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**Allergy and Candida Cooking made Easy**

**Dr Sally's Allergy Recipes**



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## We provide the following modalities to support Adults and Families a brief overview

**Acupuncture:** We use disposable needles

**Bio-Energetic Medicine:** Uses equipment for diagnosis and treatment

**Biological Medicine:** An integrated system that uses many modalities for pathology and wellness

**Craniosacral Therapy:** Hands-on system to very gently correct the musculo-skeletal system and fascia of the body

**Functional Medicine:** Focused on wellness assessments and tailored treatments.

**Hair Mineral Analysis:** Checks for deficiencies in minerals and vitamins. Can also tell if you are pre-osteoporosis

**Homeopathy:** Remedies are in liquid form and tablet forms and work through stimulating your immune system.

**Herbal Medicine:** Remedies usually come in tablets in precise dosages, unlike Chinese herbals which are traditionally "brewed" at home

**Hynotherapy:** "Mind effects body". Used to improve thinking and learning faculty, healing, phobias

**Iridology:** Diagnosis using the markings in the eye. Also checks for genetic predisposition and constitutional strength

**Kinesiology:** Hands-on system. We primarily use this as a quick preliminary diagnostic tool

**Naturopathy:** The Western System of Natural Medicine

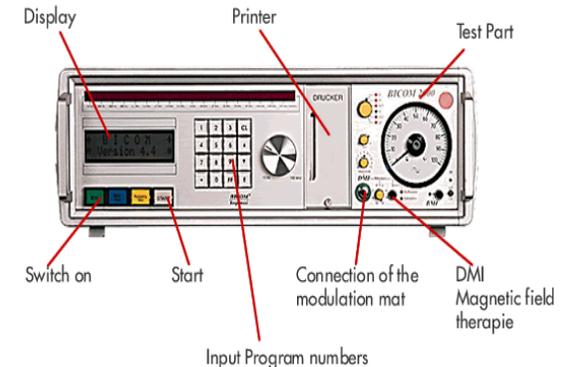
**Spinal Manipulation:** Hands-on system for pain. Used in conjunction with Craniosacral Therapy, Kinesiology and Total Body Modification

**Visceral Manipulation:** Correcting lesions of the internal organs

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# A NATUROPATHIC APPROACH TO

# ALLERGIES



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## **ALLERGIES**

### **Allergy Defined**

Translated literally, allergy means "altered reactivity". It is an abnormal or exaggerated response to a substance that is harmless to the majority of the population. People are often confused by the terms allergy, intolerance and sensitivity. A classical "allergy" involves activation of the IgE portion of the immune system. The mechanisms of intolerance and sensitivity are less well understood but also involve the immune system and various chemical mediators in the body.

### **Symptoms**

An allergy can cause just about any symptom you can think of and can often mimic well-known diseases. Possible acute symptoms include throat constriction, rashes; while more chronic symptoms may be present such as : muscle and joint pain, arthritis, chronic fatigue, depression, poor concentration/memory, insomnia, weight gain, hypoglycemia, skin conditions like acne, eczema and psoriasis, asthma, hyperactivity/ADHD, bed-wetting, ear infections, constipation or diarrhea, skin flushing (i.e. red ears or cheeks), heart palpitations, gas and bloating.

### **Causes**

Perhaps one of the most baffling issues surrounding allergies is why some people are affected and other are not.

Also confusing is why people react differently to the same things; peanuts, may cause anaphylaxis in one person and extreme fatigue in another.

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Genetics play a large role in determining who will suffer from allergies. In fact, if both parents have allergies their children have a 75-100% chance of developing allergies. Everyone has a genetic "Achilles Heel", a weak part in his or her body. It is in this part or system that a person will likely experience symptoms.

Other contributing factors include mother's exposures during pregnancy (virus, drugs, radiation, chemicals), early weaning, genetic alteration of food, major illnesses, stress, poor diet, poor digestion, low stomach acid, excess consumption of a particular food, toxic exposures, pesticides and drugs.

### **Medical Testing**

Skin Scratch Test – Best for inhalant allergies but very limited to diagnose food allergies accurately.

ELIZA – Blood samples are sent to private labs and tested for antibody levels. Tests for both immediate and delayed allergic reactions and can test hundreds of substances at a time. The drawback to this test is the expense.

### **Naturopathic Testing**

Elimination/Provocation – Eliminate common allergens from diet (wheat, dairy, corn, sugar, soy and egg) for 7-14 days and then re-introduce them one at a time at appropriate time intervals.

Computer – Common names include Vega or Omega Testing. Uses electrodermal skin resistance to detect allergies.

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Applied Kinesiology – Also known as muscle testing. Experienced practitioners can use to detect a variety of allergies.

### **Naturopathic Treatment**

Naturopathic methods of treatment have an excellent track record in successfully treating allergies. You could expect to receive all or some of the following when being treated by an ND for allergies.

Diet – removal of known allergens, elimination diet, counseling on food alternatives and recipes.

Immune support – vitamins, minerals, herbs, hydrotherapy.

Adrenal support – vitamins, minerals, herbs.

Digestive support and Gut Healing – digestive enzymes, acidophilus, supplements, herbs.

Stress reduction – breathing techniques, exercise programs.

Lifestyle modifications – chemical and scent-free living.



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