Food & Environmental Allergies

If You Suspect Food & Environmental Allergies...

FIRST: Think of any significant changes in your life just prior to the time when your symptoms began.
* Was it a pollen season?
* Had you just moved or started a new job or school?
* Did you purchase a new mattress, carpet, furnace, and furniture?
* Did you paint or pesticide your home?
* Did you remodel or repair something in your home? Construction materials can cause illness.
* Was there an upset in your health (infection / operation) or an extreme stress in life, home, family?

The “Big Five” Will Give You Specific Accurate Solutions That Everyone Else Has Missed …

1. WATCH: your behavior or activity
When there is a characteristic change in how you or your child feel, act, or behave. This indicates the brain has been affected.

2. WATCH: your appearance
When there is a characteristic warning change in how you look. The red earlobes, dark eye circles, nose rubbing, throat clearing, wiggly legs, lip licking and itchy skin are all typical clues that say watch out. It is about to begin!

3. WATCH: your pulse
If your pulse becomes irregular or too fast after a chemical or allergenic exposure, your entire body is in an alarm state because your blood circulation or heart has been affected. In others, it is the blood pressure that is affected. You can either take medications for years, or find the cause and eliminate it – without drugs.

4. WATCH: your handwriting
If your handwriting or drawing suddenly deteriorates, your nervous system and brain have been affected. Ask why.

5. WATCH: your breathing
If your breathing is fine, skip this one. If, however, it becomes more difficult or your Peak Flow Meter (PFM)* reading drops, this indicates your lungs have been affected by some exposure. A PFM is a hollow plastic tube with a gauge on it that moves when you blow into it. With it, you can measure how easily you breathe air from your lungs. (For more helpful details about the “Big Five,” see chapter 3 of “Is This Your Child?” or check out Is This Your Child’s World?).

Always think in terms of what was eaten, touched, or smelled just prior to the onset of any significant activity, medical, emotional, learning or memory problem.

Most environmental or allergy symptoms are due to:
* Something inside your home, school, or work area
* Something outside your home, school, or work area
* Foods or beverage
* Chemical exposures

So check out the Big Five. Determine for yourself which of the above are related to some change in your behavior, activity, appearance, pulse, handwriting or breathing. You, like thousands of others, can find answers from cause and effect relationships.

Eliminate the cause and there is nothing to treat. This will save you money, time and discomfort.

THIS IS A VERY KEY POINT:
Most foods and inside or outside contacts cause symptoms within an hour. However, some delayed food and mold symptoms can occur in 8 to 24 hours after an exposure. This makes it more difficult to readily see cause and effect, relationships associated with the onset of eczema, bed-wetting, mouth ulcers, colitis or bowel disturbances, and arthritis, for example. Simply knowing this, however, will greatly help you pinpoint even these culprits. In contrast, chemicals typically cause illness within minutes.