



# The Allergy Epidemic....

## What's behind it?

*During the past 20 years there has been a profound change in many medical problems around the world in developed countries. This time frame is too short for it to be a shift in our basic biology.*

Obesity, diabetes, autoimmune illnesses and degenerative problems like hypertension have increased dramatically due to changes in our lifestyles. Additionally, allergic reactions, which can be life threatening, have also doubled in the last 20 years in industrialized countries like the USA. The allergy epidemic is real. Allergy has its biochemical roots in an emerging field of science called Redox Biochemistry.

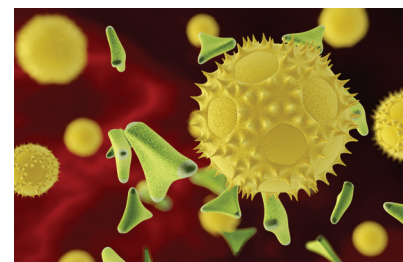
### Epidemic Facts:

The asthma epidemic statistics are staggering. The U.S. Center for Disease and Prevention noted an increase in the prevalence of asthma in children from 1980-2003 by 50%. Peanut allergy incidence in Australia from 1995-2004 more than doubled in children. Increases in adults have been noted, but not as dramatic. It is important to note that these statistics correspond almost exactly with the increased prevalence of diabetes over the same time frame. Most Functional Medicine doctors feel this fact indicates that there is a common root to each epidemic. There is a strange and alarming offshoot of this epidemic. When someone's immune system is sideways with overreacting to unimportant (but provocative) allergens, there is a reduced capacity to address more pressing issues like infections, and malignancies. It is common for patients plagued with allergies, to frequently fall victim to bronchitis, digestive infections, etc.

### What is an allergic reaction?

The immune system is at play in determining our response to a foreign substance. Inside or outside, the body must determine if a substance is a threat or

not. If it is a dangerous threat, one response could be an allergic reaction. If the substance is friendly then no "reaction" is warranted. Our body tolerates many substances and no further reaction is needed. Trouble begins when there is confusion about which substances are friendly and those that are not. In order to define this point of difference, there must be molecular recognition on the surface of the substance. This is where the root scientific issue is located. REDOX molecules represent the key step in the front line of the allergic response. When a cell is threatened by a foreign substance or there is a dangerous bacteria, the first response of the immune system is to "message" to the regional headquarters (a nearby lymph node) to send some white blood cells to "take out" the germ or toxin. Normally this works well, but the trouble begins if there is an imbalance or a deficiency of these Redox molecule messengers. The instructions may be misunderstood or perhaps never received by the immune system. Should the response be too aggressive the results can be extreme. Anaphylaxis (severe reactions to allergens) can result in tissue swelling and airway constriction. In addition, wheezing and even death can occur. In recent years, hospitalizations in the UK for anaphylaxis have increased by 700%. Sales of EpiPens, a life saving device for those with severe allergies, have seen record growth according to the New York Times.



So you may be asking yourself here, what is at the heart of this epidemic?

### The Genesis of Allergy:

At its roots there is one foundational issue when it comes to our allergy problem in the world; a dysfunctional immune system. What can be done about this? Drugs and desensitization therapies are symptomatic treatments. Restoring a healthy immune system will not happen through medical approaches. That merely manages a dysfunctional organ system. In the short run, you are safe from serious reactions with prescriptions, but there is no long-term solution.

Restoring balance to our immune system revolves around some core issues. This may seem basic but actually executing these steps consistently is straightforward but not easy.

There is a stabilized liquid source of REDOX molecules commercially available today which, when consumed daily, can provide the balanced resource of Redox molecules needed. I have personally witnessed in many of my patients over the past 6 years, dramatic reversals in nagging allergy challenges. ■

- 1. Create a balanced presence of Redox molecules** in all our cells and tissues. These are the molecules the immune system first uses to report a problem or invasion into a tissue. When we have a full and balanced quotient of these vital molecules, which our body requires for fighting off attacks from bacteria, we are ready for battle.
- 2. Create a healthy Gut Micro biome.** (See March 2016 newsletter [www.theredoxdoc.com](http://www.theredoxdoc.com) ) This is a critical step as well. 80% of our lymph nodes reside 1 inch from the 28 feet of our small intestine. When the lining is inflamed there is a perception of trouble to the immune system. Restoring the integrity of the gut can balance out the immune system.
- 3. Adequate hydration** by drinking 2.5-3 liters of high quality water daily. Hydration of our cells allows for the lubrication of all the internal machinery.

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