
american environmental health foundation Allergy relief and nutrition

Posted by Roxy - 2009/09/08 19:12

In addition to the above, linoleic acid is helpful for allergies, in the form of flax seed oil, evening primrose oil and the bioflavonoids. Vitamin C itself does not have antihistamine action, it does dry up secretions at higher doses however. The bioflavonoids, such as quercetin and hesperidin are natural mast cell stabilizers which is what antihistamines are supposed to do. The essential fatty acids help the body fight food and plant allergies in a number of ways. Good Luck, if I can help you with any more info let me know. Shiroko Thanks for the info. Maybe it is the bioflavonoids in my Vitamin C that are helping my seasonal allergies, rather than the C itself. I also take Evening Primrose Oil for joint pain; it doesn't seem to relieve my allergies by itself, but maybe the combo with the bioflavonoids was what did it. More research is needed, as they say. (Or more trial and error, for those who can't wait for real research.) Roxy

=====

american environmental health foundation Allergy relief and nutrition

Posted by Jeffrey Fried - 2009/09/08 19:12

Vitamin C has no antihistamine capability and i know of no nutritional therapy which helps allergies. In fact i have been made ill by so-called natural approaches. The only things which i know work are allergy shots, antihistamines, naselechrom nose spray, steroid nasele sprays and naphcon-A for the eyes. ... jeff I've tried both pharmaceutical and natural remedies for allergies, and they've both worked for me. The side effects are different, in my experience

=====

american environmental health foundation Allergy relief and nutrition

Posted by Karen Carter-Schwendler - 2009/09/08 19:12

Chuck

=====

american environmental health foundation Allergy relief and nutrition

Posted by Maria - 2009/09/08 19:12

and what they did to resolve them. Patient is also allergic to adhesives found in shoes. She is unable to find shoes to wear. Dr. Belsky

=====

american environmental health foundation Allergy relief and nutrition

Posted by Steve Emerson - 2009/09/08 19:12

: I have a patient with severe allergies. She is allergic to formaldehyde, : all foams, cotton seeds, and most synthetic materials. She has not been : able to find a mattress to sleep on do to fire retardant materials found in : commercial mattress. I would appreciate if anyone had any similar problems : and what they did to resolve them. Patient is also allergic to adhesives : found in shoes. She is unable to find shoes to wear. Dr. Belsky: 1) Bed. Some people who can handle cotton get an organic futon. Many places will NOT put fire retardant in the futon if given a Dr. Rx. New cotton

=====

american environmental health foundation Allergy relief and nutrition

Posted by Dr. John A. Allocca - 2009/09/08 19:12

As i indicated in a separate email, i've taken upwards of 3 grams each day of Calcium Ascorbate and found it had absolutely NO impact on my allergies or asthma, although it did make me urinate more frequently. So, i switched to a lower dose (< 400-500mg per day) and found no change in anything. I am allergic (classic IgE response) to a number of foods and i find that eliminating them from my diet is the only way to deal with them. So far i haven't found any natural aids to dealing with allergies or asthma. Traditional medicine with all of its limitations and tradeoffs has been the only form of medicine that has provided any help to me. I have found that many allergies are worsened by

congestive bowel toxicity. Please read two papers: allergy and asthma home environment report congestive bowel toxicity at the allocca technical's health information library <http://www.quickpages.com/essential.nutrition>

=====

american environmental health foundation Allergy relief and nutrition

Posted by Steve Emerson - 2009/09/08 19:12

One more thing... For use in creating a non-toxic bed, there is this non-toxic tape called foil tape which is indispensable for sealing out unwanted fumes. It is tape with aluminum foil on the outside. You can get it from the American Environmental Health Foundation. 800 428-2343

=====

american environmental health foundation Allergy relief and nutrition

Posted by Adrienne Vincent - 2009/09/08 19:12

I have a patient with severe allergies. She is allergic to formaldehyde, all foams, cotton seeds, and most synthetic materials. She has not been able to find a mattress to sleep on do to fire retardant materials found in commercial mattress. I would appreciate if anyone had any similar problems and what they did to resolve them. Patient is also allergic to adhesives found in shoes. She is unable to find shoes to wear. Dr. Belsky

=====

american environmental health foundation Allergy relief and nutrition

Posted by Karenelisa & Carl Broyles - 2009/09/08 19:12

they've both worked for me. The side effects are different, in my experience

=====

american environmental health foundation Allergy relief and nutrition

Posted by Sue Killian - 2009/09/08 19:12

I purchased an organic cotton mattress from Dona Designs a couple of years ago. I am very pleased with it. You must send a prescription with the order. The address of Dona Designs was: 825 Northlake Drive, Richardson, Texas, 75080
Phone: (214) 235-0485

=====

american environmental health foundation Allergy relief and nutrition

Posted by Steven D. Litvintchouk - 2009/09/08 19:12

I've been taking Echinacea for a number of years with great success. However, you don't take it routinely. You take it at the first sign of a cold or other infection and it will kick the immune system into high gear to knock out the cold. Agreed. I have just one more thing to add: I keep taking the Echinacea for an additional week *after* the cold symptoms have disappeared. Reason: When I get a cold, I tend to be susceptible to sinus infections that seem to begin 1-2 days after the cold disappears, and the Echinacea may help prevent this too. If I can get thru a whole week after the cold without experiencing sinus trouble, then I'm home free.

=====

american environmental health foundation Allergy relief and nutrition

Posted by James Smyton - 2009/09/08 19:12

Hello Kevin, I read your note which is copied below. I am wondering if you every tried nutritional therapy of any kind. Like, I noticed that vitamin C acts as an antihistamine. I am looking for more things like this. I am surprised that more people do not write in this newsgroup Drop a line. Until next time. Have fun. Take care.

Aloha, steveo

american environmental health foundation Allergy relief and nutrition

Posted by James Smyton - 2009/09/08 19:12

your environmental allergies will diminish as well. Chuck Petch Okay Chuck, I'm game. I've been taking acidophilus and garlic for 2 years. I am guilty of not drinking enough water. I can't really afford evening primrose oil - any suggested substitutes. I love sugar! And it's damn hard to avoid all of my food allergins entirely (raw fruits, most raw veggies, milk protein, eggs). What's your expert advice? Emily

american environmental health foundation Allergy relief and nutrition

Posted by Steveo - 2009/09/08 19:12

Steveo Steveo Vitamin C has no antihistamine capability and i know of no nutritional Steveo therapy which helps allergies. In fact i have been made ill by Steveo so-called natural approaches. The only things which i know work are Steveo allergy shots, antihistamines, nasechrom nose spray, steroid nase Steveo sprays and naphcon-A for the eyes. Steveo Steveo ... jeff Steveo Steveo Steveo I've tried both pharmaceutical and natural remedies for allergies, and Steveo they've both worked for me. The side effects are different, in my Steveo experience

american environmental health foundation Allergy relief and nutrition

Posted by Della Noche - 2009/09/08 19:12

equal doses three times a day (I take 2 grams with breakfast, lunch, and dinner, for a total of six grams a day). Chuck Petch

american environmental health foundation Allergy relief and nutrition

Posted by Jeffrey Fried - 2009/09/08 19:12

And i've never found a single natural cure that did anything for me except reduce the contents of my wallet.... Jeff, I've had remarkable results with allergies by diet and nutritional supplements. I had severe food and environmental allergies (pollen, dust, etc). After treating the food allergies successfully with diet and supplements, many of my food allergies have gone away, the severe rash that I had has gone away, and the allergies to pollen have greatly diminished. The reason for the environmental allergies is often because of the stress that food allergies place on the immune system. Solve the food allergies and the environmental allergies will often diminish also. However, one important note: it takes months for the dietary approach to work. You will not see any results in a week or two, but you will see gradual improvement. In my case it has taken about 8 months to get 90% better. I still have about 10% to go. Here's what I did in summary: (1) Take garlic and acidophilus to kill yeast in the intestine and replace it with good bacteria. (2) Take essential fatty acids to ensure that the body produces enough hormones, particularly the steroids that control immune response. You can take Evening Primrose oil, or you can take a combination of Flax Oil and Wheat Germ Oil. (3) Eat proteins regularly and avoid sugar. Sugar weakens the immune system, and protein is required in order to produce digestive enzymes to digest foods and prevent food allergies. The most complete protein is the fertilized egg, which should be cooked soft (the soft yoke has ALL the amino acids that are needed for complete enzyme production). (4) 2-10 grams of vitamin C in three equal doses per day to strenghten the immune system. (5) Drink plenty of water, at least 1 ounce for every two pounds of body weight. This keeps the toxins flushed out of your system. (6) Avoid foods that you think you are allergic to. The most common problem foods are wheat, corn, dairy, and yeast. If you do eat a food to which you are allergic, wait at least 3 days before eating it again. The allergic reaction will diminish after 3 days. As you start to get better, you will discover that the list of foods you are allergic to will grow shorter and shorter, and your environmental allergies will diminish as well. Chuck Petch

american environmental health foundation Allergy relief and nutrition

Posted by Mary Stoddard - 2009/09/08 19:12

hospital or foundation (NIH) to research this cure, confirm it, and find a pharmaceutical company to move it into the mainstream. I had chronic hives for six years. I was on different mixes of antihistamines, albuterol, and steroids during that time. I also tried varying my diet, vitamin therapy, homeopathy, hypnosis, and using only fragrance-free toiletries and detergents. What finally cured me was a visit to a Chinese herbalist. He listened to me, checked my pulse, fingernails, and tongue (I know, weird), then prescribed tea for me to drink three times a day, and said that if I had come to him right away, he could have cured me within a week. AND, I'LL JUST BET HE TOOK YOU OFF ALL DRINKS/FOODS CONTAINING THE ARTIFICIAL SWEETENER, ASPARTAME AT THE SAME TIME. LOTS OF PEOPLE REPORT HIVES FROM THEIR ART. SWEETENERS. MARY STODDARD

=====

american environmental health foundation Allergy relief and nutrition

Posted by Mike Davis - 2009/09/08 19:12

Is that regular vitamin C or Ester C? I recently bought Ester C, and on the bottle it says take *up to* two a day - not something I've seen on any other bottles of Vitamin C. Do the same C rules apply, or are we to conclude that since it is four times as strong as regular vit. C that it is four times as easy to OD? Before we conclude anything let's first question the assertion that Ester-C is four times stronger, I offer the following: From VRP Newsletter November 1994, Customer's Corner: Q. I have repeatedly heard that Ester-C is a superior form of vitamin C. Does the research support this? A. Ester-C is a proprietary vitamin C product composed of a mixture of calcium ascorbate, dehydroascorbate (oxidized vitamin C), calcium threonate, and small amounts of xylonate and lyxonate. The last three ingredients are metabolites of vitamin C that, according to the manufacturer, increase Ester-C's bioavailability four-fold compared to ascorbic acid. A recent comparison of vitamin C and Ester-C, published in the Journal of the American Dietetics Association (volume 94: 779-781), compared ascorbic acid, Ester-C, and ascorbic acid plus bioflavonoids. Measurements of plasma and urinary vitamin C revealed that Ester-C was not superior to either ascorbic acid group. There were no significant differences in the 24-hour urinary excretion of vitamin C. Interestingly plasma vitamin C levels decreased more rapidly after Ester-C supplementation when compared to the other two ascorbic acid groups. In fact, Ester-C increased plasma levels of vitamin C less effectively than ascorbic acid at six and eight hours post-dose. We have suspected for some time that much of the so-called research used to market Ester-C is driven by marketing, not science. In fact, because of this Ester-C has received a Bad Science (BS) award from the Journal of Optimal Nutrition. We haven't included it in our product line despite numerous requests. At three times the price of ascorbic acid it seems that Ester-C isn't four-fold more bioavailable than regular vitamin C, but rather only three times more expensive.

=====

american environmental health foundation Allergy relief and nutrition

Posted by Jeffrey Fried - 2009/09/08 19:12

Steveo Steveo Vitamin C has no antihistamine capability and i know of no nutritional Steveo therapy which helps allergies. In fact i have been made ill by Steveo so-called natural approaches. The only things which i know work are Steveo allergy shots, antihistamines, nasechrom nose spray, steroid nase Steveo sprays and naphcon-A for the eyes. Steveo Steveo ... jeff Steveo Steveo Steveo Steveo I've tried both pharmaceutical and natural remedies for allergies, and Steveo they've both worked for me. The side effects are different, in my Steveo experience

=====

american environmental health foundation Allergy relief and nutrition

Posted by Jeffrey Fried - 2009/09/08 19:12

Wow - my only experience with a Chinese herbalist was very positive. Note: I apologize to those of you who have read my history in previous messages. It took me so long to find a cure, and it worked so well once I found it, that I want to let as many people know about it as possible. If anyone has other suggestions of places I might e-mail, write, or call with this information, I'd appreciate it. Ideally, I'd like to convince a research hospital or foundation (NIH) to research this cure, confirm it, and find a pharmaceutical company to move it into the mainstream. I had chronic hives for six years. I was on different mixes of antihistamines, albuterol, and steroids during that time. I also tried varying my diet, vitamin therapy, homeopathy, hypnosis, and using only fragrance-free toiletries and detergents. What finally cured me was a visit to a Chinese herbalist. He listened to me, checked my pulse, fingernails, and tongue (I know,

weird), then prescribed tea for me to drink three times a day, and said that if I had come to him right away, he could have cured me within a week. AND, I'LL JUST BET HE TOOK YOU OFF ALL DRINKS/FOODS CONTAINING THE ARTIFICIAL SWEETENER, ASPARTAME AT THE SAME TIME. LOTS OF PEOPLE REPORT HIVES FROM THEIR ART. SWEETENERS. MARY STODDARD

=====

american environmental health foundation Allergy relief and nutrition

Posted by Daniel Blatt - 2009/09/08 19:12

Try Verlo Mattress Co., (312) 541 1234. They used to make custom mattresses, metal springs with vinager rinsed and pre-washed cotton batting, upon request. Quite expensive, but very good. They were shipped in cardboard containers, and so required a few days of outgassing upon arrival. Beware of organic cottons, which can be very smelly. Haven't been in touch with Verlo in some years, but hopefully, they're still in business.

=====

american environmental health foundation Allergy relief and nutrition

Posted by Jeffrey Fried - 2009/09/08 19:12

big snip The vitamin C CAN be taken routinely and should be taken in equal doses three times a day (I take 2 grams with breakfast, lunch, and dinner, for a total of six grams a day). Chuck Petch

=====

american environmental health foundation Allergy relief and nutrition

Posted by Joseph Crowley - 2009/09/08 19:12

big snip The vitamin C CAN be taken routinely and should be taken in equal doses three times a day (I take 2 grams with breakfast, lunch, and dinner, for a total of six grams a day). Chuck Petch

=====

american environmental health foundation Allergy relief and nutrition

Posted by margaret - 2009/09/08 19:12

I have a patient with severe allergies. She is allergic to formaldehyde, all foams, cotton seeds, and most synthetic materials. She has not been able to find a mattress to sleep on do to fire retardant materials found in commercial mattress. I would appreciate if anyone had any similar problems and what they did to resolve them. Patient is also allergic to adhesives found in shoes. She is unable to find shoes to wear. Dr. Belsky I got an all-cotton mattress with no anti-fire chemicals (they used baking soda for that) from Bloomingdales for about \$1300 for mattress and box springs queen size. margaret

=====

american environmental health foundation Allergy relief and nutrition

Posted by Chuck Stoup - 2009/09/08 19:12

been my best approach to nutritional therapy. Vitamin C and other nutritional approaches can be a help in that they can alleviate any stress caused by allergies. For me, cutting out foods I know I'm allergic to (ascertained by a V. C and others also tend to help bolster the imune system. Although not statisticly significant with a sample size of one, I rairly get ill since I have been taking Vitamins A, B, and C mostly for my asthma. Just a side benefit, but in my opinion one worth taking even if I didn't have asthma. Chuck

=====