, alcohol and caffeine. Some people will find that this diet provides relief from food-related symptoms after a week or two.

2. Sensitive level:

For those individuals who don't respond to the General Elimination diet, there is another dietary plan designed to pick up a wider range of food sensitivities. The Sensitive level is a diet based on those

foods which are least likely to be responsible for food sensitivities or allergies. By limiting the diet to a small number of foods, all probable allergens are removed, including salicylates, amines, preservatives, colours, yeasts, legumes and certain meats, as well as the foods eliminated in the General levels.

The Next Step Is To Challenge A Food

How to challenge a food?

After you have not eaten any foods from the “avoid” list it is time for the challenge. If you have done the full 21 days your body should have truly eliminated all the allergy causing foods.

The challenge stage involves reintroducing each group of suspect foods in turn, and carefully noting any symptoms in your diary over the following days. Any new or returning symptoms experienced are likely to be attributable to that food. The food is then removed from the diet to see if symptoms clear again.

- ✚ The elimination diet is continued throughout the food challenge stage
- ✚ One new food group is reintroduced every three days (see guide below)
- ✚ At least three servings of the food need to be eaten on the challenge day, at 2-3 separate meals
- ✚ After the challenge day, return to the elimination diet for 2 days, and observe any symptoms
- ✚ If you react to a food on the challenge day, don't consume any more, and return to the elimination diet. After any reaction, continue on the elimination diet until symptoms have resolved before moving on to the next challenge.
- ✚ Challenge foods that cause no symptoms are not incorporated back into the diet until all challenges are completed
- ✚ Challenge foods need to be challenged individually – eg. when challenging eggs, don't serve them with cheese and bread
- ✚ Use a diary to keep a detailed record of all foods eaten and your reactions throughout the elimination and re-challenge program

CAUTION: Do not introduce any food that you can't remember having eaten before, or have had an obvious reaction to in the past.

The body can become more vigilant for problem foods after they are eliminated for a period of time, so when you re-challenge a food, the reaction can be much more noticeable than it was when you ate the food in your normal diet. This is very helpful identifying troublesome foods, but it may mean a more severe reaction. With unknown foods or a history of reactions, especially facial swelling or breathing difficulties, medical supervision is essential for each food challenge.

The first table is the general level food list

Re-challenge protocol:

Eat the challenge foods listed below divided into to 2-3 servings over the course of the challenge day.

GENERAL LEVEL Food/food group	Recommended challenge foods (equivalent to 3 serves)
Dairy	3 glasses of milk
Eggs	3 eggs
Grains (gluten)	6 slices of wholemeal bread or 2 cups of wholemeal pasta
Fish	3 tins of sardines/canned tuna/salmon, or 3 grilled fish fillets
Shellfish (crustaceans)	1 cup of prawns/crab/crayfish/moreton bay bug
Peanuts	2 tablespoons of peanut butter or 2 large handfuls of peanuts
Nuts	2 large handfuls of mixed nuts (not peanuts) - eg. brazil, hazelnuts, almond, etc
Soy	3 glasses of malt-free soymilk
Corn	2 cups of polenta
Tomatoes	2 glasses of tomato juice or 6 fresh tomatoes
Oranges	2 glasses of orange juice or 4 fresh oranges
Chocolate	60g of dark chocolate
Caffeine	3 cups of strong tea or coffee
Alcohol	3 glasses of beer, wine, or spirits

The second table is the sensitive level food list

Food/food group	Recommended challenge foods
Tap water	6 glasses a day
Meats	200g pork - not processed or smoked
Salicylates	1 serve of each - strawberries, raisins, eggplant, broad beans
Amines	3 serves of any of - smoked chicken, ham, salami, anchovies, tasty cheese, miso soup, sauerkraut
Artificial colours, preservatives and sugar	3 large serves of any of - artificially coloured soft drinks, cordials, jelly, lolly snakes, jelly beans, etc
Legumes	½ cup serve of each - lentils, chick peas, red kidney beans
Yeast	1g brewer's yeast tablets or 1 teaspoon of yeast extract spread 3 times a day

Handy hints to make the program as easy as possible

Involve the whole family. This will make meal planning easier and can improve your family's health.

- ✚ Try to start the diet at a time where you are free from social engagements and when stress levels are low, in order to make the adjustment easier.
- ✚ Children and their carers need close supervision to ensure they do not sneak in "treats" which may invalidate the diet; it may be helpful to wait for school holidays before starting the program.
- ✚ If there's a dinner or a party you can't postpone, you can break your diet for a day and treat the occasion as a food challenge. Record food consumption and symptoms as usual, and return to the elimination diet for at least 5 days until symptoms clear.
- ✚ If you consume caffeine on a daily basis, you may want to gradually reduce your intake over the week preceding the diet to reduce withdrawal symptoms

- ✚ Cook larger meals than you will eat so you have leftovers for snacks the same day.

Examples of ingredients which may contain common dietary allergens

Food Ingredients

Milk: Artificial butter flavour, butter, butter fat, buttermilk, casein, caseinates (sodium, calcium, etc.), cheese, cream, cottage cheese, curds, custard, hydrolysates (casein, milk, whey), lactalbumin, lactose, milk (derivatives, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skim), nougat, pudding, rennet casein, sour cream, sour cream solids, sour milk solids, whey (delactosed, demineralized, protein concentrate), yogurt.

MAY contain milk: Brown sugar flavouring, natural flavouring, chocolate, caramel flavouring, high protein flour, margarine, Albumin,

Egg: egg (white, yolk, dried, powdered, solids), egg substitute, eggnog, globulin, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid.

Wheat: Bread crumbs, bran, cereal extract, cracker meal, enriched flour, farina, gluten, graham flour, high gluten flour, high protein flour, malt, vital gluten, wheat bran, wheat germ, wheat gluten, wheat starch, wheat heat flour, spelt.

MAY contain wheat: Gelatinised starch, hydrolysed vegetable protein, modified food starch, modified starch, natural flavouring, soy sauce, starch, vegetable gum, vegetable starch.

Soy: Hydrolysed vegetable protein, miso, soy (flour, grits, nuts, milk, sprouts), soybean (granules, curd), soy protein (concentrate, isolate), soy sauce, textured vegetable protein (TVP), tofu.

MAY contain soy: Hydrolysed plant protein, hydrolysed soy protein, hydrolysed vegetable protein, natural flavouring, vegetable broth, vegetable gum, vegetable starch.

Peanut: Cold pressed peanut oil, ground nuts, mixed nuts, artificial nuts, peanut, peanut butter, peanut flour.

May contain peanut: African, Chinese, Thai and other ethnic dishes, baked goods (pastries, cookies, etc.) candy, chilli, chocolate candy, egg rolls, hydrolysed plant protein, hydrolysed vegetable protein, marzipan, nougat.

Source: Sicherer SH. Food allergy: when and how to perform oral food challenges. *Pediatr Allergy Immunol.* 1999 Nov;10(4):226-34.

Giving my patients this kind of elimination diet was not very successful. Many felt this program was too complicated, restricted and time consuming. But most importantly it is not that accurate, not individualized enough, it is still all about guessing. The inaccuracy was confirmed when I started using the bio-compatible testing method. Often, the patient and I were very surprised to find out that healthy and even organic foods came up as being not compatible. As the saying goes

“One mans cure is another mans poison”.

Now find out how you can have the same test done and find **your** cure and **your** poison.

To find out about the simplest, most effective Allergy Test click www.freeofallergies.comand be allergy free

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.

Questions and Answers

Q. I had a blood test done a few weeks ago, but it came back negative for allergies. But I do not feel well and have a lot of digestive symptoms I still believe this could be caused by a food allergy.

A. you might need to test for coeliac disease or lactose intolerance. The blood test is a specific test and usually only tests for IgE mediated allergies. Many substances can cause an allergic reaction where there is no involvement of the IgE antibody. Undigested dietary Proteins may become antigens, usually due to a faulty digestive system allowing dietary Proteins to overload the Digestive System. As we have discussed before in the book, microorganisms like Candida can also become an antigen. Food additives, preservatives, drugs, alcohol even excess sugar consumption can cause allergies; the list is long. Eating Bio-Incompatible foods in general can lead to allergies or intolerances. We will talk about Bio-Compatibility and how you can test for it in the third part of the e-Book.

Q. Can you please explain what are antigens and what are antibodies?

A. Antigens: also called allergens, are any one of the millions of molecules which the body regards as foreign or dangerous - Antigens trigger an Immune Response from the Immune System.

Antibodies: are manufactured in response to and counteract Antigens. Antibodies also called immunoglobulins, are proteins made by the immune system to fight antigens, such as bacteria, viruses, and toxins etc. The body makes different immunoglobulins to combat different antigens. For example, the antibody for chickenpox isn't the same as the antibody for mononucleosis. Sometimes, the body may even mistakenly make antibodies against itself, treating healthy organs and tissues like foreign invaders. This is called an autoimmune disease.

Q. What is Hayfever?

A. Hayfever or Allergic rhinitis is triggered by the pollens of specific seasonal plants. It got its name because it was most prevalent during the “Haying Season” when grasses and legumes were harvested. Wind blown pollen is the cause and can come from trees, grasses, flowers and weeds. Pollen carried by insects are too large to cause hayfever.

The pollen causing the problem varies and can affect each individual differently. This also depends on the region you live and the time of the year. High levels of pollen in the air and the weather also plays a part. In hot, dry and windy weather hayfever is more prevalent. Usually, the hayfever season is mid spring to early summer; however, in central and northern parts of Australia I have seen a lot of hayfever symptoms in autumn.

Q. I have hayfever, but this does not only happen in the known pollen season like spring time. Might this not be hayfever?

A. I don't know about other countries, but in some parts of Australia there is a tendency for hayfever in autumn as well. On the other hand un-seasonal hayfever-like symptoms also called chronic rhinitis are caused by substances like dust mites, mould spores, cockroaches or pet dander and occur any time of the year.

Q. I have sinus problems can the cause be hayfever?

A. First I would like to clarify that any kind of allergy reactions leads to the release of inflammatory mediators into the blood. These inflammatory mediators, one of them is called histamine, can then accumulate in different parts of the body and cause irritation to nerve endings and tissue. These inflammatory mediators can be released from cells anywhere in your body including the nose, eyes, lungs, digestive tract and skin. Quite often they will concentrate on existing weak areas.

In your case, cells in your nose react by releasing inflammatory mediators like histamine. The histamine causes blood vessels in

your nose to dilate and leak fluid into other parts of your nose. This causes swelling, itching and inflammation. As a result, you have symptoms like a runny, itchy nose and sneezing. Sometimes your allergies may also affect your sinuses in the bones surrounding the nose. Once there is inflammation in the sinus cavities one can get a secondary irritation from airborne particles. These particles irritate the nerve endings and cause sneezing. This condition is often referred to as hayfever. Excess mucous is removed by coughing, blowing your nose, or it can drain down the back of your throat, "Post Nasal Drip".

Q. I am pregnant and suffer some bloating, at times constipation and certain times of the year get itchy and watery eyes. Could I transfer this to the fetus? Is there a special diet I could follow?

A. Research is starting to accept that a good probiotic is of help keeping the digestive tract healthy. Feeding your body correctly will result in better digestion and absorption of the nutrients, which your body will need to repair and helping with nutritional balance during pregnancy.

As a nutritionist I would recommend a healthy diet with plenty of vegetables including green leafy ones. Protein from lean meat and fish, whole meal 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. Those greens are called a "Superfoods" containing all needed nutrients. You can find a mix of the above greens at <http://www.strideintohealth.com> .

Besides a probiotic I would recommend a multivitamin/mineral especially for pregnancy and maybe omega 3 fish oil. In your case I suspect an underlying allergy and this can be transferred to the fetus. As the baby eats what mum is eating I would say the possibility of transferring your allergies to the fetus are very possible. This does not necessary mean that the baby will have the same allergies, but could be at risk. The Bio-compatible allergy test I will talk about a little later could be one way of being certain. Also not smoking or drinking alcohol is obviously important.

If there are factors like a family history of allergies in one or both parents this could affect the baby and he or she can develop allergies anytime throughout their life. We have no control over that. After the baby is born the following is important

- ✚ Introduction of cow's milk or soy milk formula before 3 - 4 months of age (an increased risk for eczema and food allergy)
- ✚ Introduction of solid foods before 3-4 months of age (an increased risk for eczema and food allergy).
- ✚ Where possible, breast feed your child for at least 6 months. Breastfeeding provides a nutritious and balanced food source for your baby, reduces the risk of gastrointestinal tract infections and may also reduce the risk of developing allergic disease in early life.

Q. Can allergies affect PMS?

A. There are women who have improved after eliminating known allergens. It is not clear why food allergy should cause symptoms at only one time of the month and not others.

I even read that an allergy to progesterone could be a possible cause.

(For more information see **“Website 15”** in **“Website Resources”** at the end of the book)

Allergy reactions lead to the release of inflammatory mediators into the blood. If the glands that produce hormones are affected by the inflammatory mediators, the result can be hormone imbalance. Allergies and Candida can be suspected in PMS conditions.

Q. I am confused about the difference in allergies and food intolerances. Do they both mean the same? Different articles I have read seem to contradict themselves and do not make it clear

A. There is a lot of confusion about the difference between those terms - allergy, intolerances and sensitivities.

An allergy reaction involves the immune system; a food intolerance

or sensitivity usually does not or at least not directly.

In the true meaning of the words - Allergy, Atopy and Anaphylaxis - all three terms apply to type 1 (immediate, IgE) hypersensitivity.

Food Intolerance and food sensitivities are most confusing for many people and are often used in the same manner. However, strictly speaking I believe food intolerance is intolerance to a food because of a missing enzyme.

Food sensitivity is a negative reaction to common foods, chemicals or the environment, with non-immunological release of histamine. Those suffering from food sensitivities often suffer from auto-immune responses upon eating their problem foods.

“The Oxford Medical Dictionary” states

Autoimmunity is a disorder of the body’s defense mechanism in which antibodies – autoantibodies – are produced against certain components or products of its own tissue, treating them as foreign material and attacking them.

- Type 1 - Immediate reaction
- Type 2 - Antibody to cell-bound antigen
- Type 3 - An immune complex reaction
- Type 4 - A delayed hypersensitivity mediated by T-cells.

Q. The symptoms I have are similar to a cold. How would I know if I have a cold or if it is an allergy to pollen etc.

A. Allergy and cold symptoms can be similar. Both can produce sneezing, a runny nose and watery eyes, congestion as well as headaches and fatigue. With colds there is a timeline, where symptoms appear usually one after the other. First sneezing, then runny nose and then the congestion etc. With allergies symptoms (which ever they might be) appear all at once.

Q. I do have a lot of stress in my life at the moment. Could this be part of my allergies?

A. Stress is any factor that threatens the health of the body such as injury, disease or worry. This can affect any system such as digestion, cardiovascular, nervous and immune system. When we are stressed the body releases hormones and chemicals including histamine. Short-term stress can actually improve immune function as body is getting ready to fight the so called “attacker”. This is the flight or fight response. Chronic or long term stress results in negative responses within the body affecting our health and the body is starting to get burnt out. Most of us have had those burnt out feelings before. If the stress continues the immune system is getting burdened down and is losing the fight; the door is open for allergies to take hold. Stress does not directly cause allergies but it can worsen the problem as the stress will weaken all of your body systems as well as releasing histamine.

Q. Do I need allergy testing?

A. This is up to you. There are many different tests and I have written about a few of them (see the chapter on allergy tests). You can also do what is called an “Elimination Diet”. This is rather cumbersome and time consuming. However, an elimination diet will not be able to identify every food or chemical you are allergic to. I found the bio-compatible test I use in my own practice superior. In the next 2 chapters you will find information about this test and read an interview with Dennis Hodges.

Q. My child has eczema - will she grow out of it?

A. I had eczema myself when I was a child, actually until I was about 18 years old. I had it on the back of my hands, mostly between all my fingers and on the inside of my ankles only. With me it did go away by itself and never returned. So for myself I must say yes to your question. Unfortunately, there are no guarantees that a child will grow out of eczema. Research has shown that 65% of children will be free of eczema by the time they are 7 years old, and 74% by the time they reach 16 years of age. Suppressing it through medication is not a good idea as it can push the symptoms deeper into the body and may reappear as asthma later in life. Some soothing creams containing Aloe Vera might be good, including omega fish oils or linseeds in your diet and a probiotic is a good start. Maybe you need more advice from a natural health practitioner. I would

recommend you do the bio-compatible test I have written about a little later in the book.

Q. My 12 year old son is rather hyperactive. I am not sure if he has ADHD, can diet help? Do you think there could be an allergy connection?

A. I strongly believe there is a connection between ADHD and the diet. Often coloring and preservatives as well as excessive sweets are indicated. However, there could be so many other foods or chemicals causing hyperactivity it would take a lot of guess work and probably an elimination diet to find the culprits. The same with the ladies question from before about the eczema, I do recommend the bio-compatibility test. I think this will be the fastest and most accurate way to find out which foods or chemicals are causing your sons hyperactivity.

Q. My Husband and I have been trying to get pregnant for several years. We have had all the tests and everything is fine. We don't know what to do next. Do you think that allergies could be a contributing factor.

A. This might not be generally believed and I am probably going out on a limb here, but I yes there could be an underlying allergy. From experience, there definitely can be a correlation, especially where tests have ruled out other factors.

Both partners need to do the bio-compatibility test. *Then, for a certain time eat only the tested foods, **foods which are safe for both of them.***

Allergies can be, through intercourse, passed on from the male to the female. The same goes for a pregnant woman; she can pass her allergies on to the developing fetus. Therefore, having the test done before falling pregnant is obvious the best. Both partners must then only eat the allowed foods until they fall pregnant. Once pregnant the mother-to-be needs to continue with her allergy diet so she will not pass any of her allergies on to the fetus. It might sound a bit complicated and restrictive, but it is rather easy as all the guess work is taken out of the picture. All you have to do follow the program.

Q. What is Anaphylaxis and Anaphylactic shock? Is this a type where the IgE is involved?

A. Anaphylaxis is an acute systemic (multi-system) and very severe Type I Hypersensitivity (IgE mediated immune response) allergic reaction in humans and other mammals. The term comes from the Greek words *ανα ana* (against) and *φύλαξις phylaxis* (protection).^[1] Minute amounts of allergens may cause a life-threatening anaphylactic reaction. Anaphylaxis may occur after ingestion, skin contact, injection of an allergen or, in some cases, inhalation.

Anaphylactic shock, the most severe type of anaphylaxis, occurs when an allergic response triggers a quick release from mast cells of large quantities of immunological mediators (histamines, prostaglandins, leukotrienes) leading to systemic vasodilatation (associated with a sudden drop in blood pressure) and edema of bronchial mucosa (resulting in bronchoconstriction and difficulty breathing). Anaphylactic shock can lead to death in a matter of minutes if left untreated.

The Allergy Solution

Now that you have learnt about different ways you might be able to sort out your allergy problem, I will introduce you to an effective, easy and superior way.

Would you like to have a simple and straightforward plan to follow?

*What sets this program apart from others I have seen is the fact that it uncovers not only the foods you **cannot** eat, but more importantly the foods you **can** eat. It will give you a list of foods and other items which are safe for **you**.*

The main areas to cover in testing are allergy, false allergy and chemical sensitivity. Collectively it is called Bio-Compatibility. This collective approach means that not only foods need to be tested, but also bathroom, kitchen and laundry products as well.

The best way to be sure of removing all the allergies is to give you a list of foods and items that are safe for **you**, meaning which is bio-compatible with **your** body.

Now meet the man who is responsible in bringing us this wonderful system, which will be able to relieve you of your allergies.

Don't miss the interview with Dennis Hodges at the end of this e-book.

My Thoughts on Allergies **By Dennis Hodges ND DI DRM DHA**

Almost every article I have ever read about *allergies* starts with a clarification of definition. The biochemistry of an allergic reaction is very complicated, but the end result of each reaction is the release of excess inflammatory mediators. These inflammatory mediators such as histamine, leukotrienes and bradykinins are released into the bloodstream. Inflammatory mediators can cause pain and inflammation in any part of the body. Once tissue and nerve endings

are inflamed, many other substances can cause a secondary irritation. These secondary reactions, I classify as *intolerances*.

Over the last twenty years there have been huge changes in food technology. The advent of genetic engineering, the addition of an ever increasing number of chemical additives, irradiation, processing, and soil depletion, have modified foods so much that they have lost a lot of their original therapeutic benefits. These changes combined with the mountain of nutritional information that is in circulation today, virtually makes it impossible to determine exactly which foods are best suited to the individual.

Even though a food item has gone through these radical changes, the big question for each of us is “is this food/product ok for me to use as an individual”.

Bio-Compatibility testing can help provide answers.

I feel the area of allergies is very misunderstood, and one of the most neglected areas of health care. In my earlier years in practice as a Naturopath, the main area of concern for me as the practitioner was that once my patient stopped taking their medication and supplements, their symptoms would rebound and slowly return. This situation required more than just a correct diagnosis, prescription of supplements, and dietetic advice.

There had to be a better way.

What I needed was a very accurate way to fit foods to the individual.

My Experience in Allergy Testing

For some time I used muscle testing to determine allergies. The limitations seemed to be in the number of items that could be tested at one time, and the collection and maintenance of food samples. The solution was to use homeopathic preparations to test with.

In my search for homeopathic test vials I came across a fellow Naturopath who was building an Electronic Testing device to use in conjunction with homeopathic test vials. This meeting resulted in a ten-year partnership in research and development.

We carried out many trials to determine a very effective potency for the homeopathic test vials and much work was done perfecting the electronics involved to give a safe, accurate test. Parallel to the testing procedure we had to develop a treatment protocol to achieve maximum health gain for our patients. In the early days we divided the allergies into major and minor groups. The instructions were to avoid completely the major items and greatly reduce the minors. What we found was that once the majors were removed, the minor ones developed further and the patients symptoms would rebound after about 8 weeks. In response to this we proceeded to remove all reactive foods including all the 'border line' ones. The electronic equipment was further developed to include the very minor allergens.

The treatment protocol we adopted was to remove all allergens and prescribe herbal and nutritional supplements to suit the patients symptom profile.

We found that medications and supplements were much more effective once the reactive foods were removed from the diet. Our testing and protocol greatly supports the effectiveness of other therapies.

We changed the emphasis of our treatment protocol from finding reactive foods to giving the patient a list of foods to build their diet from. If the patient only eats the foods which test ok to use, their histamine level will come down and give symptom relief.

The next stage was to expand the test kit to include soap, laundry powders, and other items which people use on a daily basis. The aim was to eliminate as many of the contact allergens as possible. This proved very effective and we were able to greatly reduce our prescribing. I am constantly expanding the range of tests and updating the vials to include all the latest developments in foods and their chemicals.

The treatment protocol now, is to simply build the diet from the remaining 'safe foods' and only use the brand names listed for all other items. After the patient has been on this program for 4 weeks, I re-evaluate their symptom profile to determine if other natural therapies are needed. The patient should stay on this program for at

least six months and then be retested. At that stage most of the allergies will have corrected and some new ones may have developed. The patient should not re-introduce the corrected foods until the new reactive foods have been removed for at least 8 weeks. Corrected items should then be re-introduced *one at a time* and *very slowly* to prevent rebounding. For example, the reintroduction rate for bread would be half a slice every second day for about 6 weeks.

Not all reactions in the body are allergic. For example, caffeine can cause headaches, dairy products can cause nausea and mucous. Secondary reactions are quite common and can be quite severe. Often these reactions produce similar symptoms as allergic reactions. They are in fact just a worsening of the inflammation caused by the inflammatory mediators. Most of the intolerances improve after the allergens have been removed for 8 to 10 weeks. Once the allergens are removed it can take up to 14 days for the inflammatory mediators to be dispersed from the body. At this stage we see some initial symptom relief.

I recommend avoidance for 6 months to allow the body to repair and the allergies to correct if they are going to. Most allergies repair in 6 months, others do not, and seem to be permanent.

All allergic reactions can be classified as air-borne, contact or ingested. Collectively they release inflammatory mediators. In most cases controlling the ingested allergens usually lowers the level of the inflammatory mediators enough so that sensitivities in the others groups improve as well. Sometimes it is necessary to use nutritional supplements to help repair tissue damage caused by long term exposure to allergies. Some patients need desensitising to airborne allergens if they constitute the major part of the allergic situation. For example, desensitising homeopathic drops which are made from a sample of house dust that is collected from the patient's home.

The test kit I use comprises 300 items, all of which are commonly used items around the home. A number of items in the kit have brand names included. Our main objective is to provide the patient with a comprehensive list of *compatible foods and products* for that individual. If the client eats another brand of food not on the list, they could still have a bad reaction. This is because processed foods vary greatly in combinations of ingredients.

Each of the test vials are made from foods and products purchased from *local supermarkets*. Where foods are eaten raw and cooked, both are included in the test. A good example is tomato. I collected as many types of tomato as I could find in local supermarkets and prepared the test medium from these tomatoes in both their raw and cooked form as they are eaten in both forms. This makes the test as close as possible to the way the foods are eaten - thus obtaining the highest degree of accuracy. All the test mediums are prepared in the same manner.

GLUTEN FREE

My observations

Gluten is a composite of the protein gliadin and Glutenin. These exist, conjoined with starch, in the endosperms of some grass-related grains, notably wheat, rye, and barley. Coeliac disease and Irritable Bowel Syndrome are being diagnosed more and more today. However Gluten is a very inflammatory substance in its own right. In some people it may be the major cause in others it is only aggravating existing inflammation from eating other reactive foods. Some people report a big decrease in symptoms by removing foods containing Gluten. They replace them with other gluten free foods but they are still unwell. This is because allergies work collectively and accumulatively.

It is possible to be allergic to gluten free foods as well. It is also possible that gluten is aggravating the inflammation caused by other allergens.

For the Bio-compatible Allergy Test see www.freeofallergies.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.

The Interview

Barbara: I see in my practice that most people have an underlying allergy or intolerance to foods, chemicals or the environment. What is your take on allergies? Why do you think this is happening?

Dennis: With the advent of radical farming methods and storage, many foods have changes. We now see foods that are Genetically modified, Irradiated for long shelf life and the ever increase in chemicals. The allergic response is a normal immune system way of dealing with many varied toxic substances that are incompatible with the human body.

Barbara: What makes your allergy test different to other tests, for example testing for IgE or IgG antibodies through a blood sample?

Dennis: Most tests work on allergic reactions to PROTEINS. In our system we use WHOLE foods as they are eaten. Where a food is eaten raw and cooked we include both. This allows us to differentiate right down to brand names.

Barbara: The equipment you are using for allergy testing is your invention is this correct?

Dennis: This type of equipment has been around for around eighty years. The system we use today is the result of 15 years hard work in research and development using modern day technology.

Barbara: How long did it take you to perfect the equipment and the test?

Dennis: Nothing is ever 100% and it would be foolish to make such a claim. Foods and eating habits are ever changing and technology is ever growing. My challenge today is to keep everything up to date.

Barbara: How long have you been doing allergy testing this way?

Dennis: I have been doing this since 1990. Before that my business partner spent around 8 years building the first system.

Barbara: What made you decide to give up your busy, successful practice and only concentrate on allergy testing?

Dennis: I spent 12 years in practice. The thing that concerned me most was that many of my patients would get well while take medications and supplements. Once they stopped many of them would rebound. There had to be something underlying what I was prescribing that was causing the rebound. Researchers today say that inflammation is part of most disease states. Inflammation is part of the allergy process.

Barbara: In your many years of allergy testing what would be the most amazing results you have seen. What kind of seemingly unrelated condition did you see improving when people followed your program.

Dennis: The two conditions that surprised me the most were Psoriasis and Epilepsy. Psoriasis was the most difficult skin condition that I had to deal with. Since implementing our program I have seen many people free from this terrible condition. I had a little girl that I was helping with asthma, sinusitis and rashes. Her grandmother reported that since she had been on our program this little girl had not had any seizures and her doctor had taken her off all her medication. Along with this it still amazes me how eating the wrong foods can cause such pain and discomfort. I have seen amazing things happen when people feed their bodies correctly. Things like Broccoli causing headaches, Allbran causing a severe cough, a feather doona causing blocked sinuses. The list continues.

Barbara: I have been using your allergy testing for about 1 ½ years now with great success. I just love how easy it is now to help my patients. It takes the guess work out of the picture. I believe many practitioners using your services with great success as well.

Dennis: We introduced the Practitioner Referral system in 1996. We now have over 150 practitioners of many different modalities who refer to us.

Barbara: Do you only work within Australia or do you have overseas clients as well?

Dennis: We have referring Practitioners from 4 countries.

Barbara: It's so easy all they have to do is send a hair sample with their payment and they receive their result within a few days via e mail is this correct?

Dennis: That's correct. Perfecting the testing from a hair sample has been our greatest challenge and our greatest reward. We can now test people anywhere in the world through our mail order system.

Barbara: Do you think a detox program should be implemented alongside your allergy program?

Dennis: The body is in a continual state of detox. We used to call this elimination. I think that if there is a buildup of anything in the body then the elimination processes are not functioning properly. The excess histamine from allergic reactions can affect this process. Many of our clients go through a purge and/or lose weight after being on the program, usually around 2 to 4 months. At this stage a good detox program would certainly help. A detox program will certainly remove buildup and help the repair process but unless the elimination processes are repaired as well, the buildup will reoccur.

Barbara: What is more important, the test or the program?

Dennis: Any test only gives us information. How you use or manage that information gives results. While the test has to be very accurate the client needs to follow the instructions very closely to gain results.

Barbara: Can you explain the program in a little more detail.

Dennis: Our test is focused on foods that you CAN eat rather than what you react to. We give you a list of 300 foods and household products. These items are clearly marked into groups: **Items to use** and **items to avoid**. So the instructions are very simple: use only the foods and products that test ok on your list. This testing is very specific right down to brand names.

Barbara: Do I need a follow up test? If so, how many?

Dennis: I recommend following this program for 6 months. This gives the body time to repair. Retesting is recommended between 6 and 9 months. We find that around 75% of allergies will correct at this point. Some will remain and may take up later on. There may be a few new ones. The new ones are added to your first list for another 4 weeks. After the 4 weeks we have a very strict protocol for reintroducing corrected items.

Barbara: Thank you very much Dennis. I appreciate for giving me some of your time for this interview.

Dennis: My pleasure Barbara. I like to wish the readers of your e-book a healthy, happy and allergy free life.

For the Bio-compatible Allergy Test see
www.freeofallergies.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.

Testimonials

Before you start reading the testimonials I need to tell you the story of Judie who is not only my friend, but also my business partner. We both love bio-compatible allergy testing as it has helped her recover from illness and it has helped me with so many patients. Here is her story and testimonial:

Hello, my name is Judie and this is my story.

In 1971 I went to live in Papua New Guinea. My two children were both born in PNG. In 1971, in PNG, life was very basic. About 90% of our food was locally grown and my life was 'natural' by sheer necessity, rather than by choice at that stage. Even though most of my food was "NATURAL" I still felt all was not quite right. Years later, *Allergy Testing*, was to reveal how some of those so called "healthy" foods were actually working against me.

I returned to Australia in 1980 and went to college in 1989 to study natural medicine. I graduated in 1993. I ran a small clinic for a number of years.

A sea-change in 2001/02 saw me move from Brisbane to Airlie Beach in the beautiful Whitsunday region.

In 2002 I started working with a friend who had a business in the Allergy testing field. He needed someone to handle the administration and marketing of his business - and that someone was me.

In 2004 I was diagnosed with *Myasthenia Gravis*, an autoimmune disease. I will not go into the details here, but suffice to say, 2004 was not the best year of my life. As a result of the Myasthenia Gravis, I was no longer able to work in the Remedial therapy arena.

I truly tested the authenticity of the allergy testing system. Dennis tested my hair and I followed the recommendations strictly. By removing problem foods from my diet and incorporating natural supplements such as organic plant minerals, Colostrum and MSM, my immune system was able to start healing.

Now 7 years later I am still working with Dennis in the Allergy testing field. I have watched with great interest as his business has evolved. I am very proud to part of such a wonderful business and to witness the improvement in so many people's health.

So amazing has my recovery been, that in 2007 I joined forces with my Nutritionist friend, Barbara Bourke to create an “alternative health” website - www.strideintohealth.com

My whole lifestyle, my studies and my personal experiences are what has brought me to wanting to spread the word about allergies and how this amazingly simple, non-invasive test can help you, just like it did for me.

Judie Barbour, Mackay, Queensland

Bloating, insomnia, fluid retention all have improved, thanks to bio-compatible testing

I cannot believe the difference in my health since having an allergy test done. I first began to notice a difference after only three weeks of being on my special diet, mainly with the reduction of bloating and insomnia. For the first time in many years I was sleeping for more than three to four hours, waking up and then not being able to go back to sleep for another two to three hours or sometimes longer. Now I can easily go back to sleep if I wake after five to six hours. The bloating and fluid retention was greatly reduced and has caused I think the weight loss of four kilos. After four weeks I could wear rings I haven't worn in over twelve months.

My allergy test showed I had a reaction to heaps of gluten and dairy products, four types of fruit, coconut, parsley and coriander, washing-up detergent and cold and flu tablets, so I decided to change over to use only the products on the list (reaction or not) just to be on the safe side. It was very easy to achieve by taking the products list to the supermarket and buying those specific brands to use.

I have found by changing my eating habits I am feeling 100% better and now I'm in the habit of only eating foods I know are good for me. It was a big lifestyle change but I'm glad the choice was mine to make and not forced on me at a later date due to more serious health issues.

Regards

Colleen Galletly, Queensland

I was bloated and nauseated all the time

Before I had the Allergy test done I had no idea why I was bloated and nauseated all the time - even going out to dinner was a drama. Now I honestly feel great and I have confidence in knowing which foods I need to avoid. Thanks Barbara and Judie.

Katie W, Queensland

Irritable bowel problem improved

Having the allergy testing done has made a significant difference to my life. For some things it confirmed what I had already suspected but other triggers came as a complete surprise to me. I found that by cutting out these things totally for 6 months has improved my overall health and well being and my irritable bowel has settled down and is no problem when I ensure that none of these things are included in my diet.

Tricia B, Queensland

Stubborn kilos came off!

Hello Sue, (Sue is another practitioner using the Bio-Compatible test)

Firstly, I must apologies for not sending this in much sooner, but we have been away quite a bit in the last few weeks, and I just haven't had time to do it - I'm sorry!!

However, here it is and I hope I pass with flying colours!!

One other thing that I thought I should mention - it's a good thing!! - is that I have finally lost the 3 or 4 kilos that I have been trying to shed for the last few years, just by eating correctly!! That was so noticeable within the first 10 days or so and I think I mentioned it in my previous email that the inflammation around my arthritic joints disappeared at the same time. Maybe, I was just bloated/inflamed through eating the wrong things? Anyway, I am so happy to be able to fit into my 'nice' clothes that I had kept for a rainy day, hoping it would come soon!

I have also recommended your allergy test to quite a few of my friends as many have been so impressed at my results and I have given one of them your web site and your email address - hope you don't mind?

So, look forward to hearing from you and hope you are as impressed as I am with my results,

Catch you soon, Krys

15 years of Eczema hell, cleared in 4 days!

I was born with Eczema and during my younger years the typical systems including cracked, dry itchy skin, treated by traditional methods, creams and ointments dispensed by well meaning Dermatologists. Around the age of 11 or 12 it disappeared or more accurately lay dormant until the age of 18 when it returned with force. For the next 15 years I endured the pain and embarrassment of severe Eczema and was often covered from head to toe.

I lived on the Gold Coast during these years and of course, the heat didn't help, but I could always cover my arms and legs with light cotton clothing, however I could never hide my face, which was red, inflamed and easily irritated by allergens - some known - others remained a mystery. Typical allergies such as dust, pet hair, lawn clippings etc, could irritate my skin, but there were days when my face would be calm and then for no apparent reason, the next, it would be red and angry. Needless to say, the constant frustration and disappointment was endless and at an age when I should have been experimenting with make-up, flirting with guys and heading out on the town, I chose to stay behind closed doors feeling very unattractive and suffering from low self-esteem and a severe lack of confidence.

A sea of Medical Practitioners tried their best, prescribing traditional medication such as Prednisone, Aristacort, Novosone etc. Well-intentioned friends recommended Naturopath's, Allergist's, Vitamin C injections - which yes I tried out of desperation, Acupuncture and Colonic Irrigation... which no, I did not try! I learnt very quickly Prednisone was my "drug of choice" and would give the "desired

effect” reducing the inflammation and taking away the pain, redness and irritation, which then allowed me to socialize and feel a sense of confidence. However, against Doctors orders, I then began to self-medicate increasing the dose and milligrams as I felt like it and often getting Prescriptions from different Medical Centres just to keep up “my habit”. The legacy of Prednisone lives on and I now suffer from thin skin and broken capillaries.

Then in August 2001, after 15 years of agony and embarrassment I met you at Mt Gravatt Shopping Centre. You tested me for allergies and at the conclusion said, “Stay off these foods and away from these chemicals and you will see improvements”. After all of those years, I was the Eczema Expert and wanted to talk about the results and scrutinize you, but your instructions were direct and firm “Stay off these foods”. (I still have the original list, which included Lettuce, Chicken, Mushroom, Whisky).

The result? After only four days, the heat went out of my skin, my life returned to normal, and I have never looked back! You accomplished in four days, what Medical Practitioners, Dermatologists, Allergists and Skin Specialist could not do in 15 years! To say I will be forever grateful seems like an understatement and inadequate, but I am so thankful for what you did for me and for truly changing my life. I have since reintroduced those foods into my diet and my skin is fine. I can now wear foundation, make-up, use cleansers, eye shadow and moisturizer like a woman should and my confidence slowly returned. I am now 40 and live in Sydney.

Dennis, I can whole-heartedly recommend your services and I am sorry it has taken so long to send a letter of appreciation. I would like to make it up to you, by giving you my permission to use my name and this testimony in any way you see fit - published in any format, brochures, website, advertising etc - complete or whole, for the direct purpose of promoting “Be Allergy Free” and allowing others to enjoy the benefits, the same way I have. My mobile and email address are below should you or any of your patients wish to get any further feedback. I have also attached two photos of an Eczema Free Helen! Again, my sincere thanks for changing my life!

Fondest regards

Helen McNairney

How I overcame poor digestion, acute pancreatitis

I found the results from your hair sample testing of great value to me. I have been able to overcome poor digestion, acute pancreatitis, insomnia, acne, constipation, flatulence and maintain good health overall.

The test advised all dairy and soy products should be avoided, along with yeast, eggs, oregano, weetbix and many other foods. Thank you for your time and helping me overcome my health problems!

Heidi

If you are ready for more information on the bio-compatible allergy test click on the link below

www.freeofallergies.com

TEST TODAY

**And Start your Journey to
Optimal Health**

I am a Nutritionist and I have my clinic in Mackay Queensland, Australia. See my website at

www.holistichealthmackay.com.au

For a selective choice of nutritional supplements see

www.strideintohealth.com

Website References

At time the of writing all websites mentioned here where active. I cannot guarantee and I apologize if any of them might not be so in the future.

“Website 1”

http://en.wikipedia.org/wiki/Clemens_von_Pirquet

“Website 2”

<http://en.wikipedia.org/wiki/Hypersensitivity>

“Website 3”

http://www.aaaai.org/media/resources/media_kit/allergy_statistics.stm

“Website 4”

<http://www.huggies.com.au/BeingAParent/FeedingYourBaby/AllergiesAndIntolerances/PeanutAllergy.asp>

“Website 5”

http://www.kidswithfoodallergies.org/resourcespre.php?id=129&title=food_allergy_prevalence_hospitalizations_US_children

“Website 6”

<http://www.drhoffman.com/page.cfm/616>

“Website 7”

<http://ezinearticles.com/?Genetics-of-Food-Allergy-and-Intolerance&id=301254>

“Website 8”

<http://journeytocrunchville.wordpress.com/2008/04/08/is-there-a-connection-between-vaccines-and-food-allergies/>

“Website 9”

<http://www.patienthealthinternational.com/82169?itemId=5715617>

“Website 10”

<http://www.virtualmedicalcentre.com/healthandlifestyle.asp?sid=52>

“Website 11”

http://www.foe.co.uk/resource/briefings/gm_alergies.pdf

“Website 12”

http://en.wikipedia.org/wiki/Genetically_modified_food_controversies

“Website 13”

[http://www.jacionline.org/article/S0091-6749\(09\)00115-8/abstract](http://www.jacionline.org/article/S0091-6749(09)00115-8/abstract)

“Website 14”

<http://www.jacionline.org/article/PIIS0091674908005551/fulltext>

“Website 15”

http://www.healthsystem.virginia.edu/uvahealth/adult_gyneonc/pms.cfm

Copyright © 2009 Barbara Bourke All rights reserved.

This Electronic book is published and © Copyright 2009 Barbara Bourke. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s).

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.

Every effort has been made to provide accurate and helpful information. No warranties are made where information within this product has been written by other authors. If you choose to rely on the information supplied it as your own risk.

