

ALLERGIES UPDATE 03/11/2014

In case you haven't noticed, there is an allergy and inflammation epidemic occurring in America. Allergies are but one example of excess inflammation or exaggerated inflammatory responses in the body. Twenty million Americans have asthma. There has been a 265% increase in hospitalizations due to food allergies in the last 20 years. That is how many more people went to the emergency room with allergic reactions from food, and were kept at least overnight. One in seventeen children has been diagnosed with food allergies. It is conservatively estimated by many experts in this area that at least 50 million Americans suffer from allergies. There has been a 100% increase in hay fever over the last 30 years. There has been a 300% increase in allergic dermatitis since 1960. Ten per cent of all children are affected by allergic dermatitis in the developed countries.

America is the leader in allergies and inflammation, and also, unfortunately cancer. There are three factors contributing to this epidemic in the developed nations, and one more that makes us (America) # 1 for allergies and inflammation. The four factors are increased sugar consumption, especially the use of high fructose corn sugar (See my blog on drkellymiller.com, Sugar is sugar, right?.....Wrong!), the decrease consumption of good fats in our diet (good linoleic acid forming good omega 6's), and displacement with excess trans fats forming bad omega 6's), and the increasing obesity due in part to the first two causes. 67% of Americans are overweight. FAT PRODUCES INFLAMMATION! Our body fat is now considered an endocrine gland, like our adrenals and thyroid, and is responsible for the production of many powerful hormones, and inflammatory substances. (See drkellymiller.com blog on "Permanent Weight Loss Secrets") The fourth factor that makes us # 1 in the inflammation and food allergy department is GMO (genetically modified) food and cow milk containing synthetic growth hormone. Wheat, corn, and soy are just some of the staples that have been genetically altered. This all started in the 1990's, about 20 years ago, the exact time frame that our food allergies have increased. Please visit www.wimp.com/realfood/ for a TedTalk by Robyn O'Brien, author of "The Unhealthy Truth" for an eye opening presentation about our food supply in this country. It is only 14 minutes long. It is worth your time!

We are the only country on the planet whose government allows their people to use GMO food and cow milk with synthetic growth hormone, even though neither have been tested on humans. We are the guinea pigs in this experiment, only no one is monitoring the results. Canada, Japan, New Zealand, Australia, and none of the European countries allow GMO food or cow milk with synthetic growth hormone added in their food supply! Makes you wonder, doesn't it? Not only have our food allergies been increasing at alarming rates, our prostate, breast, and colon cancer rates are rising as well. Could this be related to these new foreign proteins found in our food supply?

In an international study of asthma and allergies in children consisting of more than half million participants in two groups of 6-7 and 13-14 year olds in 155 different facilities in 56 countries,

an interesting fact emerged. The highest prevalence of asthma, hay fever, and eczema were found in the English speaking countries of the United States, United Kingdom, and Australia. In contrast, the lowest incidence was found in Eastern Europe, Russia, China, India, and Ethiopia. Here are some alarming statistics. Children born in Pakistan are 10x more likely to develop Diabetes I than the children that stayed in Pakistan after moving to the United Kingdom. African American children in the U. S. are more likely to develop lupus than genetically similar children living in Africa. In another epidemiological study, two groups of genetically similar children in Germany, separated by the Berlin Wall had vastly different incidence rates of asthma and allergies. The children growing up in the more affluent West Germany had a much greater incidence.

The more developed the country, the more asthma, allergies, and inflammation. Despite a marked improvement in air quality, asthma continues to rise in both the U.S. and Japan the last 20 years. The increasing number of food intolerances are causing delayed undetected allergies, causing fat deposits in the belly, and sending messages that are spewing inflammatory signals all over the body. The body activates B lymphocytes, neutrophils, and macrophages (all different kinds of white blood cells) to fight these protein invaders. The body produces something called prostaglandins to dilate the blood vessels so more white blood cells can get into the fight. These prostaglandins cause swelling and redness. This swelling and redness is uncomfortable, so we take aspirin or ibuprophen which help block the action of the prostaglandins. Other inflammatory messengers called leukotrienes are produced to help direct the attack. The more leukotrienes circulating, the bigger the war to be waged by our white blood cells. The more messages, the more problems, the more complications. Our immune system becomes overactive. It is on a hair trigger. A little dust, animal dander, or pollen comes along, and we cough, sneeze, have itchy, watery eyes, our nose is stopped up or it won't quit running, etc. It is not the peanut that is causing the inability to breathe, it is our body's overreaction to that particular protein.

This is very much how auto-immune illnesses work. It is like when there is war, and some of your soldiers are accidentally killed by their own countrymen. Rheumatoid arthritis and lupus are chronic inflammatory diseases causing destruction of the joints and collagen tissues. The body becomes allergic to its own tissues.

Sometimes people ask which came first, the chicken or the egg when we discuss obesity and inflammation. It is the chicken. That is, it is the fat. Obesity is the primary driving force. Our body fat acts as its own gland or organ. Our fat cells act as a control center for how our body behaves. Obesity is now recognized as a chronic inflammatory state. The fatter we get, the worse the inflammation becomes.

Half of all Americans have some form of inflammatory/allergy illness, which is no surprise as 67% of Americans are overweight. What are some of these illnesses? As we said earlier, asthma occurrence is on the rise, and studies show that approximately 60% of all asthma is caused by allergies. Allergic rhinitis, or hay fever, is another illness caused by allergies. Rheumatoid

arthritis is a chronic inflammatory state, wherein our own white blood cells attack the lining of our joints. If enough damage occurs, the joints become deformed, and are unable to function. Atopic dermatitis appears as a reddish, swollen, itching rash. Sometimes the itching is so bad, that an open sore may occur after scratching, and infection might set in. This often occurs in multiple family members. Gout is where crystalline uric acid deposits in the joint, half the time in the big toe. Lupus is a chronic inflammatory auto-immune disease where the body destroys its own tissues. There is no definitive test for lupus. Psoriasis is an inflammatory skin disease where malfunctioning white blood cells send inflammatory messages to the skin cells causing them to reproduce at an accelerated pace. This results in a scaling look to the skin. Scleroderma, "Hard Skin", is an inflammatory auto-immune disease where an increased production of collagen takes place. There are two kinds, one is localized and one is systemic (all over the body). This can affect large areas of skin, many joints, and internal organs. Inflammatory Bowel Disease (IBD) comes in three forms; Crohn's disease, usually affecting the lower bowel of the small intestine, ulcerative colitis, usually affecting the upper part of the large intestine, or Celiac Disease, damaging the small intestine. Celiac Disease is also called Sprue, and is caused by eating gluten from wheat, barley, rye, or oats. Over 1,000,000 Americans suffer from one of these conditions! Atherosclerosis contributes to the majority of heart disease. It is lipid (fat) storage disease in the blood vessels that occurs from inflammation in the blood vessels coupled with VLDL (very, very small cholesterol particles). The inflammatory messenger cells that our body produces gobble up the cholesterol and triglycerides, and turn them to what are called, foam cells. These foam cells have a short life span. They die, explode, and dump toxic foam into the blood vessels, causing more damage from inflammation. If there are many foam cells exploding, you are gone in seconds, way before anyone can call 911. The potential for this occurring is monitored by checking for HS-CRP (highly sensitive c-reactive protein) and PLA2. See my home page drkellymiller.com, what we help, "Heart Health" for more information on this. The inflammation caused from excess sugar is taking a toll on our society. The consumption of too much sugar, especially high fructose corn syrup, cause high blood sugars, which in turn cause more insulin to be produced, and subsequently insulin resistance occurs, and we are now type II diabetic. Inflammation messengers from our fat cause the insulin resistance. At the current rate of increased incidence, it is estimated that 250 million Americans will be type II diabetics. Do you think it is time for change in our consumption patterns? Chronic kidney failure has doubled in the last twenty years. It is the result of long-term low grade inflammation which results in scarring, and reduces the kidney function for removing the waste from our blood. Chronic hepatitis has increased significantly. This is due to alcohol, drugs, sugar, and auto-immune diseases. We are now seeing teenagers with fatty livers from drinking too much pop. The inflammation causes cells to be damaged, and cirrhosis develops. Chronic thyroid disease is on the increase. This is the most common form of auto-immune disease. If enough thyroid cells are destroyed, the thyroid can no longer function. I see more and more people with chronic pancreatitis, This is from too much alcohol or gall stones. Last, but not least, we have millions and millions suffering from osteoarthritis due to excess inflammation.

What to do? We each need to take more responsibility for our health and well-being. Most of us have been ignorant of the facts due to campaigns from various parties who are more interested in making a buck than the welfare of the people. We need to greatly reduce the amount of sugar we are consuming. We need to avoid fruit juices, sodas, and sugar treats. WE need to drink more pure water. We need to eat more real food; vegetables, lean meats, fish, seasonal fruits, nuts and seeds. We need to get more sources of linoleic acid and alpha-linolenic acid from flaxseed oil, coconut oil, safflower oil, or sunflower oil. Our body will make the omega-6 and omega-3 as it needs it from these. We need to lose body fat. We need to avoid GMO foods and milk with synthetic growth hormone in it. We need to have less gluten and dairy products generally. Many of us have allergies to these foods. If you have one of these chronic inflammatory conditions discussed here, I would recommend you get a MRT evaluation to check allergic/sensitivity reactions for the 120 most common foods and 30 most common environmental substances as a starting point in your journey to find a solution. This test has a 93 % reproducibility, and is very reasonable in cost.

For quick symptomatic relief for seasonal allergies, taking quercetin and stinging nettles works great. I use a product in the office that contains both ingredients as well as bromelain and vitamin C. It works great. Acupuncture is very helpful in treating allergies, as well as helping with the addictions of sugar.

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