

YOUR HEALTH MATTERS

Vol. 1, No. 11 May 28, 2006

It does! To me, and especially to you.
These notes will help you with your health matters.

-----Feature Article-----

New Hope for Allergy and Asthma Sufferers

He was sitting in class, eyes watering, looking miserable, half asleep. When asked what the problem was, his reply: "The pollen is falling."

You have all seen it - many of you have or even now experience it: runny nose, sinus congestion, eyes dripping, breath short and wheezing, trouble breathing either through your nose or mouth or both. Always worse in the spring when the pollen falls. For some of us never really better, just something we learn to live with, the chronic low-grade hacking, and spitting.

Turns out our body has these wonderful mechanisms to help it stay in balance. Part of the time we are in this inflammatory mode, our immune system's means of fighting off the bad guys. The rest of the time our body is in a resting, relaxing, restoring mode. Takes both to maintain proper balance of health.

All the symptoms just described, what we call allergies or asthma, are the result of what happens when our bodies stay too long in the inflammatory state. There are two problems with this:

First, you are asking your immune system to spend way too much energy and resources being inflamed. This wears out your body and its ability to ward off infection.

Second, you are not getting the time in the healing mode, replacing the immune system resources. With deficient resources and fatigued "warriors" you are doubly unable to protect the borders from attack.

The conventional answer has been to use pharmaceuticals that fight the symptoms of inflammation.

A major one is antihistamine. Histamine is the body's chemical that signals for the inflammatory process to come to your body's aid. Histamine is also a brain stimulant, so when you shut it down, you also become sedated and sleepy.

Another chemical is corticosteroids. This class of chemical is the body's defense for stress. Problem is, when we give it in pharmacological doses to combat the symptoms of inflammation it has serious adverse effects, including:

Elevation of blood sugar (major component of cardiovascular disease also)

Immune system shutdown

Bone thinning

Skin thinning

A third class of pharmaceuticals are the nonsteroidal antiinflammatories (aspirin, ibuprofen, etc.) These cause bleeding of the stomach mucosa, setting one up for ulcers, leaky gut and more allergic phenomena.

None of this is too helpful or promising. Newer drugs like Claritin are just remakes of the old. Even if the symptoms are abated, the real problem of balancing the body is not addressed. You are still in the inflammatory state and not metabolically reverting to the restorative state.

There is promise, however. Recent studies, reported in the Townsend Letter for Doctors and Patients, May 2006, show that the Reishi Mushroom, *Ganoderma lucidum*, has nutritional components that affect the histamine-based inflammatory response. It does this in a way that rebalances the body's inflammatory and restorative periods. The studies indicate

There are complexes that enhance the immune system

Enzymes that control oxidative stress and

Enzymes that help detoxify the body.

Dosage of this remedy is 6 pills of 500 mg each of the mushroom, twice per day (total of 3 grams) in the adult. This works for children as well, decreasing the dosage to 2-4 pills per day. Cost is very reasonable, less than \$2 per day for adults.

It is interesting that as I write this my eye falls on a current newspaper article reporting that a major university is looking at antibiotics for asthma, thinking that bacteria are the underlying cause. Perhaps they should rethink this, to consider instead that the bacterial show up because of the imbalance in inflammation and restoration. The antibiotics will in the long run not only not rebalance the body, but will further imbalance it.

In closing, some other non-pharmaceutical options for helping allergies and asthma also garnered from this issue of the Townsend Letter:

Pantothenic acid, 250 mg twice per day

Bee pollen taken orally. Must be from local bees and DON'T use if you are allergic to bee stings

Autogenous therapy. This is given by an MD, a mixture of early morning urine mixed with

anesthetic given intramuscularly weekly for ten weeks.

Emotional therapy

Acupuncture

Muscle Response Testing (NAET)

Environmental control

Besides these, other modalities like the Bach Flower Remedies also have potential. If you would like to discuss any of these, please call or email.

SO LONG FOR NOW

That will do for now. Trust it has been encouraging. LOTS more to talk and write about in future issues. Stay tuned.

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Have a healthy, glorious, grateful, day!

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