

ALLERGIES

HEAL Information Sheet
Compiled from the writings of
Dr. Christopher



HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390

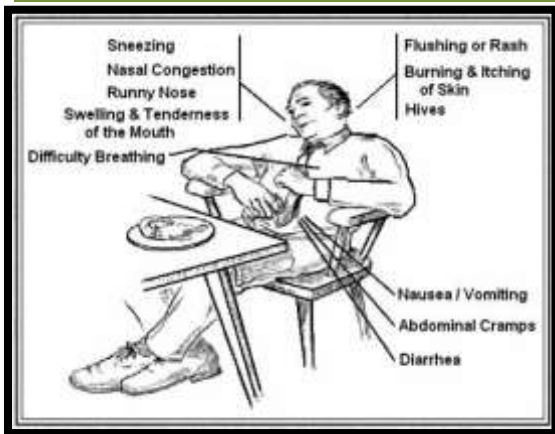
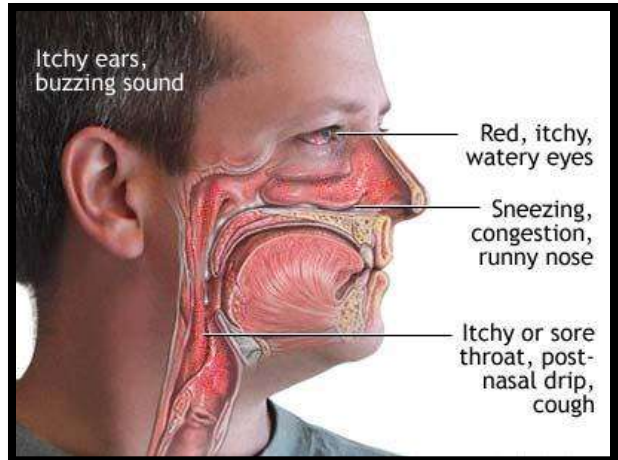
DEFINITION

Physical discomfort, irritation or reaction to specific substances which cause no hypersensitivity in the nonsensitive.

SYMPTOMS:

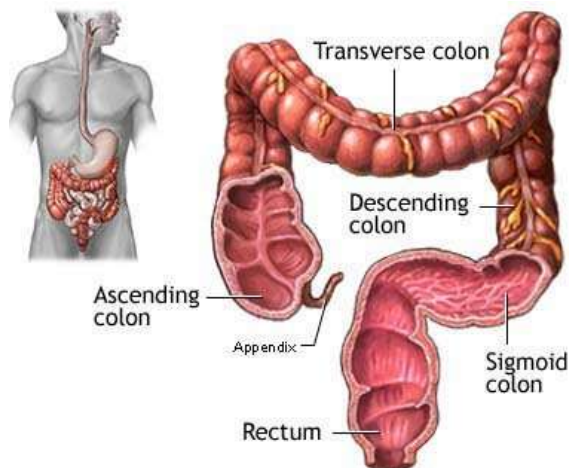
The patient may sneeze and cough, suffer from a running nose and excess mucus, and have swollen or irritated eyes. The skin may erupt in rashes, and there may be headache or sore throat as in a common cold.

CAUSE:



When certain foods are eaten, toxins are stirred up in the body which has an excessive retention of waste matter.

The cause can be pollens, plants, micro-organisms and their products, animal tissues, digestants, cosmetics, drugs, serums, articles of clothing, dyes, industrial products, physical modalities (heat, cold, solar energy, etc.), and psychic tensions.



The first step in cleaning up the cause of allergies is to work on rebuilding the bowel area to a "healthy action," using **The Lower Bowel Formulas**.

Herbal Aids:

General Instructions: Clean the blood stream with a good herbal tea such as:

THE RED CLOVER COMBINATION

FORMULAE: Red Clover Blossoms, Chaparral, Licorice Root, Poke Root, Peach Bark, Oregon Grape Root, Stillingia, Prickly Ash Bark, Burdock Root, And Buckthorn Bark.

A very fine herbal remedy for allergies, hay fever and sinus conditions is:



Dr. Christopher's Allergies & Hayfever Formula.

FORMULAE: Brigham tea, marshmallow root, juniper berries, golden seal root, chaparral, burdock root, parsley root, cayenne, lobelia.

Adult dose: ½ teaspoon in cup with Hot water morning and evening.

Another aid for stopped-up SINUS is our

HORSERADISH COMBINATION

To speed up this cleansing procedure, use the following combination in addition to the above Herbal Formulas:



PREPARATION:

- ❖ Blend fresh horseradish roots in apple cider vinegar until it is a thick pulp.
- ❖ Use this blend by thoroughly chewing 1/8th teaspoonful before swallowing three times in a day.
- ❖ After three days increase this amount from one-eighth teaspoon
- ❖ Continue to increase by 1/8th teaspoon every three days until you are able to use 1 teaspoonful per dose.

A Healing Program

Do a Liver Flush each thirty days, or at least each three months and follow the mucusless diet.

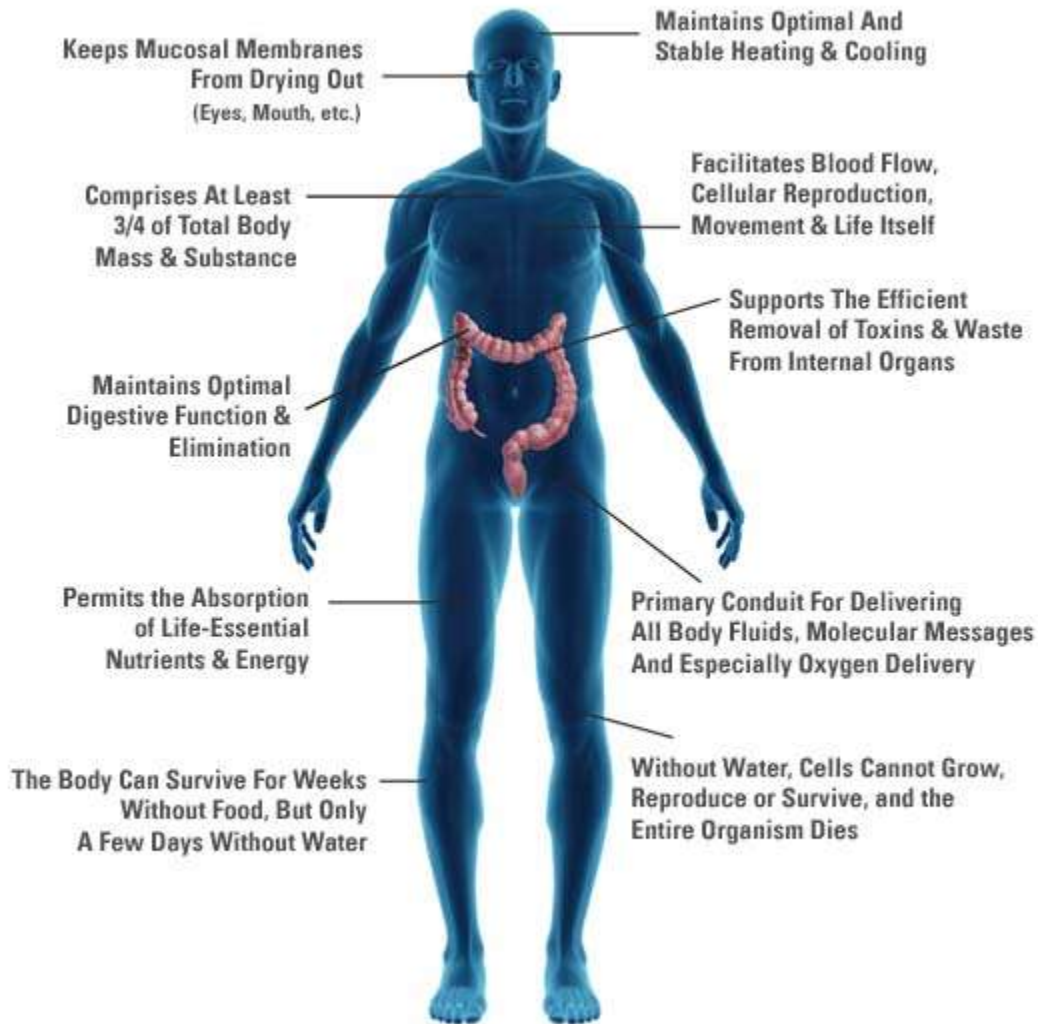


Be Sure To Drink At Least One Gallon Of Distilled Water Per Day

Use one ounce of distilled water to each pound of weight per day.

EXAMPLE: Someone who weighs 130 pounds would use 130 ounces per day, or about one gallon.

The Benefits of Water



Dr. Christopher's ALLERGIES & HAYFEVER FORMULA

This is an aid for clearing up these malfunctions, a "natural and herbal help" working as a decongestant and natural antihistamine to dry up the sinuses and expel from the head and broncho-pulmonary tubes and passages the offending stoppage and mucus. This formula consists of the following herbs: Brigham tea, marshmallow root, juniper berries, golden seal root, chaparral, burdock root, parsley root and lobelia.

Dr. Christopher's Blood Circulation Combination: This formula is given to assist blood purifying teas to work more efficiently and to also aid the clearing up of allergies, etc. This group of herbs feeds cayenne (a stimulant) and ginger (stimulant) into the circulatory system where the cayenne works from the bloodstream to the heart and arteries, out into the veins. The other herbs in the formula assist these two herbs and work together to equalize the blood pressure (whether high or low) and to bring it to a good systolic over the diastolic reading. Blood flow is life itself. The blood circulatory combination consists of ginger, cayenne, golden seal, ginseng, parsley and garlic.



Colic in Babies: Most babies stop being colicky after three full months. If yours continues, check more closely into food allergies.



Food Allergies: Food allergies are another very common cause of headache. The worst culprit is sugar; I have experienced sugar headaches, which are sort of a withdrawal; you eat the sugar, and then as the body is trying to eliminate the toxic substance, your head pounds.



Cheese commonly causes headaches; it is probably the worst of the dairy products for this, although allergies to any of them may cause the pain. Meats and eggs are also common allergens.



Milk: "In my experience of twenty years in treating allergies, milk has always been one of the most frequent reactors on skin testing; only house dust exceeds it in frequency." *Dr. Marion T. Davidson, M.D., in Southern Medical Journal (Richmond, VA).*



A Word About Hay Fever, Pollen and Allergies: Many folks suffer great discomfort during the pollination season of plants. They attribute their symptoms to the pollen, saying that they are "allergic" to it.

What is happening is that the pollen is bringing out of their bodies years of accumulated toxins. These come out in the form of mucus running from the nose, eyes, and lungs. Symptomatic relief can be obtained by using the Hayfever Formula, but again, permanent change can only be had through faithful adherence to the mucusless diet. After one year on the mucusless diet, all allergies should disappear.



HOW TO BUILD AN IMMUNITY TO POLLEN

For an immunity to the local pollen, a tablespoon of local raw honey may be taken daily. It won't do you any good to take honey from Hawaii or Minneapolis if you are sneezing from pollen in your area.



Testimonials

Allergies and Milk: Another personal experience relating to the subject of milk: for a time I was a member of the Deseret Gymnasium in Salt Lake City, Utah, where I went regularly to swim, exercise, and generally keep fit. The office manager there who admitted the guests into the facilities was constantly wiping his nose until it was reddened by the irritation. One day I asked him how long he had been suffering from this continual nasal drip, swollen eyes, and stopped-up head. He told me that the condition had been with him for as long as he could remember, ever since childhood. He also told me that he had been using a box of tissue each day for years and that he had been forced to give up linen handkerchiefs. They simply did not remain clean long enough!

I asked the man, first of all, whether or not he was a heavy milk drinker. He said that he was, and that he usually drank a quart or even two per day. I promised him that if he would discontinue drinking milk for a few weeks that he would see an improvement. I also explained to him that within a year his allergies would be gone if he would follow a general mucusless diet routine.

I was so occupied with business matters in the weeks that followed that three months had gone by before I was able to return to the Gymnasium. When I went to check in for re-admission to the facilities, I met my friend who was at his desk. He grinned from ear to ear, pulled out a folded linen handkerchief, and said, "I keep this in my pocket for days now and do not use it. No more tissues and no more running nose." He had become a happy man simply by following the advice to stop drinking milk. He had sworn up and down that he was hooked on that liquid and that he could not find the self-will to stop drinking it. He had succeeded, however, and found that his health had certainly improved. That incident took place nearly forty-five years ago; and since then we have advised many thousands of patients to follow the example of the animals of the lower kingdom who do not suckle their offspring after weaning.