

3 STEPS TO AN ALLERGY-FREE ZONE

By Dr. Rob Ivker, Author of *Sinus Survival*

Ready to stop the Allergy Misery Cycle? Want a permanent, long-term solution to stop this cycle of misery? Find real relief and side-step your allergies in the future.

The Problem with Medications is that you're only masking a symptom and the symptom comes back. Even when the medication is active, you're not because they slow you down, and make you feel tired and foggy. What's even worse is that medications and nasal steroids can have a "Rebound Effect", which as they wear-off, make you feel worse than before you took them.



The 6 Causes of Allergies:

Allergies play a significant role in contributing to the chronic sinusitis of at least half of the 40 million sinus sufferers:

- 1). **A genetic predisposition**
- 2). **Dysfunctional or hyperreactive immune system**
- 3). **Airborne allergens** (pollen, mold, animal dander, dust mites, chemical exposures, etc.).
- 4). **Emotional factors** are the primary *triggers* for precipitating allergy symptoms.
- 5). **Food Allergies** (usually to your most commonly eaten foods).
- 6). **Candida Overgrowth** (exacerbates allergies and sinus symptoms, common with chronic sinusitis. Take the candida test at www.sinussurvivalquiz.com/landing so see if this may be a chief cause of your chronic sinusitis).

Along with the above factors, polluted, dry, and cold air can act as an irritant that over the years can cause the nasal mucous membrane to become extremely sensitive and hyperreactive to pollen, mold, dander, dust, and smoke. A **Food Allergy** can have an effect on the sinuses, that can cause yellow-green postnasal mucus drainage. And this reaction can take place within a matter of minutes of eating the offending food.

Food allergy ranks as one of the most common conditions in the United States, with as many as 12 million sufferers. Compounding this problem is the fact that millions of Americans are unaware that they are having negative reactions to the foods they eat. Ironically, the foods to which we react are the foods we crave the most (and eat almost

daily – see above list). A more serious and increasingly common complication with wheat and other grains, is a sensitivity or allergy to *gluten*. Gluten is the protein in wheat and other grains that gives the dough its tough elastic character. Besides wheat, gluten is also found in seminola, rye, barley, bulgur, spelt, kamut, oats and many wheat starch products, such as binders in prescription drugs as well as supplements.

Milk is also a common food allergen contributing to hay fever. It is the protein in milk (casein), not the fat, that is the offending allergen. Therefore, low-fat, skim, acidophilus-enriched milk, as well as ice cream, can all be a problem. In aged cheese, cottage cheese, and yogurt, the protein is partially broken down and the antigenic effect is not as great. In most cases it is the cumulative effect of the milk, pollen, mold, and pollution that causes the severe allergic reaction. I've found that people suffering with fungal sinusitis are highly prone to food allergies and sensitivities.

The Candida-Control Diet, available to *Sinus Survival Breakthrough Members*, is also hypoallergenic, with all of the most common food allergens eliminated. If you suspect a food allergy, then I'd suggest you follow this diet for at least a month. Evaluate how your nose and sinuses have responded to this diet by using the Symptom Chart to measure your progress. If your condition has improved with diet alone (without having added any new supplements), then you've confirmed the diagnosis of food allergy or sensitivity. Then begin adding new foods at the rate of one new food every 3 to 4 days, while carefully monitoring your symptoms. If you have a strong or an obvious reaction, e.g. increased congestion, mucus, headache, bloating, gas, increased urination; then you've identified a food that should be eliminated from your diet.

In addition to the Candida/food elimination diet, Doris Rapp, M.D., author of *Allergies and Your Family*, recommends the following method for detecting food allergies. Take your pulse in the morning, on an empty stomach. Count your heartbeat for a full minute. Then eat the food you wish to test. Wait 15 to 30 minutes, then retake your pulse. If your heart rate has increased by 15 to 20 beats per minute, chances are that you are sensitive to the food you ate.

Fungal Sinusitis can heighten the allergy response as well as limit nutrient absorption. If you're a chronic sinus sufferer, I would also take the Candida Questionnaire in the Silver or Gold Membership. If you determine that you have fungal sinusitis, I would recommend following the Sinus Survival Candida Guide and tutorials for Gold Members. Eliminating candida overgrowth will have a chain effect to stop sinus inflammation, congestion, mucus and other symptoms. With the proper G.I. balance, your body will absorb nutrients more efficiently to build a strong immunity, to build allergy immunity and to lessen the severity of allergies.

Airborne Allergies: Unlike the frequent ineffectiveness of antibiotics in treating sinus infections, the conventional medical treatment for allergies, including non-sedating antihistamines and steroid nasal sprays usually serve as an effective quick fix for seasonal pollen allergy. They do have drawbacks in how they make you feel.

Also, why wait to feel miserable, then have to take an allergy medication if you don't have to? If you are not satisfied with the conventional approach, would like to complement it or try a nonmedicated alternative, or you have perennial (year-round) allergies, it is possible to treat your allergy effectively, either airborne or food, without drugs and their potential toxic side effects.

Three Components to Provide a Foundation to Protect Against Allergies:

I). Creating Healthy Indoor Air

II). Building Allergy Immunity

III). Quick Action to Address Allergy Symptoms

I). Creating Healthy Indoor Air

We breathe about 20,000 times a day. When most of the air we inhale is toxic or polluted, it can contribute to causing headaches, chronic sinusitis, asthma, and allergies. Also, the positive ions produced by computers, TV screens, and other electronic devices can be energy depleting and weaken our immunity.

This topic is the easiest Quick Fix. It takes little effort or commitment, and after the changes are made to your indoor environment, you just have to breathe! Improving the quality of your indoor air is the first step in healing a chronically inflamed mucous membrane. Optimum indoor air is:

- Clean –free from pollutants and fumes
- Moist – between 35% and 55%
- Warm – between 65 and 85 degrees F.
- Filled with negative-ions – between 3,000 and 6,000 .001 micron ions per cubic cm.
- 100% Oxygen saturation

Not only is this healthy air, but studies have also shown that when individuals are in a negative ion-filled room they have a heightened sense of well-being. The earth itself is a natural negative-ion generator. Mountain tops, sea coasts (the crashing waves), water falls, and pine forests are all places with high negative ion content.

For the past 20 years, I've found that the most effective method for improving indoor air quality is with a good negative-ion generator. It removes pollen, dust, mold, animal dander, bacteria, and viruses from the air. It also counterbalances the harmful positive ions while increasing healthy negative ions. The ion generator I've been personally using and recommending to patients since 1993, is the Sinus Survival Air Vitalizer.

- It emits 3 trillion negative ions per second (like nature).
- The negatively charged ions attract the positively charged particles- such as dust, pollen, dander, mold, bacteria & viruses.
- This creates a heavier particle which then drops out of the air and onto the floor or tabletop, but it removes them from your breathing space, thus cleaning your air.
- This unit is self-regulating and will emit more or less ions depending upon the air quality. It is also one of the few that does not emit ozone.
- It's small, quiet, and easy to travel with. I have one in my office pointed at my computer screen and one on the nightstand by my bed.

Air Vitalizer: <http://sinussurvival.myvillagegreen.com/air-vitalizer.html>

Plants Complementing Air Cleaners – There are specific plants that work as a natural air cleaner which remove toxins like formaldehyde, including Boston fern, chrysanthemums, striped dracaena, and dwarf date plant, as well as removing carbon monoxide with spider plants.

Air Ducts and Furnace - I also recommend getting your air ducts cleaned at home, in addition to changing your furnace filter on a monthly basis during the winter months. I recommend using a pleated filter such as the 3M Filtrete or something comparable.

II). Building Allergy Immunity

Many of the recommendations in the Sinus Survival Candida Guide in the Sinus Survival Gold Membership for treating chronic sinusitis are also effective for treating, preventing, and curing allergies. I would also highly recommend using *Sinusin Nasal Spray* (Heel) for nasal allergy.

The vitamins, herbs, minerals, and supplements that are particularly therapeutic for allergies help build natural anti-histamines to limit the severity and/or to stop allergy symptoms from occurring.

1). OPC Grape Seed Extract: Take 1x daily before breakfast on empty stomach. 300mg for the first week before allergy season, 200mg thereafter through the allergy season. Also take during the peak cold & flu season. Only purchase the French Masquelier OPC formulation. I've found Pathway Grape Seed and OPC Grape Gold with this formulation).

Pathway: <http://www.myvillagegreen.com/brands/sinus-survival/pathway-grape-seed-extract.html>

Grape Gold: <http://www.myvillagegreen.com/brands/sinus-survival/sinus-survival-opc-grape-gold-100mg.html>

2). Sinus Survival Allercide®: 2 caps 3x/day for 10 days, then 1 cap 3x/day thereafter. Both products include herbs found to steady histamine production, open nasal passages, thin mucus and limit inflammation, all in the appropriate therapeutic dosages including: **Stinging nettles, quercetin, N-acetyl cysteine (NAC), bromelain, & Vitamin C.**

Both products are available here: <http://www.myvillagegreen.com/brands/sinus-survival.html/>

III). Quick Action to Address Allergy Symptoms

Plantiva AllerDx – Take 3 to 4 capsules up to 3x a day when allergy symptoms are present. May also be used daily to build allergy immunity (can substitute for #2 above).

Reactive allergy products used to be reserved for over-the-counter and prescription allergy medications. During the summer of 2012 I tested a new product with a patient who did not respond well to other products. **AllerDx**, as an excellent fast-acting natural product. AllerDx worked well for this patient and I began recommending to others, who had similar results. It works in just 10 minutes where the OTC and prescription antihistamines take up to 30 minutes, and without any of the unpleasant side-effects of the allergy medications.

Dr. Stephen Morrissey developed this formulation after years of research and clinical tests to improve immune system tolerance to your environment. He states, “It incorporates a multi-targeted approach to strengthen and re-balance functional aspects of your general health so that your immune defenses function as intended:

- It Calms the histamine reactions within 10 to 20 minutes to provide quick allergy relief.
- Improves nasal air flow with respect to seasonal environmental sensitivities and challenges.
- Moderates the body’s reaction to the external environment”.

AllerDx can be ordered at: <http://www.myvillagegreen.com/brands/sinus-survival.html/>

IV. Asthma, Upper Respiratory, and Immunity: Beta Glucan – New!

Well Immune is a new product for asthma, respiratory sufferers and for athletes to recover quickly. Well Immune has had over 800 clinical research studies showing its effectiveness within 4 weeks:

- Reduced allergy and nasal symptoms
- Reduced severity and duration of colds
- Reduced fatigue and decreased sleep problems
- Reduced asthma respiratory symptoms

Take just one capsule daily. Order at: <http://www.myvillagegreen.com/sinus-survivalwell-immune.html>

Other Solutions Helpful for Allergies:

1). Nasal Sprays

- **Sinus Survival Spray** is formulated with saline, canendula, yarrow leaf, and aloe to soothe swollen sinus passages. It also has anti-viral properties. This spray can be used 2 to 3x a day to moisten dry sinuses.

<http://www.myvillagegreen.com/brands/sinus-survival/sinus-survival-herbal-nasal-spray.html>

- **Sinusin Nasal Spray** (by Heal). I recommend utilizing this spray when allergy symptoms present themselves. It has been quite helpful to many of my patients.

<http://www.myvillagegreen.com/bhi-heel-sinusin-10278.html>

2). Sinupulse Elite® Pulsating Irrigator. Proven to reduce the allergy response by cleaning the Cilia to perform at its optimum level to remove particles from the nose and sinus cavities. Only a pulsatile irrigator can break-up the biofilm that can cause the cilia to become immobilized. I recommend using this daily with allergies or 2x-3x a day with a cold or sinus infection.

<http://www.myvillagegreen.com/brands/sinus-survival/sinus-survival-sinupulse-elite-irrigation-sys.html>

Issues in the Tissues In the “Issues in Your Tissues” section of the Gold Sinus Survival Guide you will learn how to use your mind and spirit together with the physical approach described in this section for treating your allergies and chronic sinusitis. While the therapies you’ve just learned are quite effective, the complete holistic approach is needed for a greater degree of healing and possibly curing allergies.

SINUS SURVIVAL PROGRAM: Allergy Treatment

	<u>ADULTS</u>	<u>CHILDREN</u> (Over 3 Yrs of Age)	<u>PREGNANCY</u>
*OPC Grape seed (empty stomach) <i>Pathway or Grape Gold</i>	200 mg 1x in a.m. (may be taken up to 3x/day)	50 mg 3x/day	100 mg 3x/day
<i>Sinus Survival Allercide</i> (#1 Allergy Homeopathic) or <i>Pathway Allergy Plus</i>	2 caps 3x/d x first 10 days then 1 cap 3x/d	<i>SS Allercide Jr.</i>	
<i>Plantiva AllerDx</i> (New Homeopathic)	For Quick Relief 3 to 4 caps up to 3x/day. For maintenance 2 to 3 per day.	1 to 2 caps for quick relief	
* <i>Sinusin nasal spray</i> (homeopathic)	Follow instructions on bottle		
** *2 Ephedra or Ma huang	12.5–25 mg 2 or 3x/d	5 mg 2x/d	
** *3 Licorice (Glycyrrhiza glabra)	* 3 10–20 drops 3x/d	5–10 drops 2-3x/d	
** Pantothenic acid	500 mg 3x/d (after meals)	50 mg 2–3x/d	
*4 Antihistamines (only use if homeopathic solutions are ineffective)	OTC or Rx	OTC or Rx	OTC or Rx

*4 Corticosteroid nasal spray (Recommend homeopathy first)	Rx	Rx	Rx
*5 Allergy desensitization injections	Physician supervised		

Key to Table 12.1

*1A SS Allercide and SS Allercide Jr combine several of the above ingredients: Nettles, Quercetin, Bromelain, Vit C, and NAC.

*1 Homeopathic remedy should be started at the very beginning of a pollen allergy season..

*2 Use only if nasal congestion is your primary symptom, but do not use with high blood pressure.

*3 Do not use with high blood pressure or an enlarged prostate. Watch for low potassium with long-term use.

*4 OK to use both antihistamines and steroid nasal spray during a pollen allergy season for 3-6 weeks; they can be started at the outset of the pollen season or wait and see outcome of taking the supplements. They can safely be taken along with the supplements. Caution: the steroid nasal spray can create a rebound effect after steroid wears off. Many complain of becoming more congested after the use of these products.

*5 Recommend only if the allergies are pollen-related and the above regimen does not work.

*Stage One—begin allergy treatment with these.

**Stage Two—if after 4 or 5 days you still have uncomfortable allergy symptoms, then begin taking these.