

## **IS THERE LIFE AFTER ALLERGIES?**

### **A radical, new look at the cause and cure for allergies**

*Sang Lee, M.D., an allergy specialist, is presently working with the NEWSTART LIFESTYLE Health Center at Weimar Institute, in California. This article originally appeared in Natural Lifestyle and Your Health.*

Allergies are a very common health problem for babies, as well as for older family members today. TV commercials offer dozens of medications to stop sneezing, wheezing, and itching. However, having an allergy means much more than having sneezing, wheezing, and itching. And protecting your baby means much more than finding the right medications.

### **WHAT IS AN ALLERGY?**

Simply, an allergy is an abnormal reaction occurring in the body. The reaction occurs because the body's immune system is weakened. When the immune system is strong, the body will not panic when foreign elements invade its domain. For example, particles of dust, viruses, and bacteria are always in the air. We breathe them all the time. If the immune system is strong, it will handle them; the body is secure and will not overreact. However, when the immune system is weak, the body reacts to one or many of the foreign substances in the environment to protect itself.

An allergic reaction, then, is simply the body's overreaction to the

Environment, to what you ate, or came in contact with. The reaction does not occur because of what is in the environment, but because the immune system is weakened.

There are many people today concerned with their health and the health of their children. They spend lots of time lifting weights or playing sports so they can look big and powerful on the outside, but inside their immune systems are very weak.

Many a big 250 pound, muscular football player is sneezing and wheezing because of his allergies. He is physically strong, but he has a weak immune system. Similarly, there are many people trying to keep their babies and children strong, but only on the outside. It is not outward show but inner strength that counts.

Allergies indicate inner weakness in the immune system. To understand allergies, we must understand the immune system and how it work

#### **BLOOD CELLS AND IMMUNITY**

Resistance or immunity originates in the blood. The solid component of blood basically consists of red and white blood cells. Red blood cells give blood its color, are round in shape, and carry oxygen, which is very important to the immune system. White blood cells, however, make up the immune system.

There are three main kinds of white blood cells involved in the immunity process. First, there are *polymorphonucleo leukocytes*, or *polys* for short, which are one of the most common white

## Enervation: The Great Divide

blood *cells*. *Poly* means many, and *morpho* means shape, simply meaning that these cells come in many shapes to fit the many different places where they have to travel.

The other two kinds of white blood cells are called *lymphocytes*, and are simply designated *B-lymphocytes* and *T-lymphocytes*.

**The Polys:** The polys are the immune system's first line of resistance. Let's say that you cut your finger. There are always many germs on your skin and in the air, and when you cut your skin, these try to invade your body through the opening in the skin. The polys, rather than trying to kick the invaders out, simply surround or engulf them. Usually the polys can thus kill the germs. But sometimes there are germs which won't die so easily. This is where the B-lymphocytes come in.

**B-Lymphocytes:** The B-lymphocyte cells produce a special kind of Y-shaped protein called *gamma globulin*, which is a strong toxin to the invading substances. Like the polys, the B-lymphocytes engulf the germs, and, with their gamma globulin proteins, poison the germs, so that they die. Doctors refer to these blood cells as "antibodies."

**T-Lymphocytes:** The T-lymphocytes are the most important part of the immune system. They regulate the entire immune system by regulating the other white blood cells. The T-lymphocytes produce special chemicals called *lymphokines* which either attract more polys to inflamed areas or stimulate the B-lymphocytes to produce more gamma globulin. Other T-lymphocytes suppress B-cell activity.

However, the whole immune system depends entirely on the brain, which controls the T-lymphocytes' ability to manage the affairs of the whole immune system. How? By producing *endorphins*, chemicals produced in the brain when you are happy, which then travel through the blood to the T-lymphocytes and strengthen them.

In addition, the T-lymphocytes take care of any germs which the other white blood cells have been unable to destroy. By producing *lymphotoxins*, strong poisons which destroy germs, they act powerfully against such diseases as cancer and AIDS. When the immune system is weakened, the T-lymphocytes cannot produce lymphotoxins, allowing cancer viruses and similar cells to enter the body and take over.

Much of modern medicine focuses on developing weapons to kill invaders. Such an approach is usually unsuccessful. Rather than benefiting the body, such medications only further weaken the immune system. What is needed is not some high-powered medication, but rather a means of strengthening the immune system so it can wage its own warfare.

Cancer, AIDS, and allergies occur when the T-lymphocytes are weak. Allergy symptoms such as sneezing, wheezing, or itching are simply indicators that the T-lymphocytes are unable to do their proper work.

Just as our eyes, which are very sensitive, hurt, water, and swell when a little speck of dust gets in, so the whole body reacts with allergy symptoms when the immune system becomes weak and sensitive. The eye waters because it is trying to wash the dust out that is irritating it. So, likewise, the body reacts with allergy symptoms when it is trying to rid itself of the dust, pollen, or food that is aggravating it. Because the immune system is weak and very sensitive, it is

## Enervation: The Great Divide

trying to overprotect itself from the environment. The allergic reaction, then, is a warning signal that your immune system is getting weak and something must be done soon to strengthen it.

### STRENGTHEN YOUR IMMUNE SYSTEM

When we are happy, the brain produces endorphins which strengthen the immune system. When we have fear, anxiety, or other negative emotions, the brain produces chemicals such as *adrenaline*. Instead of strengthening the T-lymphocytes, as endorphins do, these chemicals weaken and destroy the T-lymphocytes.

Coming from family lines which have histories of diseases, we are born with somewhat weakened immune systems. Allergies are our first indicators that we are entering a danger zone. Our bodies are warning us to take notice and start doing something to strengthen our immune systems before we get something severe, like cancer or AIDS. Allergies, thought of from this angle, are beneficial to us; for they cause us to notice and change the lifestyle factors which will eventually bring us into serious illnesses. Changes in both lifestyle and mental attitude rebuild the injured system.

Suppose you go to the doctor with symptoms of asthma, wheezing and shortness of breath. Asthma symptoms are caused by a histamine reaction.

The bronchial tube is lined with mucous membranes like those in the eye or the nose or mouth. Under the mucous membrane there is a Mast cell which has granules containing histamine. When the T-cells become weakened, they call on the B-cells to produce *emergency gamma globulin*. Unfortunately, they are not able to properly regulate the immune system, giving a wrong signal to the B-cells. and stimulating over-production of emergency gamma globulin. This triggers the emergency reactions we recognize as allergies. Asthma symptoms- wheezing and shortness of breath, are simply warnings that the immune system is weakened.

How does it work? If you get asthma when olive trees bloom, your weak T-cells will call on the B-cells to produce this emergency gamma globulin against the olive pollen. When produced, these Y-shaped cells lodge on the Mast cells in the bronchial tube and trap the olive pollen as it enters the body Then the Mast cells release their histamine, causing your bronchial tubes to become swollen and narrowed. You can't breathe and end up wheezing. We call this reaction asthma.

*Allergies are our bodies' way of warning us to take notice and start strengthening our immune system before we get something severe like cancer or AIDS.*

### WHY MEDICATIONS DON'T WORK

Today's medicine, rather than strengthening the weak T-cells, prescribe something to get rid of your wheezing and shortness of breath. The most common treatments for allergies are cortisone pills or allergy shots. Both will get rid of the allergy symptoms.

## Enervation: The Great Divide

Cortisone, an anti-T-cell medication, kills the T-lymphocytes. This silences the T-cells' cry for help from the B-cells and stops them from producing the emergency gamma globulin which causes the symptoms. The allergy symptoms are gone for the present, but the immune system's ability to handle cancer or the AIDS virus is also diminished.

Allergy shots consist of a small amount of whatever substance you might be allergic , such as the olive tree pollen mentioned before. When the T-cells see more olive pollen coming into the body, they are weary and do not respond. This is called immune tolerance. The immune system is so fed up that it just gives up. You no longer react to olive pollen, but after six months you may have an allergy to something else. Why? Because your T-lymphocytes were disabled, rather than strengthened. Weakened T-lymphocytes always become allergic to new things.

Attacking the enemy never works. The only answer is a health program that strengthens the T-cells.

We can strengthen our immune systems only by adopting a balanced natural lifestyle. All of modern medicine's ways of treating allergy make the T-lymphocytes weaker, temporarily paralyze them, or kill them. This approach to allergy problems will never work. Life and strength are lost.

A balanced lifestyle that will strengthen the immune system always includes these basic factors:

### **SIMPLE STEPS TO BUILD YOUR IMMUNE SYSTEM**

1. Keep the body warm-including the hands arms, feet, and legs—so that the blood circulation will be even.
2. Drink plenty of pure (distilled) water. We need at least about 10 glasses a day. We will need more when recovering from chronic dehydration. You will be surprised to find out that HISTAMINE is the body's main water regulator, and any time there is a shortage of needed water it takes over the rationing of it to promote survival of the body through caring for the needs of the most vital organs. Thus the choking and wheezing of asthma and the stuffiness of hay-fever and allergies can be an effort to prevent further water loss through the breathing system.  
  
I have seen it proven that a couple glasses of warm water can ease off an asthma attack. These facts also make an intelligent person greatly question the wisdom of using any anti-histamine drugs!  
  
All drinks, such as tea, coffee, alcohol, sugared drinks, Nutra-sweet or Aspartame drinks and pop, **take more water out of the body than they put in!** as the body must use water to flush out the chemicals. Therefore they are dehydrating agents. One of the best things anyone can do for the health of himself and family, is to dispense with all other drinks and drink 2 to 2 1/2 quarts of distilled water daily- following the schedule of drinking half-hour before meals and 2 1/2 hour after and on rising and before bed. You may need to drink much more than this if you already have a serious disease— you may be years behind in your water drinking!
3. Get plenty of fresh air and sunshine every day. Some outdoor exercise each day is recommended.

## Enervation: The Great Divide

4. Enjoy simple, whole, natural foods at regular meal time. Gradually increase raw fruits and vegetables until 70-80% of diet is raw.
5. Get enough rest.
6. Do useful activities daily-
7. Trust God to help and care for you in all situations.
8. Keep body and home very clean, without the use of aerosols, strong smelling cleaners, air fresheners or poisonous cleaners or personal care items.