

A Fast Way to Feeling Well, If Allergies Are Your Problem

If you know you or close relatives have or had allergies when younger, it is possible that an allergy diet and/or air purifier might turn your health around in 1-7 days. The vast majority of allergies are due to foods, and/or to dust, mold, pollen, and/or chemicals.

For Foods Try: The Multiple Food Allergy Elimination Diet

This diet enables you to easily and quickly detect multiple food allergies, all at one time.

The diet is divided into two parts.

During **Part I**, you eliminate several major allergenic foods as well as any craved food or beverages that you simply "cannot live without" for about one week. These are the ones that most often cause allergy. If you have a food allergy and the major problem foods have been eliminated, you should feel better sometime between the fifth and seventh day. This diet excludes the known highly allergenic foods such as dairy, wheat, eggs, sugar, chocolate, corn, dyes, and preservatives, as well as coffee or cola. Be sure to check with your doctor if you have any other serious food allergies or food concerns.

During **Part II**, you simply add each of the foods back into your diet that you did not eat during the previous week. You add one back a different item each morning so you can determine which ones are causing which symptoms. These will typically occur within an hour. Each food can cause similar or very different effects. Symptoms will probably develop within 15 minutes to an hour and this effect can typically last one to several hours. Sometimes, however, symptoms do not appear for six to twelve hours after eating a problem food. Have antihistamines and asthma medications on hand, if these have been needed in the past. One to two teaspoons of baking soda will often stop a reaction to a food within about 15 minutes. Call 1.480.905.9195 or 1.800.787.8780 for the specific details to make this diet easier.

Urge your entire family to do this diet. This helps to not only support the individual who needs the diet, but it will often detect unsuspected food allergies in other family members. Some will not even know they are ill until they notice how much better they feel, think or remember after Part 1 of the diet. This diet should be used only to detect problem foods, not as a permanent diet.

If you have a known, alarming, serious reaction to some food included on this diet, do not do this diet. Discuss with your doctor before and during any dietary trial if you have any concerns.

For Dust, Mold Pollen, Foods, or Chemicals, try: An Air Purifier

One air purifier, to my knowledge, does this best. Call 480.905.9195, ~~800.787.8780~~ or 1.800.787.8780 for details. If it helps, *it is well worth the cost*. If it does not help, it is possible to buy it, try it for 30 days and return it for a full refund less \$25.00 and S & H. That's the best I can do to save you money.

Let me know if the above diet and/or air purifier turns your life around. Write drapp.assistant@gmail.com if your results can be put on my website, it might help others.