

Allergies - By Denie Hiestand

It is interesting to note that there is no word in the French language for allergies (they use the English word). Allergy is a word we use to describe a reactive group of symptoms that didn't actually exist in olden times. Yet now, it seems that every second person has what they loosely describe as allergies. Even only a short time ago, in my childhood, I grew up without knowing or hearing what an allergy was. One so-called allergy – hay fever, wasn't part of my experience until my mid twenties when I met my first sufferer of this infliction. I was quite stunned by the severity of this young man's condition and it just so happened to be, in the hay paddock – hence the name, hay fever.

To underestimate the effect of what we term allergies on some people is doing the sufferers a gross injustice, as the symptoms are real and at times quite devastating. In my subsequent years as a health professional I have seen many thousands of allergy sufferers. However, I still hold to my unchanged belief of many years ago, there is no such disease as an allergy. A reactive state causing many unpleasant physical effects, definitely! But a disease? No. What we term an allergy, is a severe reaction to environmental, chemical, food and obviously many other challenges we face in life. The symptoms we suffer are an outward display of disharmony in the body.

Food allergies are predominantly as a result of an incorrect bacterial farm in the digestive system. Many people do not realize that we do not live on the food we eat. We only live on the inner components of the cells of the food after it is broken down and extracted by the bacterial farm that is our digestive system. It has to go through their digestive system before it becomes available to us. So therefore it follows that if our biological terrain in our digestive tract is out of balance, not functioning properly, has a predominance of the wrong species of intestinal flora, we are not going to be able to get the nourishment the way our bodies expect it.

One of the most common so-called allergies in the western world is one that is suffered by many, many people and it is often called, lactose intolerance, or dairy intolerance. I have seen many thousands of clients who have suffered extreme dairy intolerance over many years. Dairy intolerance is just a severely compromised imbalanced flora and correcting the gut enzyme ratios and bacterial counts with the right intestinal flora renders so-called dairy intolerance as a non-existent reality. So was dairy intolerance an allergy? No! The body was not allergic to dairy products, it was just that the farm inside of us, our intestinal flora, was so out of whack, they could not do the job that was required of them, So, in a sense, our bodies were poisoned and the symptom of that poisoning was what is referred to as dairy intolerance or an allergy.

I remember one client in her early twenties who was violently reactive to dairy foods, now lives in Europe and embraces the wonderful cheeses, yogurts and raw milk of Europe with great gusto. She is now the healthiest that she has ever been in her life with absolutely zero, so-called allergic reactions.

Fix the intestinal flora problems and there is no such thing as an allergy.

I have had clients who have had violent reactions to night-shade family foods, such as peanuts (which are actually not nuts at all but rather tubers, like the tomato and potato – both members of the nightshade family), and after correcting her enzyme balance within her digestive tract, she can now eat handfuls of peanuts that only a few months earlier would have killed her.

It is a useless exercise to treat an allergy, as that is barking up the wrong tree. Fix the cause of the malfunction within the body and just like the old French language suggests, there is no such thing or need for the word "allergy".

So what is a balanced flora in our intestinal tract? Our digestive system is predominantly a lactase enzyme break down process. And by having the right population of digestive enzymes, particularly the lactase enzyme, solves most of the problems. I remember many years ago back in agricultural science we used to pour copious amounts of enzymes into our young animals with amazing results of health, vitality and growth rates. I have used high levels of enzyme supplementation with many thousands of clients with profound effects. However, good enzymes are very difficult to get in New Zealand and I source my enzymes for my clinical clients from a specific enzyme manufacturer in the United States.

Allergies can be triggered within the body, or rather the reactions can be triggered within the body, due to many factors. It is often the shock from childhood immunization that puts the body in a state that the flora in

the digestive tract never functions properly. The liver function, which is one of the main precursors to correct enzyme harmony within the body, can get stressed due to immunization and therefore the enzyme balance is never able to harmonize. Stress, unhappy relationships, being run-down, all of these things can decrease the enzyme balance within your body and then many so-called food allergies can develop. Basically what has taken place is that the digestive tract cannot process protein and the resulting imbalance causes a multifaceted chaotic effect within the body. From sinus, to mucus problems, candida, yeast infections, bladder infections, feeling bloated, lethargic, lack of energy, lack of concentration and hormonal chaos.

Nearly every natural health practitioner has said for many decades, “we are what we eat”, even though I agree with that overall statement, it would be more accurate to say “we are what we can digest”. If our gut and its multifaceted enzymatic and bacterial function is out of balance, it doesn’t matter what we eat, or how well we eat, we will be in dis-harmony and much of that disharmony would be labeled as allergies.

Fix the gut, and our allergies magically are not with us any more!

Of course, antibiotics devastate the intestinal flora and are possibly the biggest single cause of the disharmony we would loosely term allergies, or allergic reaction. Antibiotics could be loosely translated to mean “anti-life” and one dose of antibiotics can destroy the gut bacteria and stop the body’s ability to digest properly. So it is imperative after any antibiotic treatment to make sure the gut bacteria is rebuilt and the intestinal flora harmonized. There is a fabulous yogurt available in New Zealand that I recommend to my clients called Karikaas that utilizes the BOD strain of bifidus and is very effective in combating Candida and helping to rebuild the gut bacteria.

So you see, the allergy is not the disease; the allergy is describing the symptom of an imbalanced body. Fix the imbalance within the body and allergies cease to exist.

It’s a long stretch for many people who have severe reactions to dairy and peanuts, or whatever, to say they can have a lifetime of totally enjoying their favorite foods, but it is a fact that this is the case. Understand the cause of the body’s reactions, address the cause of the body’s reactions, create the balance and harmony within the digestive tract, with correct enzymatic supplementation, and mineralization to enable the enzymes to function correctly, and your body will not react.

Many people with allergies take copious amounts of vitamins. It doesn’t matter how many vitamins you put into the system, if you haven’t got the correct mineralization and enzymatic function, nothing will take place. In twenty-five years I have never advised anybody to take vitamins. It is minerals, minerals, minerals, enzymes, enzymes, enzymes that are required.

It is fundamentally extremely easy to get all sufferers of what they perceive to be allergies, “allergy-free”. Yet, allergies still take up a tremendous amount of our visits to doctors and many, many millions spent of drugs. But I guess for some that is good ‘business’.

I don’t believe anybody has to suffer allergies and my experience is that nobody needs to.

Figure out where the imbalance is, fix the problem and their reactions will not be there.

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