

Tequesta Family Practice

395-B Tequesta Drive

Tequesta, FL 33469

(561) 746-4333 VOX

(561) 746-4449 FAX

www.tequestafamilypractice.com

DrOenbrink@tequestafamilypractice.com

ALLERGIES & ASTHMA CAM

Hay Fever:

Watery nasal discharge, sneezing, itchy eyes and nose

Usually associated with a particular season

- Asthma occurrence is growing in number and severity.
- Hay fever (seasonal allergic rhinitis) is an allergic reaction of the nasal passages and airways to wind-borne pollens that shares many common features with asthma.
- The first step in the natural approach to asthma is to reduce the allergic threshold by avoiding airborne and food allergens.
- Elimination diets have been successful in identifying allergens and treating asthma.

A vegan diet can be very effective in reducing asthma

symptoms. Omega-3 fatty acids relieve asthma. Food

additives can trigger allergic reactions and asthma.

Vitamin B6 supplementation is recommended for the treatment of asthma, especially if the asthmatic has to take the drug theophylline.

Antioxidants, especially high doses of vitamin C, are highly recommended for the treatment of asthma. Magnesium can help open the airways and relieve asthma.

Asthmatics should avoid salt. DHEA levels are typically low in asthmatics.

Described in FOOD ALLERGY. Consider trying a vegan diet for a minimum of months to judge if it will help. If you not allergic to garlic and onions, consume them liberally.

Nutritional Supplements

The following doses are for adults; children, divide the dosage in half they weigh between 50 and 100 lbs For children under 50 pounds, use c third the adult dosage. Be sure to determine the contents and source of supplements to assure avoidance of allergens.

Supplements

Vitamin B6: 25-50 mg twice per day Vitamin B12: 1,000 mcg/day (oral) or weekly injection; evaluate for efficacy after six weeks

Vitamin C: 10-30 mg per day for each 2 pounds of body weight, in divided doses

Vitamin E: 200-400 IU per day

Magnesium: 200-400 mg three time per day

Flavonoids(choose one):

Quercetin: 400 mg twenty minutes before each meal

Grape seed extract (95% PCO content): 50--100 mg three times per day

Green tea extract (50% polyphenol content): 200-300 mg three times per day (or drink green tea liberal

Gingko biloba extract: 80 mg three times per day

• Carotenes: 25,000-50,000 IU per day • Selenium: 200-400 mcg per day

• DHEA: follow recommendations given in LONGEVITY AND LIFE EXTENSION

Botanical Medicines

Use ephedra or tylophora preparations. In either case, licorice can be used in conjunction.

• *Ephedra sinica*: The optimum dosage of ephedra depends on the alkaloid content of the form used. Each dose should have an ephedrine content of 12.5 to 25.0 mg and be taken two to three times per day. For the crude herb, this dosage would most likely be 500 to 1,000 mg three times per day. Standardized preparations are often preferred, as they have more dependable therapeutic activity. Ephedra can be combined with herbal expectorants as described in this chapter.

• *Tylophora asthmatica*: 200 mg of tylophora leaves or 40 mg of the dry alcoholic extract twice per day

• Licorice (*Glycyrrhiza glabra*): (all dosages three times per day) Powdered root: 1-2 g

Fluid extract (1:1): 2-4 ml

Solid (dry powdered) extract (4:1): 250-500 mg

What's the best way to deal with allergies?

Getting rid of them of course!

There are lab tests that can be run from our office with a simple blood specimen that will allow us to create a vaccine that is injected weekly to allow your body to "get used" to the offending agents so that you no longer have that agent triggering your allergy attacks. If your allergies are not well controlled or you don't like to take medications frequently, this is a system that works very well to generally eliminate the need to take allergy medications on a regular daily basis. More information is available at www.betterhealthusa.com