

ALLERGEN



noun

1. a substance that causes an allergic reaction.

Oxford Dictionary

The importance of learning one's body, and its messages can be the difference between truly being healthy, happy, and energetic – and the opposite. Ignoring allergens in diet and lifestyle can lead to serious health issues. In extreme cases, it could lead to cancer, heart, disease, and even be fatal.

There is another way though, for those willing to work preventively (or pickup where you can if already experiencing symptoms). It's a process of investigating your unique body, and ultimately a journey of self-discovery. Approached with self-interest and dedication, it can be life-changing and finally heal healthy problems that doctors aren't always able to help with. It is possible. It takes perseverance, desire, and truly wanting to be healthy.

Why Do We Ignore Allergen Symptoms?

It's very easy to dismiss the signs and symptoms of the body. Especially when doctors don't have answers. We do this for a variety of reasons:

1. Doctors may have told us food/lifestyle aren't the cause of symptoms.
2. We don't want to step outside of what others are doing, and often fear alienation.
3. Changing habits is an effort. It requires us to be willing to change.
4. If we aren't well, we may not feel the motivation – or have energy – to make change.
5. Even though we suffer, it's easier to go along with what we know.
6. We're attached to habits, and the feelings associated with them.
7. We don't want to be a burden, rock the boat, or draw attention to ourself.
8. We overthink it, research like mad, don't take action – and don't make progress.

Though, if we are willing to face what keeps us from it, vibrant health can be the reward. Lets investigate and learn more as we develop courage and strength to create sustainable change.

Allergen foods are super common in the SAD (Standard American Diet), as it tends to be full of preservatives, additives, chemicals, sugar, iodized salt, and foods that are difficult to digest (think back to our lesson on BAAE).

Where do allergens come from?

1. Food allergens/sensitives: if you were born with an allergic response to say, shellfish, you may always be allergic to it. If on the other hand, you developed a reaction over time in your life, and had no problem as a kid with it - then you may have developed an allergic response as you got older. It is possible to decrease and eliminate symptoms.

2. Environmental toxins: mold, fungus, parasites, pollen, dust, mites, plus common household and cosmetic products. We may also be born with allergies to these - or develop them as we grow older. Either way, if our immune system is repeatedly subjected to levels we cannot ward off, immunity may become compromised and make us susceptible to illness.

It's important to understand that doctors may not be able to help you. They may suggest your symptoms have nothing to do with what you eat, or lifestyle. You may even feel confused, angry, and frustrated as you seek solutions conventional medicine may not be educated or experienced in treating. We suggest seeing an experienced naturopath who's expertise is in diet, lifestyle, and wellness.





Symptoms can include:

Skin issues, rashes, hives, swelling, redness, puss, sneezing, itchy nose, runny eyes and nose (cold like symptoms), itching in general, swelling, burning, constriction and in extreme cases - swelling of air passages blocking our ability to breath. Genital issues such as yeast infections and jock itch. Diaper rash. Other extreme reactions gone untreated can even be the basis of psoriasis and eczema - weakening the immune system, making us host for other illnesses and diseases to develop such as candida immune issues, digestive disorders, menstruation and menopause difficulties, chronic fatigue and headaches, susceptibility to parasites and pathogens, plus so much more.

Why does this happen with food, when we didn't have the same issue when we were younger? Over time, our body is no longer able to adapt to the onslaught of immune triggers that constantly produce a immune defending hormone called histamine. Once our tissue is over irritated, and our blood and organs become don't eliminate properly - our "pipes get back up." Remember, if the body isn't able to BAAE (Breakdown food, Assimilate it, Absorb it, and properly Eliminate it) - because it's rejecting that substance - then our immune system gets overworked and it can't keep up with whats it takes to continuously ward off invaders. Here our nutritional reserves become overdrawn, our microbiome is compromised, and we may be headed for some type of health issues, as the body attempts to eliminate the invader through the skin (ie. eczema, psoriasis, rashes, etc.), and through other avenues of elimination that are clogged., due to the lymphatic system struggling with over production of mucous. When allergen are triggered, the body attempts to protect irritated tissue with mucous production. The accumulation of this is a major contributor to what exasperates the issue. The lymphatic and circulatory system can handle a limited degree, though will become congested with inflammation if we don't stop ingesting (or stop exposure to) allergens.

Histamine Response

To recap, allergens create a histamine response, and create symptoms that many pop a pill for, or just suffer. Reactions usually appear within 5 minutes to 2 hours after eating

ALLERGEN FOODS



something we are allergic to. Histamine is a protein that's released upon reaction to a substance our body isn't able to BAAE - that cause our capillaries - or tiny blood vessels to leak fluid in order to protect itself. As the fluid collects, it often creates a rash. If this response is constant, it can tax the immune system, and break down immune defense.

Common allergen foods/substances:

Meat

and it's by-products found in many foods

Caffeine

when our immune system gets triggered, the antibody immunoglobulin E gets produced. Some are more sensitive than others. It's found in coffee, black/green tea, many Asian teas, matcha, mate, chocolate, raw cocoa, guarana, etc

Crustaceans

such as shellfish, crayfish, shrimp, prawns, crabs and lobster

Diary

lactose

Sugars

including refined white sugar, fructose, high fructose corn syrup, and natural sugars



Corn

Soy

even without an allergy, eat in moderation as it can affect hormones. Suggest to only use non-GMO

Chocolate

including raw cocoa. It's said the fermentation of the bean is what causes responses, along with caffeine

GMO foods

soy, canola, corn, potatoes, papaya, sugar beets, and most all packaged foods. Buy organic instead

Gluten based foods

wheat, sienna, rye, barley, couscous, bulgur, wheat, wheat germ – found in many packaged foods such beer, soy sauce, breads, crackers, deserts, pasta, seasonings, chicken broth, veggie burgers and packaged vegan foods, soba noodles and pasta, and some salad dressings

Preservatives

some Prescription drugs known to destroy microbiome

Food dyes

Alcohol

Fried Food

Hybridized Foods

high in sugar, low in minerals - denatured foods that no longer produce a seed - such as bananas, seedless watermelons & grapes, cashews, etc.

Vinegar

yes, for some that means ACV - Raw Apple Cider Vinegar

Yeast

for some even brewers yeast, and the ever popular nutritional yeast

Sulphites

some wines, bottled juice, dried fruits, bottled lemon juice, sauerkraut, packaged foods

Tap water

Antibiotics

prescription and recreational drugs

How will you know what foods are allergens?

Now that you have a comprehensive list of common allergens, be sure to read product labels. Eliminating processed foods from your diet is very helpful. Even if you don't have food allergies, so you don't develop them in time. Lean into whole-foods - they will give you greater nutrition because your body can better - yep, BAAE! The result is you feeling better - to super great. Be sure to pay close attention to the signs of your body, as some plant foods can also contain allergens. Get to know your body, and listen to it - it knows, and is your greatest guide for navigating allergens - what it likes, and what it doesn't. Be patient, as healing naturally isn't always a quick fix - yet its thorough!



Fermented Foods

Fermented foods are controversial in that some thrive with them, while many don't. Many health coaches and gurus tout fermented foods as a great gut flora builder. And for some they truly are... while for others, they only contribute to more skin outbreaks, bloating, gas, and low energy. One size doesn't fit all with fermented foods. Best to self-test (self instructions below), and get to know the unique messaging of your particular body. Find out if fermented foods are medicine or poison for you personally. It's all back to your personal microbiota, with its individual fingerprint like characteristics that are unique - like you! That's why what works for one, doesn't work for all. You may not do well with one fermented food, though super well with another, for example kombucha may instantly irritate your tissue and give symptoms, though you may do great with kimchee. Listen to your body as number one boss! Don't know how? No worries, we cover that topic in the last lesson of our Go Vegan online program.

Why doesn't everyone respond the same to allergens?

According to what part of the world you are from, your culture, climate, and environmental conditions, water, soil, and the nutritional values you've been exposed to; all of these factors contribute to the condition of our microbiome, or gut flora we may or may not have immunity for - in one part of the world over another. A person from Indonesia may not be bothered by certain contaminants in water found there, though someone from the US or Europe, may become deathly ill. I once worked with a progressive woman from India, living in New York City who had nothing but digestive problems living in the west. Why? Because her gut flora, or gut microbiota was conditioned by her culture, food, lifestyle, habits, stress, and emotions. Adjusting to a new world outside of what her body knows - was very challenging - affecting her state of happiness, health, and overall well-being.

What can you do to manage allergies?

- 👉 first and foremost, learn how to closely listen to your body, self-trust, and be willing to change habits
- 👉 get tested for common food and environmental allergens, plus candida and parasites
- 👉 identify and eliminate foods you're reacting to (see self-testing below)
- 👉 eliminate the list of common allergens listed above, and all junk food to get a fresh start
- 👉 rebuild your pepsin, HCL, and microbiome with a vegan whole-foods diet
- 👉 take HCL and a food based pepsin supplement if needed
- 👉 take a high quality probiotic
- 👉 rebuild HCL by drinking either an ounce of strained lemon juice, or raw apple cider vinegar (if agreeable with your body) just before every meal
- 👉 eat prebiotic rich foods that help build gut flora such as - all raw (uncooked) form: Jerusalem artichokes, asparagus, garlic, chicory, onions, leeks, Savoy cabbage, watermelon, grapefruit, custard apples, flax seeds, almonds, pistachios, oatmeal, salad, high fiber foods, whole-grain breads.
- 👉 take quercetin, a nutrient high in antioxidants - or better yet, get it from your food by eating berries, cherries, broccoli, kale, tomatoes, onions, apples, citrus fruits, and the herbs St. John's wort and ginkgo biloba.
- 👉 drink green juice (1-3 liters daily)
- 👉 drink pure water (1-3 liters daily)
- 👉 eat a high fiber, water, mineral and vitamin rich diet (remember the 6 Elements of Food lesson)
- 👉 Fast! This is an expedited way to clean out the storage lying dormant in our small and large intestines, which can back up into our organs, poisoning them (along with our cells and blood) - similar to sewer pipes that are too full and need emptying. Fasting is a quick and easy way to clean out and repair our organs, bodily systems, and cure allergies.
- 👉 manage stress and emotions as they can compound allergic reactions

Healthy microbiota can more easily rebuild, when we first clean out.

Will you be able to eat allergen foods again?

Well, it depends. Clean your body out, rebuild your mineral reserves and microbiome, and you may be able to handle small doses on a non-regular basis. Though, by going back to the old diet, we usually get the same results - especially when we do too much of it. Don't let that intimidate you! Follow these guidelines and learn your body - what it can, and can't do. Then you can make educated choices, based on cause and effect, rather than rigidity or fear.

What about taking medication for allergies?

Histamine suppressants are very common, they are known as anti-histamines. Side effects may include changes in vision, dry mouth nose and throat, upset belly, weight

gain and increased appetite, feeling dizzy, tiredness, irritability and more. Long-term affects can be serious from memory loss to diabetes, osteoporosis, mood problems, high blood pressure, dysfunction of vocal chords, and sleep issues. Besides, we aren't healing - we are suppressing symptoms that can create accumulation in our body, and lead to threatening problems. There's another way, for those willing to investigate and explore healing naturally.

How To Self-Test for Allergies

1. Keep a journal of what you consume.
2. Notice what gives you symptoms, and what doesn't. Track consistently.
3. Isolate what you consume, so take one thing at a time, and notice how it affects you. Write it down.
4. When you have symptoms, notice:
 - if your heart races
 - you heat up
 - you have a light to heavy fever

These are all signs that you're experiencing a histamine response - or allergic reaction - and your body is attempting to eliminate the threat from your system.

5. Also notice if your skin breaks out, you experience bloating or swelling, stiffness, you don't have energy, etc. Write it all down, consistently for best results.
6. One by one, eliminate what causes symptoms, and begin to rebuild your microbiome with the suggestions above.

Allergies & Emotions

One of funny memory I have of my mother is how she always had little tissues around the house everywhere. Her nose and eyes were almost always running, her belly bloated, and she needed to take naps often. I just thought that was normal. Meanwhile, most everyone else in my family would talk about their sinuses, pollen season, and there was plenty of burping and farting going on. This was just a way of being, that I didn't question - until I started developing symptoms like these myself, after taking massive antibiotics that saved my life, though wiped out my immune system (microbiota). This started my journey of writing to you now, in this way. If we didn't address the emotional component of allergies, we would miss half the opportunity to heal on a much deeper level, and truly understand ourselves. Here are some common emotional symptoms we experience with allergies... feeling like:

- there's no hope like we just have to put up with it and suffer
- we aren't understood, or like others relate to us
- others think we are a hypochondriac and we are weak or a complainer

- we just need to cope and hide how we really feel
- powerless because we are impeded by these annoying symptoms

This is just a start to how many of us feel with allergies. You know the story if you suffer from them. How do they emotionally affect you?

Bottom line: what if they are an opportunity to face what makes us feel disempowered and to know who we truly are? To heal how we may not have felt seen and heard as a child, that puts us in a symptom story to finally get the attention we need. What if they are here to help us reclaim and regain our body, soul, and psyche? Be sure to use the worksheet in this lesson to go deeper into this inquiry. There is another way if we are willing to forge through old feelings we may not even know are there - to see and hear ourselves - and become our own greatest love. So, let us say - thank you allergy teacher, I hear your call, and I'm ready now to fully heal my body and soul. Still not sure? Take my hand, and let's do this together... support is everything. Write me a note in the Facebook group, or in the comments of this lesson, and let us hear and see you together. Remember, when you reach out and share, it tremendously helps others who feel shy too. So go ahead, open up for the love you so deserve, express yourself, and let's grow - together. And if there's still anything keeping you from that, perhaps that's the part of you that needs you most? We are all broken beings on some level, it's not personal. And we are equally whole, complete, and resourceful. The journey of wholeness helps us to safely explore what we hide, and it can be the difference between truly healing from allergies, and putting a band-aid on them.

Professional testing can be very helpful, though not always 100% accurate. Be sure to listen to your body, and follow its messages.

