

What About . . . ALLERGIES?

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Allergies seem to plague not only humans but our horses and pets as well. People spend millions of dollars each year for themselves or their animals trying to allay symptoms with various over-the-counter and prescription drugs.

So what *is* an allergy?

Allergic reactions occur when someone's immune system is oversensitive; in other words, when histamine is released by an immune system that has formed inappropriate antibodies against a common substance. More specifically in medical jargon: when mast cells bind to IgE antibodies (released by B cells) and, as they bind to the antibody and the allergen, they release histamine granules which dilate the blood vessels.

What are common allergy symptoms?

Symptoms can occur instantaneously or take a number of hours to develop and they can range from the common pollen and pasteurized dairy-related symptoms of drippy nose and runny red eyes to more subtle symptoms such as lethargy or nervousness generally related to molds and fungi to the more alarming uncontrollable itching, hives and hair loss (*alopecia*) frequently associated with contact allergies such as to latex or various chemicals. Severe, life-threatening allergies can result in anaphylactic shock or immediate massive swelling of mucous membranes (which can cut off air-ways), foaming at the mouth and a racing heartbeat. Such severe responses generally are associated in humans with foods such as shellfish and peanuts or insect-related such as bee stings, in dogs with ingesting peanuts or other foods and in horses with ingesting moldy, or *aflatoxin*-ridden hays/grains or those sprayed with chemical mold retardants. Humans who know they have such allergies usually carry an "epi-pen" (containing *epinephrin*) with them at all times since such a severe reaction can result in death surprisingly quickly.

What causes allergies?

Interestingly, various allergy symptoms will evince themselves during a detoxification process called the Herxheimer effect. This gives us a real clue as to why bodies react in such an extreme way: it is an

overload of toxins. Rather than suppressing and/or treating allergy symptoms with various drugs, including steroids (which may be necessary on a limited basis with very serious symptoms), first we must remove all known allergens and toxins.

This includes not only the aforementioned items, but also grains, especially those containing gluten, which holds true across the board for humans and animals alike. No creature was designed to ingest grains as a major part of its diet; this appeared only after humans started cultivating grains about 10,000 years ago. Humans evolved mainly on land or sea animals, with vegetables, herbs, fruits, nuts and seeds thrown in; dogs evolved on hunting prey with the occasional blades of grass and berries added; and horses evolved on mainly grasses and herbs. Consuming modern acidic, grain-based diets irritates and thins the intestinal lining causing grain proteins to be able to cross into the blood. This is referred to frequently as Leaky Gut Syndrome. Such foreign bodies activate and stress our immune systems to the point where they can no longer handle the overload, and then the allergy symptoms start to appear.

In her Whole Horse Journal (July 1999) article "Stopping Hives Without Drugs," Dr. Kimberly Henneman points out that every horse with chronic hives that she has tested has shown abnormal gastrointestinal function, ie: leaky bowel syndrome which overburdens the immune system causing it to malfunction. She believes that it is the over-use of antibiotics, anti-inflammatories, and vaccines, as well as poor diet (heavy grain & sweet feed use), that causes the intestines' inability to filter out toxins. In fact she suggests that immune-mediated, immune deficiency and autoimmune diseases such as not only allergies but also asthma, cancer, chronic hives, Cushing's disease, EPM, fibromyalgia, rheumatoid arthritis, thyroid problems and more are actually vaccine related. As per vaccine inserts, she points out the importance of avoiding all vaccines if the immune system is stressed.

What can we do about allergies?

Anything that overtaxes both our immune systems and our livers has to be considered a toxin. So, in addition to avoiding all common known allergens,

it would also be wise to remove as many chemical toxins from our environment as well. This includes not only vaccines and other medications already mentioned, but also artificial cleansers, deodorizers, preservatives, fertilizers and such, relying instead on only natural products.

Common animal feeds can contain not only the chemicals you read about on the label, but there are many “hidden” ones as well such as *ethoxyquin*, a known carcinogen and abortifacient, in popular horse and dog foods; horse feeds tend to have high amounts of chemical-laden molasses (sometimes up to 50%!) just to cover the taste of mold inhibitors and pesticides; MSG is frequently used as a “flavor enhancer” and on and on. Human processed foods are equally awful resulting in that term being an excellent example of an oxymoron! It is far better to switch to a pure, species-specific, alkaline pH diet.

For horses this means plenty of good grass hay and the **DYNAMITE Free Choice minerals, DYNAMITE Regular, Plus or TNT**; for dogs/cats, either the **Dynamite Chicken Rice Dog Food** or other natural, toxin-free food along with **Showdown** for dogs and **Purrrformance** for cats; and for humans, a diet based on organically grown vegetables/fruits and range-free meats and the **DYNAMITE Elixir, Vitamins and TriMins**.

While the first two steps will start a natural detoxification process, **DYNAMITE** also offers **Excel** for all animals to cleanse the liver more quickly while it supports digestion and intestinal alkalinity. Only 1/4 tsp for dogs on up to 1 tsp for horses given daily for 30 days will accomplish this *as long as any other supplementation is avoided* (so stop the vitamin/mineral pellets and the Showdown/Purrrformance). It is impossible to both cleanse and rebuild at the same time and **Excel** contains all that is necessary during a cleansing process.

For extra immune system support, especially if currently suffering from hives or other allergenic symptoms, a combination of **Hiscorbadyne** and **SOD** can work wonders. For animals, feed the powdered **Hiscorbadyne** at full label directions for 10 days, following up with a maintenance dose at least during allergy season or as long as symptoms persist; perhaps even daily for a year or two for some. Meanwhile build up the **SOD** (powder for

horses and human capsules for dogs) slowly in small increments until at maximum dose for that animal; hold that level for 7-10 days, then drop back down. Many do this on a quarterly basis for susceptible individuals while others seem to require a small daily maintenance dose in addition.

Humans would utilize the **Hiscorbadyne** capsules; many distributors have taken up to 16 daily (spread out) for a week-10 days during severe stress times, then back off to between 4-8 on a daily basis. Stair-stepping the **SOD** slowly, and taking with meals, aids the body’s adaptation process: 1 capsule per day for 2-3 days, then increasing by 1 every few days until 3, or more depending on individual needs, is reached; hold that level for 10 days then stair-step back down.

With severe symptoms and resultant tissue inflammation, a 7-10 day round of **MSM**, used according to label directions, may be in order. Also, **DynaPro** for animals helps the intestine rebuild and maintain its beneficial bacterial colonies which are the first line of allergy defense.

Topically, **Release** can be sprayed on any irritated surface, including eyes (or drop in with a dropper or soaked cotton ball), before anything else such as **Miracle Clay** packs for hives or a spray made up of 1:5 **DYNAMITE Tea Tree Oil** and olive oil for hot spots. Instead of medicated shampoos, use **Dynamite All Natural Shampoo, Conditioner, Tan O’ the Isles**, and **Rejuvenating Skin Cream** rather than store bought items, and in lieu of chemical pest sprays, use **DynaShield** diluted as per label instructions. Rather than bleaches and chemical cleaners in your home, barn or kennel, use sunlight for all fabrics and **DYNAMITE ACV** for all surfaces (including salads!).

Following these suggestions can result in symptom-free bodies. In fact, many have found that even life-threatening allergies no longer are present if the body is given enough support over a long enough period of time. My 41 year old son, after giving up grains and adding the **DYNAMITE** supplement program, found he is now able to dive to depths that before caused chronic severe ear infections.

So there *is* hope for allergy sufferers no matter what the species. Just remember: avoid toxins, consume an alkaline diet, and support the body with **DYNAMITE** supplements. A body in harmony with itself can overcome many obstacles! ■