



# IMAGE AWARENESS WELLNESS INSTITUTE

## Allergy

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### INTRODUCTION

Inhalant allergies afflict at least 20% of Americans and food intolerances may affect as much as 80% of the population. Intolerance to foods can create respiratory symptoms as readily as can pollen or dust. One study found that chocolate was the most common cause of a runny nose. Another study found that 70% of asthmatics improved by avoiding foods. Ear infections and mouth breathing in children may also result from food intolerances. One study found that 38% of children with ear infections were intolerant to cow's milk.

Ear infections are the leading cause of visits to pediatricians and the number one cause of surgery in children. Mouth breathing might appear harmless, but it results in decreased oxygen absorption and increased accumulations of carbon dioxide in the tissues causing decreased mental efficiency and learning ability.



### ALLERGY 'SIGNS'

Numerous signs of allergy are externally visible and are discussed in my book *Your Body's Sign Language*. These include dark circles under the eyes (allergic shiners), allergic eye wrinkles (Dennie's sign), puffiness under the eyes, a crease across the top of the nose (allergic salute), and a runny nose.

#### REFERENCE:

McAfee, James, *Your Body's Sign Language*, Auburn, CA: Image Awareness Corporation, 2005.

### ALLERGY CAUSATION

Allergies are the result of failure of the body's defensive measures against the external environment. This usually involves the breaching of the barrier of epithelial tissues such as the intestinal lining or the respiratory passages.

Epithelial tissues are usually coated with a healthy layer of mucous and filled with antibodies, enzymes, and other protective substances. Poor nutrition weakens these barriers allowing infiltration of foods or environmental pollutants.

Protective barriers can fail due to an excessive load on the protective barriers or due to weakening of the barriers. Digestive barriers can fail due to overeating or consumption of foods which are difficult or impossible to digest due to overprocessing or overcooking. It is well-known

that browned cereals such as corn flakes form Maillard molecules--protein/carbohydrate combinations which are incapable of digestion.

The situation is similar with respiratory membranes. Our bodies were never intended to have to deal with the load of air pollutants which are common today. This load is contributed to by smoke from fires, auto exhaust, diesel fumes and exposure to household chemicals.



### MANAGING THE LOAD

Think of the onslaught of substances capable of triggering an allergic response as the flow of water from a faucet into a container. The allergic response can be likened to the overflow of the container. Two factors will determine whether the container will overflow. One of these is the rate of flow of the water into the container and the other is the size of the container.

A number of measures can slow the the rate of flow of the faucet.

These include purification of the air, preventing the accumulation of dust and mold within a dwelling, and enhancement of the functioning of the mucosal barrier by supplementing with appropriate herbs and nutrients.

Taking a small amount of GNLD water miscible vitamin A first thing in the morning with a glass of warm water is an ideal means of promoting optimal functioning of the mucosal barrier. (Supplementation with large amounts of Vitamin A is not recommended during pregnancy.)

GNLD Resp-Eleven is often quite helpful for supporting the functioning of the upper respiratory tract. Horseradish, pleurisy root, and hyssop all keep mucus flowing and prevent its accumulation.

The GNLD Herbal Respiratory Formula provides support for the lungs and lower respiratory tract due to an ingredient called elecampane. This supplement also contains nettle leaf noted for positive effects on hormone chemistry and hay fever.



## A BIGGER CONTAINER

While it is possible to reduce the exposure to allergens by controlling the environment or beefing up the activity of mucosal barriers, these measures are not always adequate. The primary work of coping with allergies falls upon the hormonal and immune systems.

A crucial hormonal component of the allergy coping mechanism is the functioning of the adrenal glands. The adrenals are two pancake shaped glands which sit atop the kidneys. They are essential for coping with any change in the environment including allergic exposures.

The adrenals often become exhausted today as a result of emotional, chemical, and physical stressors. Rush hour traffic, the onset of hot or cold weather, and even the consumption of coffee and sugar can act as powerful adrenal stressors, serving to exhaust the gland. Exhausted adrenals predispose to allergies.

Let me support the association of adrenal function and allergies with a quote from Dr. John Tintera:

"I'm an endocrinologist. In more than twenty years of a busy practice with thousands of patients, I've yet to work with an allergic person whose troubles weren't basically due to his poorly functioning adrenals, or who wasn't relieved of all his allergic woes when his adrenals were put into proper working order. Included among these patients were sufferers from asthma as well as from hay fever, people 'sensitive' to beef protein as well as those 'sensitive' to house dusts or tomatoes or parsnips, or to whatever the so-called 'sensitizing agent' happened to be."

Tintera related the importance of adrenal function for coping with allergies to the fact that the adrenals enable the normal operation of the immune system. He wrote, "The principal defensive weapon on the battle front of surface membrane is the 'antibody'... Now, we're at the key point. Antibodies cannot be formed and the lymphocytes cannot discharge their burdens of antibodies without the assistance of the hormones of the adrenal cortex." "If the adrenal cortices are under-functioning, if they are semi-exhausted and unable to respond fully

to stimulation, they are chemically out of balance. Here, then, is the basic cause of allergies and infections."

Tintera was not alone in linking allergies to exhausted adrenals. An additional insight is provided by Dr. William Jefferies who authored a book on adrenal function. He observes that excess histamine is characteristic of the allergic response. He also points out that adrenal hormones switch on the activity of an enzyme called histaminase which rids the body of excessive histamine. At the same time that the adrenal helps get rid of histamine, it also decreases production of histamine. One very effective means of coping with allergy is by enhancing adrenal efficiency.

Early nutritionally oriented physicians recognized the role of the adrenal in allergic phenomena. One group in 1952 used B complex vitamins and the key amino acid in GNLD Enersine (tyrosine) taken throughout the day to enhance adrenal function.

It is of interest that allergy symptoms sometimes worsened during the first few days of doing this—probably an indication that the immune system was working more vigorously. I remember being told of "THE RESPONSE" by GNLD distributors when I first encountered Tre-en-en containing supplements in 1973. Other early physicians added vitamin C which is found more abundantly in the adrenal than just about anywhere else in the human body.

I need to make one more link to create an understanding of the beneficial role long term supplementation with Tre-en-en may offer for allergy sufferers. Let me quote Dr. Jeffrey Bland, "The nature of the fatty acids within the phospholipid bilayer determines the physiochemical properties of membranes... including hormone responsiveness."

Tre-en-en consists of the high quality fats and oils found in wheat, rice, and soybeans. These oils spoil

very rapidly and thus a chief object of food processing has been their removal. The result is prolonged shelf life and the removal of these critically important oils from the food supply.

Unfortunately, these quality oils are essential for optimal health. Studies show that they improve nutrient utilization by 50%. This means that all tissues including glandular tissues like the adrenal will experience substantially improved nutrition when Tre-en-en is added to the diet.

The early GNLD researchers observed that the adrenals of both animals and people responded favorably to supplementation with Tre-en-en. In one study adrenal function of rats, as measured by liver glycogen, was boosted by 175%.

In evaluation of this study it is important to note that these rats, as is the case with most laboratory animals, were eating a diet far better than the average adult or child in the United States. Laboratory animals rarely develop degenerative diseases characteristic of humans unless bred to do so or fed experimental diets designed to induce these problems.

Early researchers experimented with 76 different supplements in their efforts to optimize cellular nutrition and glandular function. Only after the tre-en-en oils were developed did the researchers feel they were achieving their objective. This unusual product is not only highly beneficial, but it is also unique to GNLD. No one else has it. It has proven its ability to convey health benefits for almost 50 years and in over 50 countries around the world.



## REFERENCE:

Tintera, John, M.D., "What You Should Know about your Glands and Allergies," *Women's Day*, February, 1959.

Jefferies, William, *Safe Uses of Cortisone*, Springfield, Ill: Charles C. Thomas, 1981, 105.

Widmann RR, Keye JD, "Epinephrine precursors in control of allergy," *Northwest Med* 51:588-90, 1952.

Jeff Bland, *Improving Genetic Expression in the Prevention of the Diseases of Aging*, Gig Harbor, Wa.: HealthComm, 1998, p. 88.

## SALMON OIL

The body uses three means to reduce inflammation. The first is through the activity of the adrenal hormones like cortisone. The second is through tissue hormones called prostaglandins. The third modality is through the activity of antioxidants.

Prostaglandins are tissue hormones which were first isolated in prostate tissue, hence the name. The name is misleading as these short-lived tissue hormones are found throughout the body and have a wide range of effects which can be harmful or beneficial.

Prostaglandins are constructed from the fats in cell membranes. The types of tissue hormones produced are profoundly influenced by the types of fat consumed in the diet and incorporated into the cell membranes. Diets high in grain fed meats, dairy products, and commercially processed vegetable oils contain high levels of a fat called arachidonic acid. As this fat becomes incorporated into cell membranes it leads to the production of large quantities of intensely inflammatory substances resulting in inflammation, pain, and other undesirable symptoms.

One dietary component above all others has proven its ability to reduce these inflammatory substances and the quantity of arachidonic acid actually incorporated into cell membranes--EPA found in some fish oils.

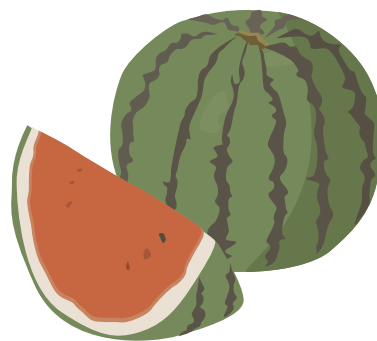
Fish oil supplementation is powerful medicine. In one study, supplementation with fish oils in-

creased EPA in cell membranes seven-fold, while decreasing levels of arachidonic acid by 37%. Several measures of inflammatory activity were reduced by almost half while others were reduced almost 100 fold or inhibited completely.

Supplementation with fish oil is like throwing a wet blanket on a raging fire. Supplementation with a product of assured potency and purity is superior to consuming fish due to the widespread contamination of fish with heavy metals and fat loving toxins such as DDT and PCB's. One study found 43% of salmon out of the Great Lakes region contaminated with undesirable quantities of PCB's.

GNLD Salmon Oil has been proven to possess unsurpassed purity and potency compared to other products being sold. The company engages in continual research to improve its already superior products.

Lee, Tak, et al, "Effect of Dietary Enrichment with EPA and DHA on in vitro neutrophil and monocyte leukotriene generation and neutrophil function," *New England Journal of Medicine*, Vol. 312, No. 19, 1985; 1217.



## ANTIOXIDANTS

The immune system undertakes the task of removing allergens and microbial invaders with powerful free radicals. This is called the "oxidative or respiratory burst." Substances similar to chlorox and hydrogen peroxide are released to digest or destroy these substances. This is all well and good, it is perfectly normal.

On the other hand, if the diet contains inadequate supplies of antioxidants serious problems can develop.



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Oxidative damage similar to the rusting of an old car or the browning of an apple can take place in the cellular environment where immune activity is taking place. The result is often damage to immune cells and delicate epithelial or membrane barriers.

The immune system is then transformed from acting like a finely calibrated blow torch into a destructive flame thrower. The resulting damage can be incalculable.

Antioxidant can prevent this damage. This is the reason that white blood cells, the core of our immune response, concentrate vitamin C more than virtually any other tissue in the human body.

The most powerful of all antioxidants in enabling the body to cope with free radical oxygen, among the most common and damaging of free radicals, are the carotenoids. A list of the most effective free radical oxygen quenchers will find a number of carotenoids at the top of the list.

Studies of the GNLD Carotenoid Complex found that the supplement not only improved immune function by 37% in 20 days, but it also reduced oxidative damage to cells by 44%. This is powerful protection

for the tissues of the body, but it also means a more effectively functioning immune system for coping with allergies and microbial invasion. This patented product is a worthy addition to any program designed to improve the ability of the body to cope with an allergy laden environment.

### WHAT WILL YOU DO?

There are a good many steps which can be taken to lessen the severity of allergies. These steps involve personal responsibility for controlling one's environment, careful control of diet, and regular use of important supplements.

The individual with allergic responses must do everything possible to lighten the load of substances to which reaction may take place. This involves purifying the air and keeping the environment free of dust, mold, and chemicals.

Building up the health and activity of the mucosal barriers with adequate water intake, herbal supports, and adequate vitamin A intake will often be helpful.

Adrenal support is a must. This involves avoiding excessive intake of refined carbohydrates and caffeine containing beverages. Control of the

inflammatory process with fish oil supplementation and adequate antioxidant intake will also pay big dividends. These measures offer better potential for long term health than excessive reliance on medications.

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