

how to beat
allergies
naturally

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Important notes

- This guide is not intended as a substitute for the medical advice, recommendation or treatment of a qualified medical practitioner.
- The content of this guide is intended as general information and for educational purposes only.
- Any person suffering from a condition which needs medical attention should consult a qualified medical practitioner.
- Any person who has symptoms that are causing concern should consult a qualified medical practitioner.
- Always consult with a qualified medical practitioner before changing your diet.

[Allergies: Get Rid Of Them Naturally Once And For All With AllergiClear](#)

Allergies

An allergy is a direct response by your immune system to an out of body substance such as food or chemicals.

Some people can have strong allergic reaction to substances such as nuts, shellfish and certain drugs which can cause them to have difficulty with breathing and swallowing.

These types severe allergic reactions can be life threatening but this is rare and in most cases allergies are not life threatening.

Typical allergic reaction symptoms are:

- Dark Circles Under The Eyes
- Diarrhea
- Headache
- Itchy Eyes
- Itchy Mouth And Throat
- Itchy Nose
- Runny Nose
- Skin Rashes

- Sneezing
- Sore Throat
- Stomach Pain
- Stuffy Nose
- Tiredness
- Watery Eyes

Some health professionals believe that there is a connection with allergies and certain health conditions such as:

- ADHD
- Arthritis
- Asthma
- Candidiasis
- Crohn's Disease
- Diarrhea
- Eczema
- Gastro-Intestinal Symptoms
- Hay Fever
- IBS
- Infections
- Migraines
- Psoriasis
- Sinusitis

- Ulcers
- Urinary Tract Infections

If your allergies are caused by diet, keeping a food diary and participating in an elimination diet would help you to find out which food items are causing your problems.

Once the offending food or foods are pinpointed, then simply excluding them from your diet should help with your symptoms.

The most common foods to be aware of, which can cause allergic symptoms, are:

- Chocolate
- Citrus Fruits
- Coffee
- Corn
- Dairy
- Eggs
- Nuts
- Peanuts
- Soy/Soya
- Tomatoes
- Wheat

You should also be aware that food additives such as food colourings and food preservations can also cause allergic symptoms.

For people who have allergic reactions to allergens which are in the air and thus inhaled, such as:

- Animal Dander
- Dust
- Mould

It is best to reduce inhaled allergic reactions by doing the following:

- Keeping Your House Clean
- Not Keeping Your Pets Indoors
- Removing Carpets And Rugs

The following supplements may help you to manage your symptoms.

- Betaine Hydrochloride
- Enzymes
- Flavonoids
- Probiotics
- Quercetin

Bonus Articles

The following are all articles taken from my blog...

NewBeingNutrition.com

Discover How Probiotics Can Help Alleviate Your Allergy Symptoms



What Are Probiotics?

Probiotics are 'friendly' or 'good' bacteria.

Probiotics can:

- Boost Immunity
- Help Fight Against Infection
- Help To Stop The Growth Of 'Bad' Bacteria Within Your Gut
- Promote Healthy Digestion
- Promote Healthy Gut Micro Flora

Probiotics typically come from fermented dairy products especially 'live' or 'natural' yoghurt.

The following are all different types of probiotics, in fact you may of already of heard about them from those 'healthy food' products advertised on television.

They are:

- Acidophilus
- Bifidobacterium Bifidum
- Bifidobacterium Longum
- Lactobacillus Acidophilus
- Lactobacillus Casei

How Can Probiotics Help With Allergy Symptoms?

As previously mentioned, probiotics are good for a healthy digestive system.

They help to protect against food allergens by improving immunity and by helping with the proper absorption of food allergens.

What Dose Of Probiotics Can You Take To Help With Your Allergy Symptoms?

It can vary, but it is best to take probiotics supplements daily.

Make sure supplements are enteric coated; this will enable them to pass through your stomach undigested to your bowel.

Note: Probiotic bacteria tend to be fragile. Heat will destroy the probiotic bacteria and it is for this reason that you should never take probiotic bacteria with hot food or beverages.

OK, Let's Sum Up Probiotics And Allergies...

- Probiotics are 'friendly' or 'good' bacteria
- Probiotics help to protect against food allergens by improving immunity and by helping with the proper absorption of food allergens

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All the best

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