

## **A is for Allergy**

By Dr. Sharon Rabb

All allergies are the direct result of toxic liver and sluggish adrenal glands. The cascade of events leading to allergies is a prolonged histamine response in the “middle skin” of either the nasal sinuses, the gastric mucosa of the GI tract, the dermal layer of the skin, or the bursa of the joints. This histamine reaction causes inflammation which leads to irritation and if the immune system is compromised, infection sets in. Normally, a strong adrenal gland will stop the inflammation but in the case of adrenal fatigue, this is not true.

Allergies are very common and many individuals suffer needlessly from the effects of allergy. The exact cause of allergies is not well understood by the institution of medicine, but many alternative professionals have known for at least 70 years that the adrenals are largely responsible for the cascade of responses known as “allergy”.

As with all chronic illness, digestion plays a key role that leads to both toxins in the liver and colon, and imbalances in the endocrine system. The adrenal being the key endocrine gland in this case.

### **The keys to healing allergies are:**

- Adequate nutrition
- Supporting and healing digestion
- Detoxifying the liver and colon
- Balancing and supporting endocrine glands (thyroid, adrenal, pituitary, etc.)

The toxic wastes in our diet that lead to allergy are mainly from the breakdown of proteins. Consuming too much animal protein particularly leads to putrefaction in the intestines and disrupts the normal balance of the pH (hydrogen ion concentration) leading to an over abundance of acidic wastes. Lack of whole food nutrients in combination with toxic wastes leads to “leaky gut syndrome,” the main event in a cascade of events known as allergy. “Leaky gut” is a term for micro holes in the gut that allow protein molecules to enter the blood directly. This sets up an “immune response” because the body thinks it is being invaded. Food and other allergies manifest as a result of this invasion. Allergies are like a rain barrel as far as symptoms are concerned, you can fill the barrel with gallons of water with no leakage but when the tank is filled--that last drop of water can cause an overflow. Food allergies can lead to other air borne and/or chemical allergies.

Most of us are unaware of food allergies until indigestion, gastritis, colon problems, or nasal inflammation take up residence. Not all people with pollen allergies have food allergies, but many do even though they may not know it. The loss of gastro-intestinal mucosa integrity will eventually lead to inflammation and infection. That is why this

problem is known as “leaky-gut syndrome”. As the undigested proteins enter the blood stream, they form an antigen-antibody complex which releases histamine. It is the histamine release that causes most of the damage to the tissues affected.

As stated earlier, many individuals suffer from allergy because they do not produce adequate amounts of adrenal hormones. Of course, these problems worsen when we are under stress. That the endocrine organs play an important role in the symptomatology of the various allergic reactions should be self evident to the medical profession. This is true because most cases of hyper-sensitiveness (allergy) can be completely relieved by injections of epinephrine. This hormone is produced by the adrenal medulla. Many people can obtain temporary relief from posterior pituitary extract. The successful balancing of the endocrine glands can frequently modify protein sensitization in and of itself. The reason that steroids are given to asthma and allergy patients is because of the boost to the adrenal glands and other endocrines. Using exogenous steroids are not the long term answer in healing from allergy.

In patients with allergy, I first facilitate liver detoxification and then I balance the endocrine system to help people heal. We use whole desiccated adrenal gland, the adrenal protomorphogen, (See article on PMG’s) and whole food vitamins and minerals that are needed by the adrenals. We also use herbs and energy medicine techniques to facilitate healing. The combination of a liver detoxifying hormone, adrenal PMG, and whole food vitamin B works wonders for allergy. I use CRA (See article) to detect food allergies so that the patient can abstain from these foods for three months. Again, the key is to detoxify the liver and build and support the adrenals.

As the adrenals become weak, the amount of oxygen in the tissues and blood become reduced and respiration can become labored. Both blood oxygenation and tissue utilization become impaired.

Migraine headaches are many times due to allergy and toxic liver. Many other illnesses are also a result of allergy and liver toxicity. Arthritis is an example of such a case and can also be greatly helped with the proper detoxification and glandular balancing.

We also do a hair analysis when allergies are involved because this analysis can show a person’s mineral ratios. These ratios are a key tool giving valuable information about endocrine functions. Low available potassium and sodium are associated with adrenal insufficiency. Aldosterone and cortisol (adrenal hormones) need to be balanced to maintain one’s health. Decreased sodium and potassium levels lead to allergies of all kinds and to adrenal exhaustion. Cortisol is an anti-inflammatory hormone which serves to prevent allergic reactions. It is much more effective to support an individual’s own adrenal gland rather than to give exogenous steroids.

Normally when one is exposed to an irritating substance, the body increases its production of these anti-inflammatory hormones which prevent an allergic reaction. An allergic reaction is a histamine reaction. That is why anti-histamines are used for

allergies. Many persons suffer because they do not produce adequate amounts of these anti-inflammatory hormones. When under stress, the problem becomes aggravated. The solution is not artificial hormones which may help initially, but cause more damage in the long run. Again, the answer is to detoxify the liver and build up the adrenals naturally. This can be done in a relatively short period depending upon the stage of adrenal fatigue.

**There are three stages of adrenal fatigue/exhaustion:**

- Alarm phase (fight or flight- adrenalin rush)
- Resistance phase (corticosteroids stimulate conversion of protein to energy and mineralocorticoids retain sodium to maintain blood pressure)
- Exhaustion (depletion of glucocorticoids which results in hypoglycemia and other problems)

Individuals suffering from low adrenals will probably fall in one of these three stages. Most are in the resistance phase, although quite a few are in adrenal exhaustion. Not everyone suffering from adrenal exhaustion has allergy symptoms but most experience fatigue. If you are fatigued, then you are in one of these phases. However, it is never too late to heal your body. Amazing results can be had in a short time if you are willing to make the changes.

I have a patient who had severe allergies to pollens and some foods. He was unable to go outdoors in the spring and fall. After certain dietary modifications and a supplemental regime, he is now allergy free. After only 3 weeks he noticed a significant difference in this health and he has more energy than he has ever experienced. He is very pro-active in his healing, and has made significant changes in his diet and his environment. You can too!

**Dr. Sharon Rabb Ph.D., ND, MPH, CNC** Dallas, Texas

For more information, please visit Dr. Rabb's website:

[www.drsharonrabb.com](http://www.drsharonrabb.com)

Phone: 214-724-3505

Email: [drsrabb@yahoo.com](mailto:drsrabb@yahoo.com)

### **About Dr. Sharon Rabb**

Since the 1970's, Dr. Rabb has devoted her time to the study of both traditional and holistic medicine. Her extensive studies and knowledge of allopathic (traditional) medicine and the powerful healing properties provided through nature enable her to integrate a broad spectrum of modalities that merge scientific knowledge with natural healing. She specializes in chronic illness and degenerative diseases in both adults and children. Dr. Rabb is also a public health nutritionist and educator certified in the State of Texas. Health education is one of the foundations of her program. She also uses a variety of modalities to facilitate individuals in achieving optimal balance and health. Nurturing and gentle approaches are integrated with the latest in scientific research to provide a professional and caring environment. As a gifted public speaker, she has become increasingly popular among both lay and professional audiences.

For more information regarding this health topic or to arrange for a **FREE** initial phone consultation, call 214-724-3505 or email her at [drs rabb@yahoo.com](mailto:drs rabb@yahoo.com)