



Thymely News

a path to wellness

Vol. 6 No. 5

Attack Allergies with Anti-Inflammatory Nutrition

A diagnosis of allergies is often a prescription for lifetime medication. While those medications may make life liveable for the allergy sufferer, they don't address the critical underlying factor: **chronic inflammation**.



A growing list of health conditions and diseases are linked to chronic inflammation, including acid reflux, acne and

Alzheimer's disease.¹ Allergies are one of the most common conditions related to inflammation.¹

What is Inflammation?

The sporadic, acute inflammatory response is a basic mechanism of our immune system. However, chronic inflammation gradually upsets the delicate balance among our major body systems - endocrine, central nervous, digestive and cardiovascular/respiratory - creating health issues with one, several or all.²

Conventional medicine still has no tests for or a diagnosis called chronic or systemic inflammation. There's no consensus in medical science about what this kind of inflammation really is or how it undermines your health. However, Chinese medicine has dealt with inflammation for centuries and can teach us a great deal about reducing chronic inflammation and promoting health.³

Following are strategies reported by respected alternative healthcare providers which have proven successful in managing and - in some cases - eliminating allergies.

Young Living® essential oils soothe and relieve allergy symptoms such as sinus congestion, rhinitis and irritated skin, as covered in last month's newsletter.

In this issue, we'll discuss nutritional strategies which may help eliminate underlying factors that contribute to sensitivities and allergic responses.

NingXia Red® Juice Clears Up Allergies

I have been drinking about two ounces of NingXia Red daily for the last two years. I have noticed that my allergies have cleared, my hair has grown and is healthy, no morning aches and pains, improved memory, no menopause symptoms. Most notable—my eyesight has improved in both eyes, verified by my eyeglass and contact lens prescriptions coming down .25 and .50 points respectively. I am sure there are other benefits that I don't even know are happening to my body. Ningxia Red is my lifetime elixir.

NingXia Red juice

Drink 1-3 ounces daily to rejuvenate and protect with powerful antioxidants.



- Bonita Shelby



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Attack Allergies with Anti-Inflammatory Nutrition

Rebuild an Inflammation-Resistant Digestive System

We start with the digestive system because without healthy digestion, we cannot hope to reduce inflammation.

Our first step is to discuss a very common cause of weakened digestive function - systemic yeast overgrowth.

Probiotics Help Overcome Yeast Overgrowth

According to [The Yeast Connection](#), systemic yeast overgrowth may be an underlying factor for allergies. Extensive research shows that yeast overgrowth can weaken the immune system, opening the door to food sensitivities, allergies, asthma and other seemingly unrelated health problems.⁴

Yeast overgrowth starts when we upset the natural balance of friendly bacteria in our digestive tracts by:

- taking any drug, esp. antibiotics⁵
- eating a low fiber diet³
- drinking chlorinated water⁵
- taking birth control pills³

Probiotics are usually the first line of defense against yeast overgrowth because they contain friendly bacteria which help restore the natural balance of bacteria and yeast.

Young Living's **Life 5™** is a high-potency probiotic blend that **builds and restores core intestinal health**. It delivers five clinically-proven probiotic strains, including three advanced super strains which powerfully enhance intestinal health, sustain energy and improve immunity. **Life 5** contains eight billion active cultures and improves colonization up to 10 times.⁵

Daily use of probiotics will greatly relieve the uncomfortable effects of yeast overgrowth, although they are unlikely to completely overcome it.³ Our bodies also need additional digestive support from enzymes.



Anti-Inflammatory Nutrition Combats Allergies

Our third step is to adjust our diets by minimizing dietary sensitizers and increasing our intake of anti-inflammatory nutrients.

The foods that most often cause sensitivities or allergic reactions are wheat, milk and dairy products. If you are reacting to these or other foods, eliminating them from your diet for a time will likely reduce your symptoms.

A diet rich in vegetables, fruits and fiber combats allergies by maintaining a healthy level of bacteria in the gut, which builds the immune system's resistance to allergens. The University of Mississippi's Director of Clinical Immunology & Allergy advises

Enzymes Boost Digestive Health

Our second, critical step in the nutritional battle against allergies is to add enzymes to our diets. Inadequate digestive enzyme activity has been linked to chronic inflammation.⁶ Enzymes help break down undigested foods in the gastrointestinal tract which may otherwise ferment, sap our energy and spur over-growth of yeast, fungi and parasites.

Fortunately, Dr. Gary Young has developed an extensive line of six enzyme formulas to combat this problem. Each is a high-powered complex of enzymes and essential oils which assists in nutrient assimilation.

One enzyme blend - **Allerzyme™** - was formulated specifically for allergy sufferers. **Allerzyme** is a vegetable enzyme complex which helps to combat allergies, gas, fermentation, fatigue and irritable bowel syndrome (IBS). It contains a powerful combination of sugar and starch-splitting enzymes as well as a small amount of fat and protein digesting enzymes. Other YL enzyme formulas offer extra support for digestion of proteins, fats, carbohydrates and for internal detoxification.



NingXia Red Juice is #1 in Antioxidants
1 oz NingXia Red = 8 bottles XanGo™

boosting Vitamin C intake to about 1000 mg daily at least two weeks before allergy season, which tends to minimize symptoms.⁷ That makes YL's **Super C** a great choice.

YL's **NingXia Red juice** is likely the most powerful source of anti-inflammatory antioxidants on the market. Made from wolfberries and other superfruits, NingXia Red is also the most delicious way to fight allergies every day. Try NingXia Red and these other targeted nutrition products today.

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
NingXia Red Juice delicious super-antioxidant	#3003	\$39.75
	1 liter	\$46.03
		\$52.30
Life 5 high-potency probiotic supplement	#3099	\$24.75
	30 caps	\$28.66
		\$32.57
Super C vitamin -Tablets	#3242	\$21.75
	120 tabs	\$25.18
	#3251	\$28.62
-Chewable	90 tabs	
Allerzyme enzymes to break down starch, sugar +	#3288	\$32.50
	90 caps	\$37.63
		\$42.76

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Resources

¹<http://www.womentowomen.com/inflammation/symptomsandconditions.asp>.

²<http://www.womentowomen.com/inflammation/whatischronicinflammation.asp>.

³<http://www.womentowomen.com/inflammation/index.asp>.

⁴Yeast connection.com.

⁵Product information page. Life 5. Young Living Essential Oils. 2007.

⁶Essential Desk Reference. 2nd edition. 2001.

⁷The Allergy Antidote. Natural Health. April, 2005.