



## OPTIONS CENTER NUTRITION TOPIC



### ALLERGIES AND WHEAT

By Dr. Bruce West

This is the story of a precious 5-year-old girl whose allergies were so bad she literally snored like a lumberjack. She would wake up the whole family at night. And worse, she would get so congested during sleep that she would often quit breathing altogether – scaring the daylights out of her parents.

Her family doctor prescribed all kinds of allergy pills, sprays, and finally shots – all to no avail. He removed her tonsils and adenoids – with the same lack of response. He said she had severe allergies and sleep apnea, and recommended a machine with which she was to sleep to maintain her breathing. He warned that if this did not work, she would need surgery, a “roto-rooter” procedure for her sinuses.

Her family had heard about sinus surgery. Luckily they heard the truth. It is a traumatic, bloody mess that rarely results in any long-term benefit. It would have been particularly hard on such a young little girl.

About the same time, they came across some information that recommended they immediately and totally eliminate all wheat, grains, and dairy from their daughter’s diet. They did and in less than four nights, she was sleeping through the night without making a peep! Surely it was not their fault that they did not know the allergies/wheat connection – after all, not one physician in 1,000 knows about it either.

#### **Wheat and Allergies**

Here’s how wheat can cause allergies your entire life. Excessive amounts of sugar in the gut must be eliminated by your body. Wheat, grains, bread, and alcohol turn into sugar in the gut. So as you stuff yourself with processed foods loaded with these things, your body struggles to pull water together to neutralize, dilute, and eliminate it.

#### **Chronic Dehydration and Allergies**

This chronic need for water results in chronic dehydration – robbing the water and fluids from one part of the body for another. One of the first things to suffer during dehydration are the mucus membranes (sinuses, etc.). Once dried out, they can no longer protect you from the ever-present yeasts, molds, bacteria, pollens, allergens,

and more. The end result is a chronically congested, runny nose, postnasal drip, and eventually allergies.

Enter allergy medications that further dry up the system, inducing an even more severe case of dehydration. Your body recognizes this as being in a desert, and will actually make things worse when the medication wears off – which produces the rebound effect of allergy drugs. This is why most people get hooked on allergy drugs – they can't stand the rebound phenomenon.

The real and only answer is to eliminate the need for the body to flush excess sugars from wheat, grains, and processed foods. As soon as this need is no longer present, your body will have adequate water and fluids to replenish its mucus membranes. Within days of this phenomenon, mucus membranes begin to function, allergies diminish and disappear, and little 5-year-old girls sleep through the night in silence. And this is why anyone with allergies must eliminate all wheat and grains for at least 30 days.

Kids need lots of fatty nutrition without all the grains and sugars. When you raise kids with plenty of good dietary fat (not the hydrogenated fats of processed foods) and overall healthy nutrition, they are smarter, quicker to learn, less aggressive, calmer, and have much better learning, speaking, and reading skills. The truth is that low cholesterol in kids “may be a risk factor for aggression.”

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