The Allergy Epidemic
Do you suffer from:

- Weight Gain?
- Fatigue?
- Depression?
- Headaches?
- Insomnia?
- Stomach Aches?
- Brain Fog?
Allergies could be the culprit.


We have entered

The Age of Allergies
Over 1 Billion People Suffer from Allergies

European Academy of Allergy and Clinical Immunology, ClinTransl Allergy, 2012; 2: 21.
300 Million People have asthma around the world
Asthma is at Highest Rate Ever in the U.S.

2 of 3 asthma cases are not controlled by their meds

“Adequate Control” means

- No restriction of activity
- Not waking at night with asthma
- Not needing bronchodilators more than 3 times a week
- Not missing school or work because of asthma
- Not having severe acute asthmatic reactions.
Asthma: Out of Control
Every 2 Hours Someone in the U.S. Dies Of Asthma

These Lives Could Be Saved
I’d like to change the way you think about allergy.
3

Levels of Environment that Matter
1. The Outdoor Environment
2. The Indoor Environment
3. The Internal Environment
Fatigue
Out of Control

Ragweed

Coming soon to a city near you!

Rhinitis on the Brain

J Bras Pneumol. 2010 Jan-Feb;36(1):124-33
Brain Allergy

Insomnia 1 2 3
Anxiety 4 5 6
Depression 7 8 9 10
Brain fog 11
Migraine headaches 12
Fibromyalgia and chronic fatigue 14
Attention deficit disorder 15
Autism 16


Pollen exposure impairs driving performance to the same extent as a blood alcohol level of 0.05 %, the same as having two alcoholic drinks.

Treatment of symptoms with antihistamines or nasal sprays partially—but not completely—blocks the impairment.
Driving under the influence of Allergies
Runaway Rhinitis

Affects 60 million people in the US and 500 million worldwide
4 Game-Changing Truths About Allergies
1. Nutrition has a profound effect
2. Allergy is a great mimic
3. Detective work is needed to uncover hidden allergies
4. Your microbiome influences your immunity
When was the last time you felt really well?
Office work exposures and adult-onset asthma. Jaakkola MS, Jaakkola JJ. Environ Health Perspect. 2007 Jul;115(7):1007-11

Measurements of chlorinated volatile organic compounds emitted from office printers and photocopiers. Kowalska J1, Szweczyńska M, Posniak M.

Nutrition Can Help Balance Immunity
Fruits and Vegetables vs. Asthma

Antioxidants play an important role in asthma.
Dietary flavonoid consumption is inversely associated with asthma incidence.

7 servings per day of vegetables and fruit can improve asthma.

Increased body fat is associated with increased prevalence of asthma, allergic rhinitis and eczema.

People with chronic allergic sinusitis are two and a half times more likely to be overweight than a control population without allergies.
Weight loss by itself improves asthma control among overweight adults and children.
The hormone that fights inflammation and allergies...
Adiponectin is an anti-inflammatory hormone produced by fat cells, but the larger the fat cells, the less adiponectin they make. Weight loss increases adiponectin.

Adiponectin has direct anti-allergic effects and reduces eosinophil activation.

Parsley Enhances Adiponectin

Food and Tea Flavonoids Boost Adiponectin
Strawberries Enhance Adiponectin

Allergies to the foods you eat every day can make weight loss almost Impossible.
Allergy
Ecology
Nutrition
Protect Yourself from Mold:

- Investigate and correct any sign of moisture accumulation, in the basement, attic or living space, and leaks from any source.

- Do not carpet areas that are damp, like bathrooms

- Remove any material that harbors fungal growth – rotten food, old wood, furnishings have been damaged by water.

- Clean surfaces where mold regularly grows, especially shower stalls and curtains, with a non-toxic solution like hydrogen peroxide and water.

- Maintain a relative humidity of less than 50% in each room of your home, using a dehumidifier if necessary.
Products Containing

Formaldehyde

Particle Board
Plywood
Paneling
Pressed-Wood Products
Urea Formaldehyde Foam Insulation
Permanent Press
Some Shampoos and Cosmetics
Triclosan

An unregulated antibacterial used in soaps, gels, toothpaste, clothing, cleaning solutions and medical equipment.

Higher levels of nasal triclosan are associated with greater Staph colonization.
The Tangled Web of Chronic Rhinosinusitis

CRS affects 12.5% of people in the U.S. and is strongly associated with nasal polyps.

Food allergy occurs in 70-80% of people with CRS-P.

CRS-P is associated with heavy growth of Staph bacteria.

References:
J Allergy Clin Immunol. 2011; 128: 693-70
Superantigens from Staph Bacteria Harm Immunity
Staph bacteria produce toxic superantigens that dysregulate immune responses and promote allergic sensitivity.

Swallowing Staph toxins increases your risk of developing allergies to the foods you eat.

Dietary flavonoids bind to and inhibit Staph toxins.
Two thirds of your immune system is located in the lining of your intestines.
Your Body is Like a Movable Rain Forest
Eat Right

Fruits and vegetables, fermented foods, raw foods
Eighty percent of the antibiotics used in this country are added to animal feed
Avoid Antibacterials

They just encourage the growth of resistant organisms and impact negatively on healthy bacteria.
I recommend that you consult a doctor or nutritionist who’s experienced in their use.
Your own health is closely connected to the world around you.
Drill down into the science of allergy, immunity, nutrition, inflammation, environmental health and the microbiome at:

DrGalland.com