Allergy Free in Five Days (foods, dander, dust, seasonal, etc.)

I used to have allergies. Many foods were on my allergy list as well as pollen, dust, bug bites, bees, cats, and sometimes dogs. I was able to rid myself of all of these allergies. I can even eat foods that once put me in the hospital.

For many people, allergies are their only health issue. I know young people that have never known significant illness other than allergies. There are also plenty of health nuts who have learned all they could about natural health, brought their body to a healthier state, and still have allergies left to deal with.

Allergies tend to be thought of by even the most unconventional naturopaths as a genetic curse. If you have them, you have them, and you're stuck with them. But in every single case that I have ever had where somebody asked me what they can do to eliminate their allergies, when the person followed through with my advise, they all were able to rid themselves of allergies.

Sugar Causes Allergies

In most cases, at least 9 out of 10, eliminating sugar does the trick. This includes agave nectar, carrot and beet juice, brown rice syrup, sugar cane juice, fructose, molasses, and any other refined sugar. Sugar feeds Candida. Candida multiply and poop. Their poop is toxic to us. It doesn't matter what kind of sugar it is, Candida eat sugar.

Wheat Causes Allergies

Wheat is not what it used to be. The protein molecule is different. It’s been changed into a protein our bodies cannot digest. It’s toxic to us. It’s causing serious digestion problems. This leads to allergies. Also, bread is made with lots of refined ingredients that feed our parasites like sugar does.

Alcohol Causes Allergies

Alcohol is very toxic to the body. The damage that alcohol does feeds parasites like Candida and bacteria. Alcohol puts a toll on the liver, and an overtaxed liver almost always leads to allergies.

Alcohol contains fermented yeast and sugars – both ingredients that feed the Candida already living in your body. To top it off, alcohol acts as a stimulant that triggers the release of blood sugar stores, thus making sugar for the Candida.

Alcohol kills friendly bacteria.

> *There is another interesting aspect to alcohol and yeast. Every living thing that eats must create waste on the other end. Usually that waste is toxic (poisonous) to the organism. Not so with yeast. The alcoholic by –products it creates can actually serve as a fertilizer to help it grow further. This explains why various researchers have indicated that everyone who drinks alcohol regularly (daily or a few times weekly) is likely harboring Candida overgrowth. – What Causes a Candida Yeast Infection*

Refined Foods Causes Allergies

White flour, any kind of flour, white rice, chips, and processed “healthy” junk foods are all refined sugars to the

body.

Dairy Causes Allergies

Pasteurized and homogenized cow’s milk is hard on our liver and it feeds all parasites just as well as sugar.

Allergy Free in Just 5 Days!

If you’re someone who takes care of yourself, eating lots of produce and avoiding refined foods, maybe you simply need to make that last step into total health by eliminating some fruit and the few refined sugars remaining in your diet. If this is you, you’ll likely find yourself allergy free in just a few days of very clean eating.

If you think you eat very well but still have some allergies, take a week to eliminate all sweets (including fake sugars), even fruit, and see how things change. Then slowly introduce fruit back into your diet and find your tipping point.

But lots of people are not nearly so healthy. If you have an impaired gut, you’ll have to heal the gut microbiome to get rid of allergies.

You may be thinking to yourself, “Well what can I eat?” Whole foods. Fresh raw produce is the best. Vegetables are better than fruit, especially for those who suffer from Candida overgrowth. It won’t take long to feel remarkably better eating this way. It’s no more than a week out of your life to find out if this is right for you. Give it a try. And then you can slowly work with your diet to figure out your specific triggers that cause allergies. For me it’s alcohol. I rarely drink, but when I do, if it’s more than a couple of drinks, my allergies creep back.

Candida overgrowth is the most common cause of allergy reactions. For those with serious Candida overgrowth issues

(such as dealing with candida for years or recent antibiotics use), we recommend SF722, FloraMend, and Intestinal Cleanse, and check out the further reading below. Give it a try and let us know how it goes for you. If you're skeptical, that's understandable, but know that Green Lifestyle Market offers a 100% 6-month money back guarantee on the supplements. But be careful, and as always, use your best judgment.

Further Reading:

- *How To Heal Your Gut*
- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*

Recommended Supplements:

- Shillington's Intestinal Cleanse Formula
- Formula SF722 – Thorne Research
- FloraMend Prime Probiotic – Thorne Research