

# Getting Rid of Allergies

## One Easy Step at a Time

By Morning: Spirit: Wolf-D.RM.

Avoid cows: milk, cheese, ice cream- Bovine cow milk proteins are indigestible and become stored in the gastrointestinal tract, where cumulative amounts form layer upon layer, building up and sticking to the walls of the small intestines and colon, causing a build-up of histamines, toxins, acids, bacteria, and auto-intoxication. These conditions produce mucous excess, swelling, bloating, hives, rash, itching, acne, headache, irritation, stomach acidity, and irritability.

Replace with goat or sheep milk, or organic nut or grain milk products.

Avoid apples, oranges, and grapefruits: their overly acidic and low enzyme properties cause the body to go into *leukocytosis*, a condition that produces excess adrenaline, which exhausts the kidneys, as well as putting immune organs into "guard and protect" mode making excess mucous, destroying cell building steroids, and causing general acidity and tiredness.

Replace with pears, tangerines and lemons and limes.

DO NOT suppress symptoms. Suppressing allergic reactions, such as itching, sinus reactions, bloating, watery eyes, hives, and headache with the use of over-the-counter or prescription drugs adds to the accumulation of histamines producing a more intense reaction with the next exposure to allergens. Now dependence on drugs for relief sends allergens deeper into organs producing new symptoms in addition existing ones.

### Healing Allergies

Seasonal allergies, pollens, dusts, mites:

1. Use natural anti-histamines to neutralize symptoms; stinging nettles, bee pollen, chamomile, sarsaparilla, fenugreek, alfalfa, or royal jelly, taken in small doses and building to large doses (any single or combination as tea, capsules or extracts).
2. Use cleanses to rid allergens; gall bladder/liver flush (2-3 Tbsp olive oil plus 1 Tbsp fresh lemon juice and 1/4 tsp Real Salt), Master Cleanse, or Colon cleanse.

Reactions to beestings, spider bite, and insect bite are a histamine reaction.

1. Natural remedies; raw honey topically on bee stings, tea tree oil topically on and around insect bites, stinging nettles internally for hives (tea or extract work fastest), plus copious amounts of vitamin C administered frequently.

Reactions to Snake bite result from protein injected directly into blood stream that needs to be neutralized and removed to kidneys.

2. Use copious amounts of sarsaparilla for poisonous snake and spider bite (extract is best and fastest acting). Use topically, internally and frequently (10-20 drops every 10-20 min)

Vitamin A, B-Complex vitamins, vitamin C, slippery elm, marjoram, and chamomile can all help prevent dry sinuses, swelling in sinuses, dry/watery eyes, itching, hives, and headaches.

"Leaky gut" is a condition of small lesions with cracks in the walls of the small intestine that causes seepage of intestinal fluid to leak into the abdominal cavity. This causes mild to intense allergy symptoms. Use cayenne pepper, centaury, thyme, chamomile, sarsaparilla, and eat plums, red potatoes, kiwi, raspberries. Use and B-Complex vitamins along with vitamins C and D, and Real Salt.