

natural awakenings

feel good • live simply • laugh more

A Natural Cure for Childhood Allergies

by Mark Joachim



It is estimated that more than 35 million children and adults in the United States suffer from allergies, and the number is growing. An allergic reaction is commonly assumed to involve a stuffy nose, itchy watery eyes and maybe hives. But the list of allergy symptoms is actually lengthy, including asthma, eczema, sinusitis, headaches, fibromyalgia, depression, chronic fatigue, candida, bloating and gastric symptoms, colitis, PMS, infertility, ear infections, behavioral disorders, ADD/ADHD and many others.

First, some clarifications

An allergy is an abnormal physical reaction to even minute quantities of the antigens that lead allergic individuals to develop an antibody reaction. This reaction then causes the release of the histamines that produce the allergic symptoms, hence the common, conventional use of antihistamines to control the symptoms. Allergic substances can be nontoxic, such as foods, grass, dogs, and pollen, or they can be toxic, such as chemicals and fumes.

Allergic reactions can either be

classified as “acute” or “immediate,” in which symptoms appear within seconds after exposure to an allergen, or they can be “delayed.” “Delayed” food reactions are very common and can occur hours or even days after exposure to an allergen, since the allergen is not the food itself, but a by-product of the digestive process.

Virtually any substance can cause an allergic reaction in certain people. The most common allergic substances include pollen, dust mites, animal dander, mold, insect venom, certain chemicals, medication (such as penicillin) and foods. The most common food offenders are dairy, peanuts and other legumes, tree nuts, fish/ shellfish, eggs, wheat, and soy. Allergens can affect the body by way of ingestion, inhalation, skin contact or injection, and can involve any part of the body.

The skin: blueprint of the body

The skin on our bodies is the largest—and fastest growing—organ in our bodies. The skin of an average person would cover 20 square feet if stretched out. In addition to covering our bodies and providing protection, our skin serves as our largest organ of elimination. Chronic skin conditions such as eczema and psoriasis generally indicate chronic problems with other internal organs, such as the colon, liver and kidneys. So, in a way, our skin is like a blueprint for our body and can help us discover other areas that are toxic and underperforming.

Allergies to foods such as milk, eggs and peanuts are some of the most common causes of eczema. According to Dr. Ellen Cutler, author of the best

Chronic skin conditions such as eczema and psoriasis generally indicate chronic problems with other internal organs, such as the colon, liver and kidneys.

selling book *The Food Allergy Cure*, other common offenders are sugar, soy, wheat, citrus, fruit juices, food additives, sulfites, artificial colors, gums, tomatoes, meat, fish, pickles, relishes, vanilla, fats and chocolate.

Eczema is characterized by itchy, scaly, red skin, and is most commonly first seen on an infant's cheeks. In older children it can be found on other areas of the skin, particularly the creases of the elbows and knees. Though eczema is one of the most common skin conditions affecting all age groups, children are extremely prone to it. In fact, it is estimated that 30% of newborns may develop eczema and 60% of those that develop it do so by the time they are one. Eczema tends to affect people with a family history of allergies, asthma, and hay fever. In each of these conditions, irritants are creating inflammation of the tissues lining the intestines, respiratory tract and skin. When the body is overburdened with toxins, and can no longer handle them and detoxify itself, it causes the immune system to overreact, exhibiting conditions such as eczema.

Desensitizing is needed, not avoidance

Although there are food allergies that are life-threatening, the majority of chronic food allergies resulting in skin conditions can very negatively affect a person's appearance, self-esteem, and quality of life. Medical doctors, who have found no cure, simply tell patients to avoid the foods they are allergic to or to use medication or topical creams to try to reduce symptoms. This is obviously not fixing the problem. What needs to be done is to eliminate the cause of the "dis-ease," not just reduce the symptoms. Why not try to find out how to naturally desensitize the system to that food so the patient can continue to eat it without getting eczema?

BioSET (bioenergetic sensitivity and enzyme therapy) can do just that. BioSET was developed by Dr. Ellen Cut-

tizes it to allergies. When allergies are eliminated by BioSET, the eczema usually clears up readily and permanently, and the occurrence of asthma later in life can actually be prevented.

Relief for a very special little redhead

Since 2000 I have been utilizing the BioSET Allergy Elimination Method with great success. My experience with BioSET's amazing results began when I was in search of a cure for eczema that was affecting Alana, a 15-month-old patient. This little girl is a beautiful redhead whose skin in the areas of her abdomen and diaper region was often so irritated from eczema that it was often redder than her hair, with the worst flare-ups happening when she ate strawberries and chocolate.

After only five BioSET treatments on Alana, along with the addition of a digestive enzyme to her juice twice a day for one month, Alana's eczema was gone. Alana is now 13 years old, has never had another spot of eczema on her body, and has never been limited in the foods she eats. I was especially thrilled because this little girl is my youngest daughter!

This success with Alana inspired me to dedicate a large part of my chiropractic practice to helping other children and individuals benefit from the BioSET total health care system. Many of my patients had severe eczema and life-threatening food allergies that have been eliminated, and they are now enjoying their lives to their fullest potential.

*For further information, call Dr. Joachim at 203.838.1555 or email him at DrJ@EliminateMyAllergies.com. For a free copy of Dr. Joachim's ebook, *How to Stop Suffering From Food Sensitivities, 'Allergies,' and Digestion Problems*, go to AllergyEliminationNorwalk.com. His practice, *Associates in Family Chiropractic and Natural Health Care*, is located at 152 East Avenue in*