

ARE YOU ALLERGIC?

Dealing with Allergies

(Part 2) Ref #79

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

WHAT ARE ALLERGIES?

ALLERGIES ARE AN INGESTION (through lungs, skin, and mouth) **OF A SUBSTANCE THAT TRIGGERS A RESPONSE WITHIN OUR BODIES.**

Our immune system was intended to be a first line defense for our bodies.

It was supposed to prevent us from being exposed to things that could be 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 than most items.**

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.** (EHF, 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.”** (EFH, Volume 2, pg. 333)

In our last class we learned that Spices are not good for you as well as many seasonings in the stores have added ingredients like MSG (or hidden names for MSG), Aspartame, Food coloring, Preservatives, Additives, etc.

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

<http://www.foodadditivesbook.com/>

Note: **Cinnamon should not be used as a seasoning or anything to consume except medicinally.** Instead of cinnamon, it is recommended that you **use coriander instead** or use a cinnamon substitute. (This is included in the document.)

As for NUTMEG... it has a toxic alkaloid in it called “MYRISTICIN” whose narcotic or drug effect suppresses the central nervous system with possible **neurotoxic** effects on **neuroblastoma** cells.^[1]

It has [psychoactive](#) properties. **And just 2 years ago, the news was saying how nutmeg is now the newest thing kids are using to get high on – Crazy huh?**

If you want to read an article about this, just go to:

<https://www.youtube.com/watch?v=r9IzIFMub0g>

<http://medical-dictionary.thefreedictionary.com/myristicin>

**also: [People who eat spices have a greater sexual urge when they eat cinnamon, pepper, mace, coffee, etc.](#)
[The majority of pornography readers are heavy spice eaters according to a research recently done.](#)**

- **CHOCOLATE CAUSES ALLERGENIC REACTIONS TOO**

CERTAIN FOODS HAVE DEFINITELY BEEN SHOWN TO BE MORE ALLERGENIC

***Did you know that if you keep your body inflamed where the [sedimentation rate stays high](#), having allergies, [it causes inflammation in your body, leads to arthritis, plaquing of the arteries, as well as other ailments:](#)

THEY NORMALLY TIE IN ONE ANOTHER:

The spices mentioned do just that. This is Step 1, and this step normally helps those who are usually allergic.

If this first step has not helped the allergies, we then move onto Step 2.

STEP 2:

If for some reason STEP 1 doesn't work, you want to move onto STEP 2

This is mainly for vegans except for chocolate (well some vegans do eat it not realizing it has dairy)

The first item we start with in step 2 is honey:

- **HONEY:**

If you removed everything in step 1, then honey is the first thing to be removed in Step 2.

Pure Maple Syrup can be used in its place. **BEWARE TOO.** Many are now using Agave Nectar, but recent Medical Science is showing that **AGAVE NECTAR is doing the same harm in the body the same way that CORN SYRUP is doing.** It has to do with the way in which it is made.

- **GLUTEN GRAINS:**

Wheat, Barley, Oats and Rye

You can use corn, brown rice, etc. instead of the gluten items. Be sure your grains are non-GMO.

- **NUTS:**

1. **Peanuts = The #1 culprit on the list for nuts.**

It can be so serious for some, that this girl who was allergic to them, her boyfriend ate them, kissed her and **SHE DIED.**

2. **Cashews**

- **FRUIT:**

1. **Kiwi** - Kiwi has hair on the skin and this can cause an allergic reaction

2. **Papaya**

3. **Avocado**

4. **Bananas**

5. **Citrus Fruits**

6. **Berries:** Strawberries have the seeds on the outside and they find that that is associated to some of

the allergies

7. Tomatoes

- **VEGETABLES:**

1. Celery and Carrots are the main culprits
2. Potatoes too

WHEN YOU REMOVE THE ALLERGENIC ITEMS, THE ALLERGIES CAN CLEAR UP WITHIN 30 DAYS

Certain foods have definitely been shown to be more allergenic.

HAVE YOU EVER HEARD OF THE BLOOD TYPE DIET?

There appears to be some science to it. Now I'm not referring to the foolishness saying certain groups should eat meat, cheese, etc. I'm referring to plant-based foods, herbs, and seasonings we can eat.

Let me read a quote first then go a little into detail about this diet.

"Not all can eat the same things. Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another. Some cannot use milk, while others thrive on it. Some persons cannot digest peas and beans; others find them wholesome. For some the coarser grain preparations are good food, while others cannot use them." {MH 319.2}

BLOOD TYPE FOOD LISTS:

- Type O – <http://www.azurvital.com/o.pdf>
- Type A – <http://www.azurvital.com/a.pdf>
- Type B – <http://azurvital.com/b.pdf>
- Type AB – <http://azurvital.com/ab.pdf>

As strict vegetarians, we know not to eat flesh foods items and dairy products, therefore, if your blood type list says it's okay to eat those things, those are the areas we are going to disregard. Only follow those things regarding the fruits, vegetables, nuts, grains, seasonings, herbs and herbal teas.

STEP 3:

If you have done all of the above and still have the problem, this is where we get into

- Perfumes
- Body Sprays
- Scented Items
- Clorox
- Febreze Sprays
- Scented Air Fresheners
- Plug-Ins
- The type of detergent you use
- the type of dishwashing liquid you use
- You're going to get into the chemical compounds that you use in your home

STEP 4:

This is where we are going to get a little bit more serious.

- We are going to **REMOVE ALL CARPETS FROM YOUR HOME** and
 - going to tile or hardwood floors
- Carpets trap a lot of allergens such as dust molds and dust mites.

- **YOU MAY HAVE TO GET RID OF ANY PETS YOU OWN**

Never let a pet sleep in your bed

Never kiss an animal on its mouth

If you still find you are having problems, we will get to PHASE 5

STEP 5:

If you have tried steps 1-4 and it doesn't work, then we go to what is called a

- **30 DAY NASAL FLUSH**

You can either use a Neti Pot doing a saline wash in your nose or you can take a basin and put hot water, as hot as you can get that water and take a flannel or towel over your head and add Eucalyptus and Peppermint oil in the water and let it come up and rise up and cover your head with a nice cover and inhale it, and when you can't take it anymore, come out and then go back under.

Do this for 30 minutes every night for six months straight. At the end of the 6 months, your entire mucous system will be completely clean and you will not have that problem anymore.

Be sure to rinse with cold water and splash your face to close your pores because if you don't, and keep your pores exposed, you can get a stroke or put a draft on your face.

*Asthmatic reactions a lot of time has to do with the majority of the time, one of the allergenic reactions mentioned.

*Eczema, dermatological or skin related issues most of the time is due to one of the allergenic reactions mentioned.

A GREAT SALVE FOR ECZEMA IS CALLED 'HEALING SALVE'

EXCELLENT FOR:

- Cuts and wounds
- Eczema
- Dry skin
- Diaper Rash
- Abrasions
- Burns
- Chemical Burns
- Acne
- Cold sores
- Canker sores
- Hemorrhoids
- Any other skin problem

HERE ARE SOME SIMPLE TREATMENTS IN THE EVENT OF A REACTION

In the event of an allergic reaction, there are several things you can do:

- **#1: Drink 2-3 cups of water and 1 cup every hour thereafter**

The #1 cause of allergic reaction is "DEHYDRATION"

Read "Your Body's Many Cries for Water" chapter 9

And from then on, every day drink the proper amount of water according to the water formula

- **#2: Take 1 T. honey from your local area**

This is from a local honey farm or Farmer's Market

Not your local stores, not Costco, etc. because they have the pollen removed and come from out of state. No more than 25 miles away from where you live.

- **#3: Wash out the nose with a Neti Pot (1 x)**
If you don't have one of these, it is highly recommended you get one
Using this is a part of hygienic practices in Europe
<http://www.vitacost.com/himalayan-all-natural-neti-wash-eco-neti-pot-nonbreakable>
- **#4: Take Astragalus and Nettle capsules**
This remedy works within 20 minutes
Be sure they are veggie caps
Take according to directions
Nature's way has the best
You may order from VITACOST
These are your "natural" Zyrtec and Claritin" without the side effects
<http://www.vitacost.com/natures-way-astragalus-root-470-mg-180-vegetarian-capsules-1>
- **#5: Chamomile tea can help**
There are special ways you make teas
When you are using the delicate parts of the plant, these are going through what is called "infusion"
The harder parts of the plant is called "decoction"
Infusion, is drying or steeping. What you do is boil the water first, then take the hot water and pour it over the delicate part like flower, leaves, buds, etc. Barks and seeds, the harder part, those go through what is called decoction. So for infusion, you pour the boiling water over these items and let them sit for about 20 minutes, and then you take the leaves out, or you can overdraw these items, which can then become toxic to you. For optimal health, to get the most medicinal, no sweeteners are to be used.
- **#6: Primrose Oil is supposed to be great for allergies**
- **#7: Foods High in Vitamin E oil and rub it on rashes, etc.**
- **#8: And the MOST IMPORTANT is follow the laws of health, especially sunshine and water
And all the other laws as well. Lack of sleep can cause problems too.**

WHAT TO DO FOR ANAPHYLACTIC SHOCK:

- I am required to tell you to **call 9/11 right away**
- In the meantime, give 1 dropperful of lobelia tincture and 1 dropperful of cayenne tincture
At least 90,000 heat units. Dr. Christopher has an excellent tincture.

NOW, HOW TO TEST YOURSELF TO SEE IF YOU ARE ALLERGIC:

PULSE TEST (Natural Remedies Encyclopedia pg. 575)

LET'S LOOK AT THE ALLERGEN PROBLEMS:

- **#1 PROBLEM: MILK AND/OR DAIRY PRODUCTS**
60-70% of Americans are allergic to this first item.
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 diseases like chronic sinusitis, chronic runny nose, chronic rhinitis, and things like that. Earaches as well.
Remember we talked last week about the antibodies of the cow attacking in a human body?

And remember, humans are the only species that drink milk from another species and the only creature that drinks milk after being weaned from its mother.

- **#2 CULPRIT IS FISH:**

Fish cause allergies

- **#3 CULPRIT FOR ALLERGIES IS. SHELLFISH PRODUCTS:**

Shrimp, Lobster, Crab, Conc, Crayfish

These items are considered the true chemical factories of the ocean.

They take items that are toxic and will not break down properly, and when they ingest it and release it out, it becomes ecologically friendly

Makes a balance in the floor of the ocean the way God intended **filter feeders**

They filter the filth of the Ocean

Do you remember how many gallons of filth one mussel filter each day? 50 gallons

- **#4: EGGS**

A CHICKEN HAS ONE EXIT HOLE FROM THEIR BODY

Volume 1, pg. 220

The shell of an egg is a miracle of God. It's a lightweight structure, yet very strong on its longitudinal axis. Being so strong and so light, the eggs are porous...they have about 8,000 holes on the shell, so stuff can pass through the egg shell.

They pass through the same place where the excrement of the chicken comes out. Why do you think they say you shouldn't eat a soft boil egg? Because eggs carry salmonella which is also in the feces. All the stuff goes through the shell, and the egg white catches it.

So it's not the yoke that is allergenic. If you eat the yolk, you get cholesterol. If you eat the egg white you get salmonella poisoning. Kids who eat eggs under the age of 1, they are at high risk of getting leukemia.

- **#5: MEAT:**

They did a study at the University of John Hopkins and found that many children that are allergic to cow's milk are also allergic to the beef. It has the same component in meat that is found in the milk. They recommend now that meat not be given. **We know meat is now full of disease.**

- **#6. CHEESE:**

CHEESE IS THE LEADING CAUSE OF ARTERY BLOCKAGE AND HEART ATTACK

It causes eczema and because of the Tyramine, it causes Hypertension. It is also made with rennet. This is what coagulates the cheese. **Most RENNET is made from calves stomachs or pork.** The cheapest of all comes from pork. On the cheese it just says ENZYME, but it's more than likely THE PORK RENNET. Don't trust the food labels. Just because they say "natural flavoring" or "enzyme" doesn't mean it's healthy. A lot of time it's MSG or hydrolyzed yeast which is MSG -- **MSG triggers allergic reactions** That takes us to the additives. These "Natural flavors" are chemicals made in a chemical lab to fool your taste buds.

- **#7. ADDITIVES:**

- **#8. ALCOHOLIC BEVERAGES**

This includes VINEGAR...Whether it be Apple Cider, White, Red Vinegar, etc.

VINEGAR DRIES THE BONES

If you ever have rust around the faucet in your tub, soak a rag with vinegar and tie it around it and it will remove the rust. Also, on tile, it will remove the dirt from the tile. Wipe it straight clean. If you have stains in your clothing, it will take the stains out. APPLES GOING BAD TURN INTO CIDER, WINE, THEN APPLE CIDER VINEGAR WINE GONE BAD – It's the highest level of fermentation. It causes hypertension, poisons the blood and stops the absorption of protein as well as other essential nutrients. For external uses, okay, but DO NOT ingest it. And even though it does have many medicinal properties that science says it does, it' has more drawbacks than benefits and remember, just because it may be in nature does not mean it is for humans to consume. And remember, when an animal is sick, they must go to nature to get their medicine. And one thing to remind us of, vinegar is in Vegemise. I say we all should call the makers of that product and ask them to make it with lemon juice if possible.

MAYO RECIPE:

- 1 ¼ c. boiling water
- 1 c. rinsed cashews or cashew pieces
- ¼ c. lemon juice (fresh is best)
- 1 T. honey
- 1 t. salt

Blend all the above except the lemon juice until creamy (2-3 minutes)

Add lemon juice and blend briefly. This tastes just like mayonnaise when put in potato or macaroni salad, but not by itself. There is another mayo recipe that tastes just like mayo but contains oil. For that recipe and other condiment recipes, ask for the document.

Also, about alcohol, wine also has tyramine which is why it can raise blood pressure and beer has yeast which can cause an allergenic reaction...eating and drinking together causes fermentation which can cause an allergenic reaction...eating oil and vinegar together causes fermentation in the intestines and can lead to allergenic reactions.

- #9. **SPICES** – We talked about these in detail already, but did you know that black pepper poisons the blood and can cause ulcers. I used to suffer horribly from ulcers because of the black pepper...once I learned not to eat it and removed it from my diet, the ulcers went away...and if I eat anyone's food, I can tell if they used black pepper or not, because to this day, the ulcers will try to come back.
- #10. **CHOCOLATE** – First of all, eating chocolate can stimulate the adrenal glands, which sit on top of your kidneys, in a bad way. Secondly, chocolate has a substance in it that is a stimulant called PHENYL ETHYL AMINE, (which can also be a sexual stimulant in a bad way, and why it is called an “aphrodisiac”).

Also, much of chocolate sold has caffeine in it...milk chocolate of course has milk...Some who eat chocolate can have serious reactions. But there is a substitute...it's CAROB...If you want to make it taste like chocolate, add pure maple syrup.

- #11. **HONEY**
- #12. **GLUTEN**

Referring to the wheat, barley and rye

These are very high in gluten and can trigger an allergic reaction, which can lead to asthma as well as

dermatological issues

- #13. NUTS
- #14. VEGETABLES
- #15. FRUITS