NATURAL THERAPIES FOR ALLERGIES

Natural Root Cause Prevention and Treatment
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WELCOME
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Introduction
Why talk about allergies?

- Lots of it
- Everywhere
- Increasing
- Impact
- Worsening
Lots of it

- Allergies are one of the most common health conditions, affecting 1 in 5 Americans. ¹

From American Academy of Asthma, Allergy, and Immunology website

- “Almost 8% of population have hay fever” ²
- “In 2012, 7.5% or 17.6 million adults were diagnosed with hay fever in the past 12 months.” ³

1. Quest Diagnostics Health Trends™ Allergy Report 2011
“Worldwide, allergic rhinitis affects between 10% and 30% of the population.”

“Allergies are prevalent throughout the U.S., occurring in each of the country’s 30 largest cities. Yet, some cities demonstrated higher rates of sensitization than others, with Dallas, Phoenix, Baltimore, Washington, D.C., and Boston experiencing the greatest burden (see page 16).”

1. World Health Organization. *White Book on Allergy 2011-2012 Executive Summary*. By Prof. Ruby Pawankar, MD, PhD, Prof. Giorgio Walkter Canonica, MD, Prof. Stephen T. Holgate, BSc, MD, DSc, FMed Sci and Prof. Richard F. Lockey, MD.

2. Quest Diagnostics Health Trends™ *Allergy Report 2011*
INCREASING

- Quest’s research found a 15% increase in ragweed sensitization by antibody tests over the 4 years of their study. This was the largest increase of any allergen. ¹

- Other research supports Quest’s findings. ²,³

- Quest also found a 12% increase in mold sensitization over that period. ¹

- Overall the allergen-sensitization rate increased by 5.8%. ¹

  1. Quest Diagnostics Health Trends™ Allergy Report 2011
IMPACT

- Research found that people with allergies
  - Miss average of 1.7 workdays per year from allergies
  - Have 69 workdays per year with symptoms
  - Report a 10% decrease in productivity

- Thus estimates indicate in U.S.
  - 4 million lost or missed workdays per year
  - Loss of $700 million in productivity


IMPACT PART 2

- 11.1 million visits to a doctor in 2010 diagnosed primarily with allergic rhinitis. ¹

- Survey showed that healthcare providers may overestimate patient’s and parents’ satisfaction with allergy therapy. ²

INDIVIDUALS GETTING WORSE

- **Allergy March**¹
  - Accepted in conventional medicine²,³
  - The progression from allergies in childhood to other allergic diseases as adults.²,³
    - Asthma, etc.
  - Begins with childhood food allergens¹
  - Then environmental allergens later.¹

- **Early treatment lowers risk of future worsening.⁴**

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¹ Quest Diagnostics Health Trends™ Allergy Report 2011
WHAT THIS SERIES WILL ADDRESS
Basic Approach in this episode
- What is an allergy
- How to diagnose
- Conventional therapy

Multimodal natural root cause approach - next four episodes
- Lower inflammation
- Lower triggers
- Treat leaky gut
- Natural therapies to lower histamine
WHAT IS AN ALLERGY? - SYMPTOMS

- EENT - Eyes, Ears, Nose, Throat
  - Hay Fever
  - Sinusitis
  - Conjunctivitis
  - Post nasal Drip

- Respiratory
  - Bronchitis
  - Asthma

- Skin
  - Hives
What is an Allergy? – More Symptoms

- GI
  - Nausea
  - Diarrhea
  - Irritable Bowel

- Neuro-Psych
  - Migraines
  - Dizzy
  - Mood changes and Fatigue

- Anaphylaxis
  - Even death
SIMPLE BIOLOGY

- Immune response of the Th2 arm
  - By antibodies called IgE and cells that interact with them
- Over-reaction to a benign substance
- Releases immune signals
  - Primarily histamine
- Cascade of:
  - Inflammation
  - Swelling
  - Smooth muscle contraction - Asthma
  - Mucous
  - Cardiovascular collapse
Testing and Diagnosis

- Exposure
  - Peanuts
  - Antibiotics

- Skin Testing
  - Prick
  - Patch

- Blood
  - Ig E
  - Ig G ?
CONVENTIONAL THERAPY

Avoid
Prevent
Treat Symptoms
AVOID

- What
  - Foods
  - Antibiotics
  - Environmental

- How
  - Diet
  - Masks
  - Cleaning
  - No Pets
  - Air Filters
Prevent

- Pre-treat with anti-histamines - “non-sedating”
- Steroids (inhaled and nasal)
- Singulair
- Albuterol type inhalers
- Immune therapy - expensive and newer
  - Reserved for severe cases
- Desensitization
  - Allergy shots
ACUTE SYMPTOM THERAPY

- Anti-histamines - fast acting, sedating and “non-sedating”
- Steroids (oral, inhaled, nasal) - slower response
- Epi Pen - life saving
- Albuterol inhaler
- GI - various
- Migraines - pain meds
HOW IS THIS FAILING?

- Not addressing root causes
- Not real prevention
- Just a band-aid mostly
- Allows allergic march
MULTIMODAL ROOT CAUSE NATURAL THERAPY

- Lower Inflammation
  - Prepare body to not over-react
- Lower Triggers
  - Prevent attacks and susceptibilities
- Treat Leaky Gut
  - Close gaps in defense
- Therapies to lower histamine
  - Address breaches in the gaps when they occur
LOWER INFLAMMATION

- Shift Th2 to Th1 immune response
- Address all the inflammation sources
- Shift to fighting real attackers
- Decrease stress on body
LOWER TRIGGERS

- More than just environmental trigger control
- Environmental chemicals and toxins
- Cross reactions
Treat Leaky Gut

- This is an open door to prime the immune system
- Contributes to allergic march
- Significant morbidity
  - Inflammation
  - Lifestyle
  - Cardiovascular
  - Vitamin and Mineral Deficiencies
Natural Therapies to Lower Histamine

- Non-pharmaceuticals
- Can still use pharmaceuticals with it
- Secondary benefits of natural
  - Rather than side-effects of drugs
- Work at root cause
- Bypass genetic issues
Lower Inflammation
To Treat
and
To Prevent Allergies