

Allergies DO Have Antidotes

by Dot Singleton

Allergies! Such a nuisance! Nothing to worry about, only sniffles, sneezes, watery eyes, perhaps, at worst, a bad case of eczema.

Get an allergy suppressant. Today a broader definition of allergy calls it the first stage of disease, and new evidence points to more serious consequences such as chronic fatigue, depression, aggression, inappropriate moods and mood swings. Minds as well as bodies are affected. The brain/blood barrier, once thought to protect us against chemical exposures, was not designed to cope with the toxic clouds that now surround us. Carbon monoxide, formaldehyde and many other chemicals upset the delicate balance of the brain. Allergy has become a malady with serious consequences to our society.

Part I – Internal Factors – Finding Hidden Food Allergies

An allergen has been defined as ANYTHING WHICH THE BODY CANNOT ASSIMILATE OR REMOVE. Donald Lepore, founder of the Life Extension Research Foundation in Jersey City, N. J. and author of *The Ultimate Healing System* (ref 1), has used the term "metabolic antagonist." **Often what is mistaken as an infection and then treated with controversial antibiotics is really only an allergic reaction or an inflammation caused by this metabolic antagonist.**

He attributes many allergies to the deficiency of a certain nutrient, or combination of nutrients, necessary for the complete absorption of a particular food. The antidote for an allergic reaction to that food, then, is the administration of the missing nutrients. He placed food into 9 major food blocks (Table 1). He describes the allergic symptoms of each food block, gives the list of foods to be avoided, then the nutritional antidotes to correct each allergy. In my experience these antidotes work within minutes to relieve the distress caused by an allergy. Once you have taken the antidotes and worked the toxin out of your system by staying away from the food which has challenged your system for at least 5 days, the antidote dosage may need to be adjusted. Antidotes are in four categories, VITAMINS,

MINERALS, AMINO ACIDS, and HERBS. Some of the most common are:

1. YEAST – Looking at the yeast allergy will show how valuable this knowledge can be. About 50% of the people who are trying to use yeast as a source of B vitamins are **actually allergic to the yeast!** Nutrients, whose deficiency could cause the yeast allergy, are B1 and B6, the mineral Zinc and the amino acid L-Lysine. To take these in their most natural form, the herbs rich in these are Pau D'Arco, Red Clover and Comfrey. Yeast allergy surfaces for me in the form of Herpes Simplex or fever blisters on my face. You would think that one would benefit most by taking the complete answer, one nutrient from each category; however, I get almost instant results with the amino acid Lysine alone. MT will tell if you need all or just one antidote, specifically which one, and exactly how much.

To check for missing nutrients, Figure 1 shows the acupressure Muscle Response Test points for minerals. The need for Zinc can be confirmed by checking the MRT point for this mineral. To self-test:

1. Make contact with the point of inquiry.
2. Lock this in with the memory cells in the neck by bowing the head. This frees your fingers to MT.
3. Bring the thumb and little finger of one hand together; then attempt to pull them apart with the thumb and first finger of the opposite hand. Weakness shows deficiency.

This self-test can also be used to test other people. It is only a self-test until you touch the other person. (Disconnect your own energy first by running your hand down your Central Meridian). Have the party hold each of the antidotes needed to their navel while testing and then retesting. This is particularly useful if you want to avoid the complications of reversals, blocking, etc. or just to save time.

3 & 4. WHEAT & CORN – The remedies are the same for Wheat and Corn. The symptoms

Figure 1. Food Allergens and Their Neutralizing Nutritional Antidotes

Food	Vitamins	Mineral	Amino Acid	Herb
1. Yeast Series Barley Cherry Millet Potatoes Prunes Raisins Rye Walnuts	Thiamin (B1) Pyridoxine (B6)	Zinc	Lysine (Comfrey)	Pau D'Arco Red Clover Comfrey
2. Rice Series Cinnamon Curry Blueberry Grapes Strawberries Watermelon Wine Pumpkin	Pyridoxine Cyanocobalamin	Manganese	Arginine Proline	Yucca Beet Powder
3. Wheat Feathers Wool Dust Detergents Cat & Dog Dander	Essential Fatty Acids Linoleic acid	Magnesium	Histidine	Black Walnut Kelp Spirulina
4. Corn	Essential Fatty Acids	Magnesium Potassium	Histidine	Black Walnut Kelp Bee Pollen
5. Fat Series Meat Fats Vegetable Milk Fats Cosmetics	Biotin (H) Carnitine (Bt)	Sulfur	Methionine Cysteine Taurine Glutathione Threonine Varnitine	Sarsaparilla Eyebright Fenugreek Dandelion Burdock Fennel Seeds
6. Oatmeal Sesame	Folic Acid Cyanocobalamin Vitamin C	Iron	Citrilline	Yellow Dock
7. Milk Cheese	Vitamin D	Potassium	Aspartic Acid Asparagine	Bee Pollen Alfalfa Hawthorne Berry
8. Citrus	Pantothenic Acid (B5)	Calcium	Serine	Royal Jelly Comfrey
9. Peppers Peaches Pears Plums Nectarines	Niacinamide	Phosphorus	L-Glutamine	Royal Jelly

Excerpted from *The Ultimate Healing System*, © 1988, Daniel Lepore

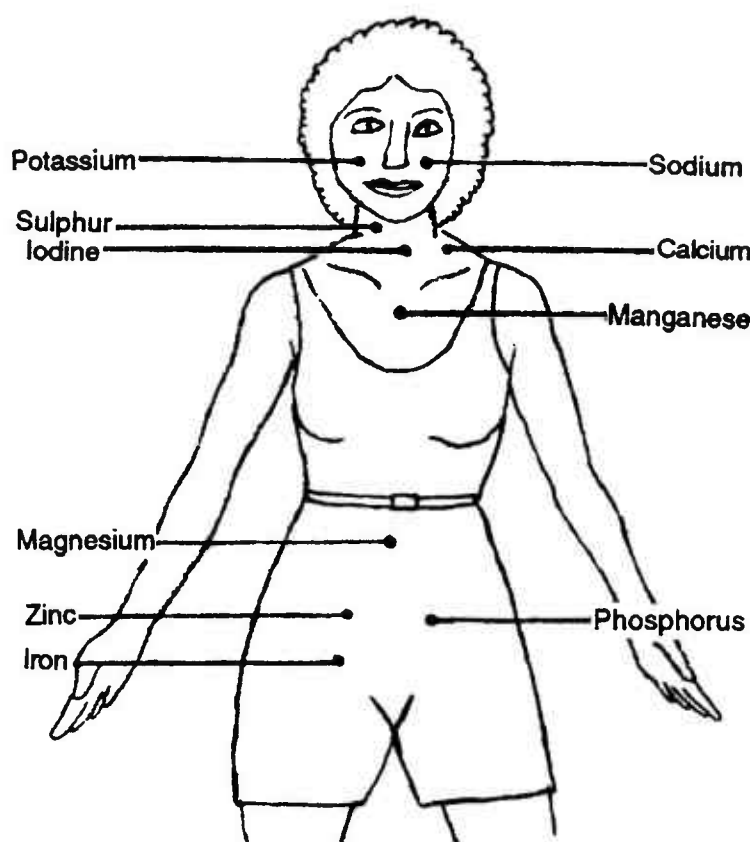


Figure 1. MRT Points for Minerals

are similar as well. In 1992 at the TFH Conference wheat was described as "more toxic than any toxic mineral". The presentation by Clovis Correa from Brazil, "Is Wheat a Heavy Metal?" (ref. 2), reported that in all 171 cases studied the body's priority was the wheat allergy, rather than heavy metals. Here is an answer to this using only needed nutrients.

7. DAIRY – This common allergy is a symptom of a potassium deficiency, a major "hidden" cause of heart attacks. This may explain why some seemingly healthy athletes die right on the basketball court. The point for potassium is located on the right cheek: the point for Sodium (not salt) on the left cheek. Potassium controls transactions on the right side of the body, while Sodium controls those on the left side. A person low on potassium will have ear aches, headaches, most troubles on the right side. A person low in Sodium, more on the left. To check this out, notice when your nose is stuffy which side is more stuffed up. If the right nostril is more closed, Potassium is needed; the left nostril - Sodium. Supply the correct nutrient and the stuffiness clears up.

To sum up, you do not have to give up a relished food forever. If you fall low on a required nutrient and symptoms show, go for the antidote and get back on track. You get the glorious feeling, which we often share in TFH, of being a little more in charge of your own world.

The Need to Balance MRT Points

In order for the nutrients to be better absorbed however, the MRT points must be pH balanced and "put in" electro-magnetically. We have to "turn on the switch." Before this "lighting up" of the MRT point, the nutrient will go right through the system. With balancing, the deficiency is dramatically reduced, sometimes eradicated. In order for the effect to last, it is really necessary to do both: (1) put in the point and then (2) supply the missing nutrient.

How to pH Balance and Put In the Point -

1. Clear self of problems and disconnect self if working on someone else.
2. Make contact with point to be checked and lock in with the neck.
3. Touch the beginnings of the Central and Governing Meridians and lock in with the legs.
4. Lock in the ends of these meridians by rubbing above and below the lips as you bow your head.
5. Rub pH points, ends of the Liver and Kidney Meridians.

This method was taught to me by Karen Dix who now lives in Conowingo, Md. She was our local "strange" person who did seemingly mysterious things that got you better. She has been actively teaching TFH, Brain Gym and Electromagnetic Kinesiology for 12 years. Her book Internal and External pH Balancing will be coming out soon. It is her work that I now wish to bring to your attention.

Part II - External Factors - Environmental Illness or E.I. Syndrome

Many states have put out reports recognizing the problem of indoor air pollution as a problem. N. H. says that a full 50% of ALL illness can be directly attributed to environmental factors! The rise in chemical sensitivity is traced to the proliferation of synthetic chemicals in consumer products, furnishings and construction material, all intensified by the energy conservation move of the 70's to build "tighter" buildings.

As reported in February of 1990 (ref 3), "everyone adapts at some point to environmental irritants, but sensitive people appear to reach a threshold at which the 'total load' of biological and chemical stresses reach a 'saturation point', prompting health disorders." The Chemically Sensitive are like the canary the coal miners took with them to monitor the air supply. While they may show a much quicker reaction than others, the truth is that everyone is affected and the results are cumulative. Who is to say when any one of us may reach our breaking point, especially when you have to throw in emotional stress factors which can make our systems go "tilt" at any time.

The answers which Karen Dix reports involve common, inexpensive household substances which simply alter the pH of the offending pollutants. The petro-chemicals which abound are too alkaline and can be neutralized with an application of vinegar. In 1980 I was suffering from a serious hip pain First I discovered that the mineral Manganese and the other antidotes for the Rice allergy described by Lepore relieved this pain. The arthritic-type aches and pains symptomatic of the Rice Allergy are also caused by exposure to chemicals. It took me several years and many bottles of Manganese later to learn that my need for Manganese was also related to indoor air pollution.

Karen taught me to MT everything in my home for pH. I learned to ask the questions: "What did I touch?" "What did I breathe in or smell?" Sure enough, my mattress and my couch both tested badly. Significantly, the side that hurt was the side most often in contact with these furnishings. In her book Karen explains a method to determine the degree of toxicity of a particular article. Some things are so toxic it is best to get rid of them, but with Karen's help, I managed to salvage most of my furnishings. She brought along her antipollution kit - a spray bottle filled with a vinegar solution (a gal. of white vinegar,

Heinz or Shoprite only, with a capful of organic "mother" vinegar, then diluted 5-1 with water) and a box of baking soda. Cost, maybe \$2! After we sprayed my home, the backache I had suffered from for years was gone.

My attention then turned to my fairly new car. If I had to drive more than two hours, I suffered a sciatic-like pain down the back of my legs, just where they came in contact with the seat. I was gulping down handfuls of Manganese. Cars are especially bad because of the confined space. Vinyl Chloride is what gives a car its "new car smell." (ref 4) Once I had sprayed the soft plastic (which outgases worse than hard plastic) I could make a trip in comfort. My spray bottle of vinegar always goes with me now when I travel. An excellent cleaner, it does not harm anything and just a light spray can solve so many problems. Some motel rooms can make me feel dizzy because of the high level of pollution from cheap furnishings, veneer over particle board, lots of glue, synthetic curtains and rugs, and that all important mattress. Test until you find something that makes you weak. Apply some vinegar and retest.

Baking soda is the answer when the opposite treatment, acid to alkaline, is needed. Even 100% natural fibers may need correcting this way if they have been grown with acidic pesticides or colored with acidic dyes. Baking soda is a good treatment for all our wash, once the synthetics have been vinegared, for we are constantly acidifying everything we touch.

Though there are many more pollution questions needing to be addressed, I have chosen to present the simplest and most affordable solution to a prevalent problem. I hope you find this information as useful in your life as I have in mine.

References

1. Lepore, Donald, N.D. *The Ultimate Healing System*, Woodland Books, Provo, Utah, 1988.
2. Clovis Correa, *Is Wheat a Heavy Metal?* TFH Journal, 1992, St. Louis, pp. 18-23.
3. Washington Post, *Hypersensitivity to Chemicals Called Rising Health Problem*, Saturday, February 10, 1990.
4. Hunter, Linda Mason, *The Healthy Home, An Attic to Basement Guide to Toxin-Free Living*, St. Martin's Press, 1989.

Dot Singleton may be contacted at "Do It Yourself" Wellness Center 512 S.E. Lakeshore Dr., Millville NJ 08332
