

Programme prepared by Allison le Roux from To Your health

Hi to everyone we are starting the programme with the following quote:

A man's health can be judged by which he takes two at a time – pills or stairs. -Joan Welsh

Again this time of year specifically highlights the state of our health by the quote above- its cortisone season, so everyone is popping anti histamines, cortisones, decongestants etc

So I am in a busy stage at work again due to: Allergies: Sinus, hayfever-ityh eyes, sneezing etc are almost becoming an epidemic today-people that have never had allergies are developing them, seasonal allergies are becoming yearly problems: Having a sinus problem actually means that you have an allergy problem common symptoms are:

Runny or Stuffy Nose which includes itchy eyes and skin, sneezing, nasal congestion, wheezing, and rash. Seasonal allergies result from grass, tree pollen or moulds. Cat and dog dander allergies are common. Food allergies include peanut or milk.

A runny or stuffy nose is one of the most common allergy symptoms. The best way to treat congestion is to treat the allergy that's causing it. Cortisone merely suppresses the allergy reaction, it lowers immunity, so there are generally reoccurrences when the cortisone is finished.

Start by trying to avoid your allergy triggers- not entirely possible- because many of us are exposed to air conditioners at work and this will continuously be recirculating the allergens. If you don't already know what your allergy triggers are- reduce Dairy products, dairy products create more mucous, so does sugar- sugar is extremely acidic and lowers immunity.

Although it can be difficult to completely avoid some triggers, you may be able to reduce your exposure to them. For example, if pollen is a trigger, stay inside when pollen counts are high. If dogs or cats make you sniffle, wash your hands and change your clothes after playing with them.

Some people find that nasal irrigation using a Neti pot or a nasal rinse helps clear congestion. Over-the-counter antihistamines, decongestants, sprays can all help control nasal allergy symptoms.

Another symptom many people experience is **Sinus Pressure**

Your sinuses are small cavities behind your forehead, cheeks, and eyes. If mucus builds up in these areas because of allergies, you may feel pressure or pain.

You can help reduce sinus congestion by applying a moist, warm cloth to your face or inhaling steam a few times each day. Eucalyptus oil

To soothe your eyes, try placing a cold washcloth over them or use artificial tears.

Postnasal Drip

Normally, you swallow mucus without even knowing it. But if your mucus becomes thick, or if you have more mucus than normal, it results in postnasal drip. That's when you can feel mucus dripping from the back of your nose into your throat. Postnasal drip can also feel like a lump in your throat and can lead to pain or irritation there.

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mould, and animal dander, for example) is called an allergen. Allergies are a very common problem.

In addition to avoiding your allergy triggers, try drinking extra fluids and taking **Sinus formula** and homeopathic preparations which desensitize you to allergens, but very importantly IMMUNE system must be addressed. I usually recommend the following: **Colloidal silver nasal spray, my Sinus formula, Sinal G and Imsyser**

The important thing to remember that not everyone Has allergies, but due to our environmental exposures we are more like to develop allergies with no direct parental influence.

People inherit a tendency to be allergic, although not to any specific allergen. When one parent is allergic, their child has a 50% chance of having allergies. That risk jumps to 75% if both parents have allergies.

Why are are allergies developing?

A large reason for why we are experiencing more of these problems and general health problems is that because we are exposed to more acidic factors-pollution, processed food, sugar- we don't eat the correct portions of vegetables and salads 6-8 and drink enough water and as a result our bodies have a greater toxic and acidic overload this starts to affect our immune cells as.

We are also exposed to viruses, bacteria and parasites continuously, and a theory put forward in the past by immunologists is that initially the body developed an allergic response to help with parasitic infections. Over time parasitic infections cause damage to our intestinal lining, which results in gut permeability problems and we land up reabsorbing undigested food particles which enter our blood stream and our immune system launches an attack and tries to eliminate them and as such inflammation rises and allergy symptoms start. But basically the bottom line is that we are exposed to pollution, preservatives, additives in foods and these have accumulated in the body- these toxins are stored in our fat cells. When the toxic load becomes too heavy in the body, it can trigger not only allergic responses, but also mood swings, depression. I see this in a blood analysis- I see the parasites in the blood now I am not talking about worms in the intestines, I am talking about parasites actually moving in our blood. Now as mentioned they do affect our intestines and our digestive system and many times I see people who have chronic inflammatory conditions, also have digestive and parasite infections.

Allergic symptoms: headaches, fatigue, sneezing, intestinal disturbances, skin rashes more of us are experiencing these

A parasite alert also causes the production of white blood cells that release factors which promote inflammation, the process is effective but it can also get out of hand in situations of chronic infections and damage the body's own tissues which results in pain and more inflammation.

Live Blood Analysis- helps you see the parasites in the blood which effectively helps in treating allergies- sinus, hayfever, eczema

How do we treat this: parasite formulas to kill the parasites but you have to also address the immune system, change the environment that allowed the parasites to live- which means you need to alkalise and detox.

DETOXING: via LIVER, BLOOD, LYMPHATIC DETOX to release toxins in fat deposits - DETOX FORMULA(R70 13th Oct 2014) put 60drops into a litre of water and you drink this throughout the day for 3-4 days. This is a must especially if you are about to start a weight loss regime, as is a good cleansing formula. At the start you may experience headaches, a bitter taste in mouth, feeling flush- are all signs of detoxing, when I take it I feel a slight headache and nasal congestion(slight) but that passes after a day and then I find my energy levels increase.

Live Blood Analysis(LBA) – we take a drop of blood and analyse it under high magnification By having a LBA we are identifying the state of the immune system, we can see allergy and parasite reactions, state of the digestive system, elimination, toxins, just help to improve overall health

Immune system care is very important, we usually describe the immune system as being hypersensitive when noting allergy reactions. Herbal product: Moducare a balance of sterols and sterolins –there is 25years of research behind it, If you have any allergy condition stay on Moducare and take it correctly-that is a MUST. Immune supplements: **Immune support**(that I make up), great for babies, children

But it makes the most sense to address other areas while you are sorting out the immune system: Alkalise your blood: use **Super Nutri Greens(SNG)**, as I mentioned before we are in a toxic overload and SNG will help and to also have a **Live Blood Analysis** to see toxins etc, but SNG can stop the overload. This is another supplement that I recommend a lot and its something that we can all take on a daily basis to help reduce acidity and the effects of acidity-SNG, it is also very nutritious for the blood and I find it very beneficial for eczema in combination with my **Skin formula**

Stress lowers immunity and triggers the production of cortisol, a hormone that inhibits your ability to fight infection. Several inflammatory diseases such as asthma, autoimmune disease, cardiovascular disease have been linked to high stress levels.

Asthma: The inside walls of an asthmatic's airways are swollen or inflamed. This swelling or inflammation makes the airways extremely sensitive to irritations and increases your susceptibility to an allergic reaction.

As inflammation causes the airways to become narrower, less air can pass through them, both to and from the lungs.

Asthma (AZ-ma) is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

Asthma affects people of all ages, but it most often starts during childhood.

When treating asthma, inflammation in the lungs and airways must be controlled, and shortness of breath be relieved.

Corticosteroids, and leukotriene inhibitors are long-term control medications that control and prevent inflammation in the lung of the bronchi and help stop or reduce swelling and mucus build up in the airways.Short-acting bronchodilators are used to give immediate relief of shortness of breath. Long-acting bronchodilators can relieve symptoms for up to 12 hours. **Natural products I make up: Breath easy opens airways but any natural formula must be combined with the correct immune** supplements for the best long term benefit.

Tips for allergies

Local honey

Eating honey produced by bees in your region can help relieve allergies. The bees transfer pollen from flower blossoms to honey, so if you eat a little honey every day you'll gradually become inoculated against the irritating effects of pollen.

Showering

Anyone who has even been stuffed-up knows the impressive ability of a steaming hot shower to soothe sinuses and clear nasal passages, if only temporarily. But showers offer an added benefit for springtime allergy sufferers. A quick rinse after spending time outdoors can help remove allergens from your skin and hair—and prevent them from spreading to clothes, furniture, pillowcases, and other surfaces where they're likely to dog you.

Spicy foods

Many people swear by the sinus-clearing effects of spicy foods like chili peppers, wasabi, Dijon mustard, fresh garlic, and horseradish. Sure enough, an active ingredient in garlic (allyl thiosulfinate) and a similar ingredient in wasabi (isothiocyanates) do appear to have a temporary decongestant effect.

Foods with a kick can definitely start your eyes watering and open your nasal passages, but it's unclear whether they provide anything more than fleeting relief

Focus as we go through spring now, **start making healthier choices:** I challenge everyone to start with one or 2 of the following:

-adding more salads to lunch

Having more water- if you are managing say 2- lets make it 4

Buy some natural sweetner: Stevia(my favourite) or xylitol- have at least 1 cup of tea with stevia

Eat more fruit- at least 1-2 daily (bananas don't count if you have one everyday)

Take a green supplement- SuperNutri Greens-blood building, alkalising supplement

If you drink a lot of tea and coffee- change to 1 herbal in its place

If you have chocolates/sweet tooth- eat more dried fruit

If you suffer with constipation- have psyllium husks- doesn't work instantly, it has a cumulative effect

Nothing is constant in life, our health is not constant we have to keep on working to keep ourselves healthy. Supplements we started 6months to a year ago, may not still be exactly what we need-Live Blood Analysis- helps to pin point what you need.

Please call the health shop, the health shop staff can assist with any products, information, I am available by appointment only as I am only at the shop on Tuesdays and Saturdays. Happy Monday and let me close with a quote from Mark Twain I think this is the best summary which beautifully sums up how to stay well and healthy: ***The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.***