



NATURAL HEALING THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

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ALLERGIES, ASTHMA AND MORE

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS AN ALLERGY?

An **allergy** is the body's rejection of a chemical substance known as an allergen or antigen.

SYMPTOMS

Allergic symptoms tend to appear most frequently on the skin, the respiratory system, and the digestive system, independently on the port of entry of the allergen. Many cases of eczema, rhinitis, asthma, migraine, and colitis are allergic reactions, and may be initiated or exacerbated by one or more of the foods listed hereunder.

CAUSES

Any chemical substance whether ingested with food, inhaled, or introduced into the body by any other means can cause an allergic reaction.

Foods as a cause of allergy: The foods described on this sheet frequently cause allergic reactions. Their consumption can also contribute to allergic reactions to other foods or substances. For instance, in sensitized individual's milk precipitate



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an allergic reaction to other foods or substances and potentiate other allergic reactions.

Antiallergenic diet: In any instance of allergy where the cause is not absolutely clear, an antiallergenic diet is recommended that eliminates foods that often cause allergies, such as those listed in the steps below. Afterwards, slowly and in a carefully controlled manner, foods may be added back until the symptoms reappear.

DIET

5-STEP APPROACH TO ALLERGY REVERSAL

Abstinence from the foods listed here can improve any type of food allergy.

STEP 1



1. Remove all allergenic foods from the diet.

- a. Milk, fish, shellfish products (shrimp, lobster, conch, crab, wilkes, snails, and like items), eggs, all flesh and meat items (especially pork , ham and bacon), cheese, additives (which include colorings and all preservatives), alcohol and its byproducts (wine, vinegar, rum, beer, and all like items), spices (cinnamon, nutmeg, curry, peppers, mace, clove) condiments (ketchup, mustard, barbeque sauce, mayonnaise), all salad dressings (especially vinaigrettes), chocolate (cocoa, hot chocolate, milo, ovaltine), Coffee, tea (green tea, black tea, chai tea, red tea, white tea, lipton ice tea).
- b. After 60 days if no changes in the body proceed to step 2

Normally at this stage most persons are free from allergies,
but, if it is a severe case then proceed to step 2 but continue with step 1

2. Remove all wheat items: barley, rye, spelt, kamut, bun, tart, pasta, white flour, doubles, malt, beer, honey, peanuts, peanut butter, celery, carrots, banana, plantain, finger rose,

STEP 2

watermelon, zucchini, cucumber, cantaloupe, butternut, squash, kiwi, papaya, avocado, raspberry, strawberry, regular cornmeal, sweet potatoes, lemon grass, sugar cane, currants, lentils and kidney beans. Use Organic or Non-GMO foods

- a. Please note that the above foods are not necessarily allergenic but due to other facts may trigger allergenic reactions.
- b. If these foods were not the triggers, then you may continue to consume them.
- c. Follow this regiment for 60 days if no changes in the body proceed to step 3

By this stage allergies are most times under control and most persons end here, however if symptoms persist you can proceed to step 3 and continue with steps 2 and 1

STEP 3

3. Remove all perfume, body spray, air refreshers, make-up, hair colors, chlorox, and all scented items.

Follow this regiment for 60 days if no changes in the body proceed to step 4

By this stage allergies are most times under control and most persons end here, however if symptoms persist you can proceed to step 4 and continue with steps 3, 2 and 1

4. Remove the carpets from the home, make sure all air filters are replaced and

STEP 4

ventilation systems have been cleaned. All pets needs to be removed from within the home (e.g. cats, dogs and etc)

Follow this regiment for 60 days if no changes in the body proceed to step 5

By this stage allergies are most times under control and most persons end here, however if symptoms persist you can proceed to step 5 and continue with steps 4, 3, 2 and 1

STEP 5

- 5. This is the last stage, and if patient followed the treatment up to this stage, then allergies should be relieved.**
- Inhale a steaming Solution** of Eucalyptus or Peppermint oil in order to clear the nasal passage.
 - This treatment must be used for 6 months.
 - The treatment should be done 30 minutes every night.
 - Bring water to boil and add 5 ml of Eucalyptus oil or Peppermint oil to the water
 - Use flannel or wool blanket to cover head and rest of body.
 - Inhale the steamed solution then clear your nostrils. Then repeat treatment for 30 minutes.
 - Remember to splash your face with cool water upon completion of treatment to close your pores so that you do not catch a cold.
 - This should remove all the mucus from nasal passage and relief will be given.

LIFESTYLE

- Increase your vitamin D level by going out into the sunlight for 45 minutes to 1 ½ hours daily and use a vitamin D supplement
- Get adequate of **rest**. Individuals who don't get enough rest and have a tendency of going to bed after 10:00pm nightly will have a greater risk of developing allergenic reactions.
- Avoid **stress** as this weakens your immune system. Lighten up with music, playing an instrument, singing or laughter.
- Remove **toxic chemicals** from around the home.
- Remove any **fungus, molds, dust** in the home.
- Do not eat overripe or decayed fruits or vegetables.
- Allow **sunlight** and pure air freely throughout the home

8. Wash your **hands, bathe or shower** and change your clothes after being outside
9. Keep away from **grassy areas** when pollen counts are high
10. A hat helps **prevent pollen** from collecting in your hair and then sprinkling down onto your eyes and face.
11. Keep **windows and doors** shut when pollen is high.
12. Avoid **mowing the lawn** altogether during your susceptible months.
13. Choose **low pollen days** for gardening

HERBAL REMEDIES

1. **First things first, do a simple cleanse with two (2) tablespoons of Castor oil with quarter (1/4) cup of lemon juice and mix together and drink, Senna Pods is another option.**
2. **Secondly, you need to build your immune system. Use a herbal combination of goldenseal, echinacea with cats claw for seven days.**
3. **Thirdly, in the event of an asthma or allergic respiratory attack eat one whole raw medium raw. You may vomit with the first drink but this will help to clear some of the phlegm and ease the congestion, thereby improving breathing.**
4. **Fourthly, follow the onions with Charcoal or Bentonite Clay. Simply mix two (2) tablespoons of activated charcoal to eight (8) ounces of water. (PS: If using other medications please don't follow this step). Drink more water with the use of charcoal to keep hydrated.**
5. **You can also develop allergies from the use of medication. All medications will cause allergies.**
6. **Please check your Vitamin D level because Vitamin D deficiency causes allergenic reactions. If deficient follow these instructions:**
Vitamin D – there is a receptor site in every cell for vitamin D. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is transferred to the liver then to the kidney to be converted into vitamin D that the body can use.

Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.

Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL. Avoid supplementing to toxic levels. (Once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.)

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 10:00am – 2:00pm\).](#)

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, it would recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

For further information, please visit our website at www.nhtlh.com
or call us at the above number.