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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Allergies

By Ray Cunningham

"Allergies" – a massive subject and one which affects more than 55 million Americans.

Apart from the North Americans, allergies also affect a large number of the rest of the world's population – close to 40 per cent, in fact, will, at one time, or another, suffer the annoying and sometimes debilitating results of this ailment. Allergic symptoms range from the mild to life-threatening. Sneezing, coughing, eyes itching and stuffed up nose. May even be one of the causes of asthma and right through, to the sometimes deadly, anaphylactic reactions.

Allergy causes, are many and varied. Among the more common are mold, dust mites and it in the springtime, pollen.

Genetics may also play a part and nothing can be done about that. Both good and bad is passed down to you, through your parents.

A low immune system is another major cause of allergies. Boosting the immune system, with such as Green Tree, might help, but balancing the immune system is far more preferable, as boosting the immune system can cause complications in other areas.

What causes allergies? Basically, the body is merely reacting to a perceived threat and fights the allergens in the same way as a bacteriological invasion.

Allergies, concerning food, are not as common as most people think, but can be severe causing several hundreds of deaths annually.

Whilst millions of people are allergic to animals, especially cats, we should seek relief, rather than do without the company of our precious and loyal, four-footed friends.

Cures may be many and varied. Asthma attacks, for instance, may be alleviated by the taking of a Chinese herbal formula named, Minor Blue Dragon, or XQLT, or xiao – qing – long tang. It has successfully been used for centuries, in China.

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It is a most effective bronchodilator and often more efficacious than prescribed drugs.

Acupuncture has also been found to be a most effective treatment, for allergies in general.

Supplements and vitamins may also help, to greatly improve the immune system, together with a healthy lifestyle.

Vitamins, A, C, E, selenium and carotenoids. Antioxidants, MSM, magnesium and zinc may also help. Americans in particular, have become obsessed about cleanliness and buy any product which promises to be "99 per cent effective against all bad germs", or some such nonsense. Children, particularly the very young, might benefit from a "little dirt" in their surroundings, to strengthen their immune systems, from an earlier age.

Eating foods "in season" can help. People used to eat seasonal fruit and vegetables, but with refrigeration and shipping, from around the world, our bodies receiving no respite from this problem.

This has necessarily been a very short article on allergies.

Seek further information from people practising alternative health and medicine, such as acupuncturists, herbalists, holistic practitioners and aromatherapists. You'll find that there is much free and interesting information in your local library, or on the internet.

Good luck in your quest. You will find it to be a most enlightening and satisfying journey.

Ray Cunningham is an owner of two diplomas of acupuncture. One from Australia. The other from Hong Kong.

At the moment he resides in Central Florida, U.S.A.. For more information, on acupuncture and alternative medicine, go to his website at:

<http://alternative-health-4.us>

Food Allergies

By Steve Wilcott

An allergy can be described as a malfunction of the immune system, an exaggerated response to certain substances. Your body mistakenly believes that something it has touched, smelled or eaten is harmful to it and your body releases massive amounts of chemicals, such as histamine to protect itself.

It is believed that 11 million Americans suffer from food allergies. These allergies are as varied as food itself is. Some people suffer from an allergy to one food, some to many. The most common food allergies are generally eggs, milk, peanuts, tree nuts (such as walnuts), fish, shellfish, soy and wheat.

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Symptoms of food allergies are varied and range from a tingling of the mouth to swelling of the tongue and throat to difficulty breathing to hives, cramps, diarrhea, vomiting and in some instances death.

There are ways to help you or your loved one manage your food allergies. First seek the help of an allergist. Your allergist will perform a patch test to determine the exact cause of allergic reactions. This will be the guideline you use as you develop a diet based around your food allergies.

As with other types of allergies there is no cure for a food allergy. Some children do grow out of some food allergies as they age although allergies to peanuts, fish, shellfish and nuts are often considered lifetime allergies. You or your loved one must simply avoid the food that causes the allergy. This can be difficult, especially when eating out in a restaurant. Depending on the severity of allergy, even slight cross contamination of food products can cause reactions.

Food labeling is a very important component of avoiding foods that trigger allergies. Since 2000 the FDA has been presenting information on allergy risks and labeling requirements to manufacturers. They seek to have manufacturers change some labels to be easier to read, using plain language like "milk" on a label instead of "caseinate".

In the case of a milk or egg allergy there are alternatives that can be used when cooking or baking. There are many online sites dedicated to supplying information, education and support to those with food allergies.

This article courtesy of

<http://www.allergies-questions.com>



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