

# ALLERGY MODULES

## **Module XV: The Increasing Prevalence of Environmental and Food Allergies**

What Causes Nasal Allergy Symptoms?

Atopic Diseases

The Role of the Immune System in Allergic Reactions

Antigen-presenting Cells

Action of the Th0 and B-Cells (Bomb-making Cells)

The Role of the IgE Bomb

The Role of Mast Cells (Misery Cell No. 1) and Basophils (Misery Cell No. 2) in the Allergic Response

Other Chemicals Released by the Misery Cells

## **Module XVI: The Correlation Between Pesticide Use and the Allergy Epidemic in the U.S.**

Allergic Rhinitis

Asthma

Food Allergies

Statistics

The Pathophysiology of Food Allergies

Chemicals Used in Food Production in the U.S.

Why is Peanut Allergy Becoming More Common?

Pesticides Used in Peanut Production

The LEAP Study

Flaws in the LEAP Study and Conclusions

The “Dirty Dozen” and “Clean Fifteen” Foods

The “Dirty Thousand” Foods

# TREATMENT PROTOCOLS FOR ALLERGIC RHINITIS, ALLERGIC CONJUNCTIVITIS, AND FOOD ALLERGIES

## **Module XVII: Treatment of Environmental Allergies and Food Allergies**

Allergic Rhinitis

The Orthomolecular Approach

My Clinical Experience in Treating Allergic Rhinitis

Immunotherapy for the Treatment of Allergic Rhinitis

The Most Efficient Method for Alleviating Nasal Allergy Symptoms

Treatment of Histamine-related Symptoms

Treatment of Leukotriene-related Symptoms

Systemic Steroids

Allergic Conjunctivitis

The Estrogen-free Lifestyle

Food Allergies

Is it Gluten Sensitivity or Estrogen Dominance?

Treatment of Food Allergies

The Estrogen-free Lifestyle

Autoimmune Diseases

# PUTTING IT ALL TOGETHER—HOW EXOGENOUS ESTROGENS LEAD TO HORMONE IMBALANCE AND HOW HORMONE IMBALANCE LEADS TO ALLERGIC DISEASES

## **Module XVIII: Putting it all together**

Overview: The Connection Between the Estrogen Epidemic and the Obesity and Allergy Epidemics

Using the Macromedicine Diagram as a Guide to Understanding the Role of Hormone Imbalance in Obesity and Common Diseases

The Importance of Progesterone

The Relationship Among Progesterone, Obesity, and Diabetes

The Relationship Between Progesterone and Thyroid Function

The Relationship Between Progesterone Deficiency (Estrogen Dominance) and Allergies

Other Diseases and Disorders Caused by Hormone Imbalance

The Effects of Testosterone Deficiency

The Effect of DHEA Deficiency on Insulin

The Effect of Estrogen on Candida Overgrowth

The Effect of Stress on the Distribution of Pregnenolone

Why LDL (“Bad”) Cholesterol Increases with Age and Obesity

The Most Prevalent Diseases in the U.S. are Due to Hormone Imbalance

The End Result of Endogenous Hormone Production Imbalance

My Road Map for Treating Allergic Diseases

Questions Answered in this Book

References and Notes

# WHY DIE(T) AND DIE? ADOPT ESTROGEN-FREE LIFESTYLE (EFL)

## **Module XXI: Choose Chemicals, Foods and Beverages Well to Avoid Diseases**

Avoid Xenoestrogens and Phytoestrogens

Avoid nonorganic Dairy

Avoid “Dirty” Foods

Avoid Refined Sugars and Artificial Sweeteners

Avoid all Hidden Sugars

Other Suggestions in Addition to Living an Estrogen-Free Lifestyle (EFL)

Additional Steps to Effectively Treat Obesity

Eating to Lose Weight

The Importance of the Glycemic Index in Losing Weight

The Role of Carbohydrates in Achieving and Maintaining a Healthy Weight

The Role of Proteins in a Healthy Diet

The Role of Fats in a Healthy Diet

Follow the Prophet Daniel’s Diet (Vegetables and Water)

Lowering Cholesterol Along with Losing Weight

Heavy Metal Decontamination Recommendations

## CASE INTENSIVES AND NUTRACEUTICALS

### **Module XXII: Illustrative Case Studies**

### **Module XXIII: Nutraceuticals**