

## ALLERGIES FROM A FUNCTIONAL MEDICINE PERSPECTIVE

Look for food allergies, do elimination diet. Check for gluten sensitivity.

Look for dysbiosis causing immune up-regulation

If symptoms of yeast (Candida) overgrowth such as fatigue, g.i. disturbance, yeast infections in vagina, skin and nails, supplements to decrease yeast:

Garlic, Oregano, Caprylic Acid, Goldenseal or Berberine, Wormwood, Uva Ursi, Plant Tannins, with probiotics to restore more normal microbial balance in the gut.

For oxidative stress, take high dose antioxidants:

High potency multivitamin-mineral.

Green tea, grape seed extract, pomegranate, Mangosteen, berry extracts, highly colored vegetables and fruit.

Vitamin C to bowel tolerance.

Bioflavonoids, Quercetin, Hesperidin, Rutin, Citrus Peel (organic). These also stabilize connective tissue around blood vessel walls and gut lining to limit mast cells from leaking through to release histamine.

Ginger and turmeric.

Immune system modulation:

Anti-inflammatory diet high on veggies, low on saturated fats, sugars, refined starches, and Omega 6 oils, and no hydrogenated oils (trans fats) Eliminate junk food.

Supplement with Omega 3 oils, Echinacea, Albizzia, Perilla, Stinging Nettles, Astragalus

Check Vitamin D blood level. Supplement if low.

Adrenal support if low BP, hypoglycemia, fatigue:

Pantothenic acid, Vitamin C, Licorice root

Detoxification:

Clean up diet, organic foods, avoid toxins, sugar, white flour, caffeine, alcohol

Milk thistle, Schisandra, fruit & veg. extracts, berries, pomegranate, green tea, grape seed, turmeric.

Sulfur-containing foods – cauliflower, broccoli, cabbage, etc., onions, garlic, eggs

Optimize mineral intake. Adequate minerals decrease absorption of toxic metals.

Other herbs used to decrease allergic response: Ginkgo, Feverfew, Butterbur (not in pregnancy), Chinese Skullcap, Reishi Mushrooms (Ganoderma), and the plants in the Apiaceae family such as Celery, Fennel, Dill, Caraway, Coriander, Cilantro, Khella, and Angelica.