

# ARE YOU ALLERGIC?

## Dealing with Allergies (Part 1)

Ref #78

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when **EVERY MEMBER** of the church **SHOULD TAKE HOLD OF MEDICAL MISSIONARY WORK...**” (7T 62.1)

### LEARN HOW TO COMBAT DISEASE:

“**Gather up all the knowledge possible that will help to combat disease...**” {MM 320.2}

### HOW?

“**...Study our health literature and become intelligent on this important subject.**” {MM 320.3} 1911

“**It is the duty of every person to BECOME INTELLIGENT in regard to disease and its causes...**” {HL 19.5}

“**...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...**” {ChS 134.2}

“**It is essential both to understand the principles involved in the treatment of the sick and to have a practical training...**” (MH 127.2)

“**As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, THEY SHOULD, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...**” (CH 506.1)

### WHAT IS THE DEFINITION OF DISEASE?

“**...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.**” (MH 127.1)

### BIBLE:

**3 John 2** – “**Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.**”

**Jeremiah 30:17** – “**For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD...**”

**Psalms 103:3** – “**Who forgiveth all thine iniquities; who healeth all thy diseases;**

**Genesis 18:14** – “**Is anything too hard for the Lord...?**”

- **God wants to heal us of ALL OUR DISEASES, including Allergies. And today some doctors will tell you that this disease can in fact now be reversed/cured.**

### WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP

- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

## WHAT ARE ALLERGIES?

- Allergies are an ingestion of a substance that triggers a response within our bodies (through lungs, skin, mouth)
- Our immune system was intended to be a first line defense for our bodies
- It was suppose to prevent us from being exposed to things possibly harmful to us
- So our immune system is constantly on alert
- If something comes in that could trigger an allergic response, it goes from alert to high alert
- And in terms of food, certain foods tend to be more stimulatory to our immune system than anything else

## NOW, LET'S MAKE SURE WE UNDERSTAND WHAT AN ALLERGIC REACTION IS:

- It's some chemical that stimulates a portion of your body to respond, and your body responds
- By releasing other chemicals, protective factors, trying to get rid of whatever is stimulating you, so you may get some diarrhea, trying to get it out of the body
- If you inhaled something, you may get a runny nose, or rhinorrhea, trying to get
- Whatever is stimulating your body out
- If you get it on the skin, you may get a reaction specific to the skin like rash or hives, Itching, various things...certain foods have definitely been shown to be more allergenic

## AN ALLERGY IS THE BODY'S REJECTION OF A CHEMICAL SUBSTANCE KNOWN AS AN ALLERGEN OR ANTIGEN.

This reaction is disproportionately intense related to the minute amount of the allergen or its seeming innocuousness.

Any chemical whether ingested with food, inhaled (this is where the sprays and chemicals we breathe in comes in) or introduced into the body by any other means can cause an allergic reaction." (EFHP, Vol. 2, 333),

Even if you were barely exposed, it can turn it into a big thing for you.

"Many cases of eczema, rhinitis, asthma, migraine, and colitis are allergic reactions, and may be initiated or exacerbated (which means to be made worse) by one or more of the foods listed on here." (EFHP, Volume 2, pg. 333)

- 60-70% of Americans eat Milk and/or Dairy Products
- It is the leading cause of Type I Diabetes in kids, and 3rd leading cause of heart disease, and very common cause of upper respiratory disease, chronic sinusitis, chronic runny nose, chronic rhinitis, and things like that

## 1: MILK AND DAIRY PRODUCTS ARE THE #1 LEADING CAUSE OF ALLERGIES:

**MOST OF THE TIME, HERE'S WHAT WE'RE DEALING WITH WHEN DEALING WITH ALLERGIES:**

**There are frequent offenders.** There are certain offenders that trigger allergenic reaction from other items that normally does not cause allergies. **Like someone drinking milk or eating fish.**

**Milk and fish are #1 and #2 leading cause of allergic reaction.**

## 2: FISH IS THE #2 LEADING CAUSE OF ALLERGIES:

Fish not only causes allergies, but it is also one of the leading cause of asthma that triggers asthmatic reactions that can ultimately lead to dermatological issues such as eczema and other dermatological issues.

And fish are full of mercury and also have a 40 foot worm that sticks onto your intestines and feeds on Vitamin B12

(Go to pg. 484 of the Family Medical Guide, Volume 2)

It's not uncommon for individuals who consume fish to become deficient in Vitamin B-12 and develop a B-12 deficiency and get pernicious anemia.

#### **CYSTIAKOSIS PARASITE GOES TO THE BRAIN.**

- Genia Solium, the pork tapeworm cause cysts in your brain and leads to seizures.
- **This worm goes straight to the brain**
- Toxo Plasmosis Parasite
- That's the one that hooks the intestines with the stinger and it stings
- **This worm can affect the lymphatic system, the eye, the unborn child, of an infected mother**

You may go to your physician and your physician may do an allergy test on you and it may never show up that you are allergic to milk or fish but it may turn around and show that you are allergic to soybeans, or mangoes and some other items, and immediately you stop using those foods, but you still have allergies.

#### **WHY IS THIS?**

Because the mango was not allergenic to you, neither the other items.

It was because of the **fish and the milk that trigger the allergenic reaction** in those items.

**Because naturally those items do not produce allergies.**

Because the #1 and #2 item always triggering some downward spiral onto things that would not normally be problematic to you.

#### **ALLERGIES ARE THE EASIEST THING TO GET RID OF**

There are basically on average 4 to 5 steps that one can take, but normally if we go to step 1 on the allergenic program, normally your situation is corrected just like that in step 1 for a large percentage of people. In extreme cases, we may have to go down to steps 4 or 5.

#### **STEP 1:**

- Take out the #1 ALLERGENIC ITEM AND ALL OF ITS BYPRODUCTS
- **TAKE MILK OUT OF THE DIET – IT'S THE #1 MOST FREQUENT OFFENDER**  
**60 to 70% of the population are allergic to it**

If a person tells you they have allergies, the first thing you ask them is if they drink milk, use dairy products or eat any fish or shell fish. One of the top Chef's on the Food Network who is slim and trim and built had allergies and his allergies were so bad that during the allergenic season, he had to lock himself up in the house and couldn't leave. Turn to page 333 of the EFHP, Volume 2, page 333. He read it, removed the fish, and the allergies went away. He later started eating it again, and the allergies came back. This same chef's son used to snore like a tractor. When the whole family became strict vegetarians, the allergies and congestion of the little boy went away.

#### **ARTHRITIC PAIN IS CAUSED FROM FISH AND MILK AS WELL.**

#### **3: SHELLFISH: Shrimp, Lobster, Crab, Conc, Crawfish, Shellfish, Catfish, Crayfish, and Talapia**

That executive chef said Tilapia is a breed between catfish and another type of fish. He said Tilapia eats everything that the catfish eats. It's a hybrid fish.

#### 4: EGGS ARE A CULPRIT WHEN IT COMES TO ALLERGIES.

One egg will inflame the body for at least 30 days. In fact, one egg every thirty days will keep your joints and your blood inflamed for thirty days.

Some say it's okay to eat eggs today because the sop says so -- let's see what it says:

Remember that the Health Message was progressive. What was considered okay to eat in the early 1900's was later considered unfit for consumption due to the progression of disease in animals.

CD 359.2-.3 – Written in 1901

7T 135.1 – Written in 1902

MH 320-321 – Written in 1905

<http://www.cnn.com/2010/HEALTH/08/20/eggs.recall.salmonella/index.html>

#### 5: ALL FORMS OF CHEESE WILL CAUSE ALLERGIES:

**This is a dairy product.**

#### 6: ADDITIVES:

**Many foods in a can are full of additives.**

There are many Canatarian's among our people

You get no nutrients from these items.

**We're not talking about foods that you can grow naturally.**

**We're referring to main courses that are in a can like veggie links and others like them.**

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as SIMPLE AND NATURAL A MANNER AS POSSIBLE, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." (MH 296.1)

**When you cook vegetables, cook them according to the book 'HOW TO LIVE'**

"During the last seven months we have been at home but about four weeks. In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. Others, who have the same opportunities of learning to live healthfully and well, have hardly taken the first steps in reform. They will tell you that they do not know how to cook in this new way. But they are without excuse in this matter of cooking; for in the work, How to Live, are many excellent recipes, and this work is within the reach of all. I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But How to Live teaches cookery almost infinitely in advance of what the traveler will often meet, even among some Seventh-day Adventists." {1T 680.2}

#### TO LEARN HOW TO PROPERLY COOK VEGETABLES, GO TO THE FOLLOWING:

- 'How to Live' – How to properly Cook Vegetables - Pages 31-33  
<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>
- 'Science in the Kitchen' – Pages 228-270  
<http://readcentral.com/massappealnews//chapters/Mrs-E-E-Kellogg/Science-in-the-Kitchen/011>  
"VEGETABLES should be cooked until they are perfectly tender but not overdone. Many cooks spoil their vegetables by cooking them too long, while quite as many more serve them in an underdone state to preserve their form. Either plan makes them less palatable, and likely to be indigestible."  
(paragraph 13 in the link)

## GETTING BACK TO OUR TOPIC OF ADDITIVES:

A lot of things you eat are chemicals and are not natural.

You should understand the ingredients listed in order to eat.

If you don't know how to pronounce it or don't know the definition, leave it alone.

**WARNING:** Seasoning packs and boxed and canned items are full of additives, MSG and food coloring

**\*\*\*Read the book: FOOD ADDITIVES: 'A Shopper's Guide to What's Safe & What's Not'**

## 7: ALCOHOL IN ANY FORM AND ALCOHOLIC BEVERAGES CAUSE ALLERGIES:

Were you aware that **eating and drinking at the same time produces 2-16 oz. bottles of alcohol from intestinal fermentation mixing food and fluid together.**

**Drink 15-30 minutes before you eat,** and about **30-45 minutes after you eat.**

If you're thirsty, drink a little bit right before or after. If necessary, you may have a bit of water right before or right after the meal if necessary, but this is not a good habit to get into.

**Eating a combination of milk and sugar does the same thing.**

"...If anything (water) is needed to quench thirst, pure water drunk some little time before or after the meal is all that nature requires..." {CD 420.1}

"...The sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful..."  
{CTBH 56.4}

## 8: SPICES CAUSE ALLERGENIC REACTIONS:

Did you know, that as God's people, we are not to eat cinnamon, nutmeg, cloves, black pepper, etc.?

All of these items should be eliminated from the diet.

As a matter of fact, clove oil can be used for a toothache, but from a dietary standpoint, clove, nutmeg and cinnamon, including allspice, should not be used by God's people

As a matter of fact, were you aware that one of the beliefs of the SDA church is not to use SPICES?

It's True!!! If you go to **National Geographic Book** (Nov. 2005 Edition), pg. 22 under the Longevity section and **Read:** CD 83.1; 198.4; 220.4

Go to the EG White CD Rom or the Ellen White Estate. Type in **"spices"** to see all of the quotes.

**\*\*\*Ask for the Seasonings Document\*\*\***