

Food allergies

Food allergies may seem like a pretty broad category, but they really all stem from the same thing. If you get hives from eating strawberries, find peanuts life threatening, or gluten to be intolerable, it all stems from the same base cause—Leaky Gut Syndrome. What is Leaky Gut Syndrome? This simply means that there are holes in your gut that are allowing undigested foods to enter the blood stream. Obviously the body was not designed to have undigested foods in the blood stream so it recognizes these particles as foreign, labels them unwanted, and calls out the army to get rid of it. Thus you have your allergic reaction as the body attempts to deal with an invader that it was never designed to deal with. It knows what to do with viruses, bacteria, and fungus but food is supposed to go in the mouth, get digested, absorb what's needed and eliminate the rest naturally. As the body struggles to deal with the foreign invaders you will begin to see signs of an autoimmune disorder. These signs will increase as time goes by and then you get even more problems. It is easiest to deal with a food allergy as early as possible.

What causes Leaky Gut Syndrome? What would cause holes in the gut? First, you start with a body that is not well maintained. Perhaps you live in an area with a lot of pollution, perhaps you work at a job that involves a lot of toxins, maybe you just like fast food, whatever the reason(s) your body begins to get behind in its maintenance program. The liver doesn't get everything cleaned up like it should, the lymph begins to get sluggish as it tries to pick up the slack, the kidneys start backing up because their load is too large, and the body says, whoa, we got to get some rest and begins to store garbage to give itself a minute to breathe. The body does this hoping that this increase in toxins is a short-term problem, but in the world we live in today it isn't a short term problem, it is a constant state. You breathe toxins, you consume toxins, you absorb toxins, and you are surrounded by toxins! The next thing you know, you are sick. Your body has gotten too far behind in housecleaning and microorganisms in your system have mutated in order to survive the toxic environment they're living in, this means they are no longer friendly microorganisms; they are now unfriendly to you. (You can learn more about this by reading our article, "The Problem with Antibiotics" found in the library section of our website.) At this point, the majority of us go to the doctor and get an antibiotic. As we now know, this is causing an epidemic of superbugs. The question is, why?

A bacterium cell has a cell wall, this cell wall keeps the cell together, determines its shape, and allows food and oxygen in and waste products out. We all learned that in science class. The cell wall also acts kind of like bubble wrap, it cushions the pressure applied to the cell to keep it from bursting. It also allows it to attach to something else, it may be sticky so that it clumps to surfaces or it may have little appendages that allow it to join with other cells. Researcher Louis Dienes discovered that when bacteria are exposed to an antibiotic the antibiotic destroys the cell wall of the bacteria. This makes it so you can't see the bacteria under a microscope and it is presumed dead. Newer, more powerful microscopes have made it so we can see smaller things and scientists have found that the bacterium is not dead, it is now a cell wall-less variant of the same species—an L-form.

We're simplifying things greatly here, but the bottom line is, once a bacterium has lost its cell wall it can travel anywhere in the body that it wants to, it is now smaller than a cell. Today, Nobel Prize Nominee Lida Mattman, Ph.D., is world renowned as the leading expert on cell wall deficient bacteria. She believes that these L-forms (cell wall deficient organisms) are the cause of degenerative, autoimmune diseases. These L-forms are so small they can even be in sperm, thus we see the root of hereditary diseases (food allergies are often seen in numerous members of a family). The L-forms wander around in your body until they find someplace they like. Then they actually send out a call signaling other L-forms to come hang out with them, forming a colony. After about 72 days you can see enough L-forms come together that they can begin forming cell walls again. But, you see, the L-forms that come together may not all be from the same original kind of bacteria. For example, if you're dealing with a Urinary Tract

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Infection, Dr. Mattman has found that you will commonly have L-forms in that area from *Pseudomonas* sp., *Proteus vulgaris*, and *P. mirabilis*. Bacteria are taking pleomorphism (the ability to mutate in order to adapt to an environment) to a whole new level. If they start regrouping as bacteria and you have made the environment in your body anti-bacterial, they'll regroup as a virus in order to survive! If the environment in your body is anti-viral they'll regroup as a fungus in order to survive! It almost sounds like a science-fiction story!

Now you have L-forms that have regrouped and become a fungus. Fungus feeds by sending out tendrils, these tendrils go into surrounding tissue and secrete an enzyme that breaks the tissue down enabling the fungus to use the now decayed matter as food. If the fungus is near the digestive system and begins sending out these tendrils and growing, it will eventually create a hole in part of the digestive system. This is the birth of Leaky Gut Syndrome.

Now that we understand the cause of the problem, let's begin to see how to change it. As we talked about earlier, the root of the problem was bacteria we tried to kill with an antibiotic that left us with an L-form. I'm sure you're already asking the question, how do we truly kill bacteria (or virus or fungus)? Do you remember the very first thing I talked about? The body getting behind on its maintenance. We need to start by supporting the body in eliminating toxins. A healthy body will not have disease because there is no place in it for the disease to thrive. We start by cleansing. Stop! Don't turn away. I know you may have heard of harsh cleanses, even debilitating cleanses. That is not the route we want to take. Those hard cleanses deplete the body of its strength and energy; this is not, in my opinion, the way to restore health. Health is a process, not an overnight occurrence. Let's go over the steps that need to be followed in order to provide the body with the tools it needs in order to be healthy and strong.

Step one: look at (and change) what you eat. Are you consuming mostly processed foods? Do you eat out a lot? When you eat at home is your meal a ready prepared meal? Do you eat a lot of refined foods like white flour and sugar? Do you eat fake sugars? Drink soda pop? If you answered yes to any of those questions (and chances are you did) you need to change your diet. But please, don't change it all today! You will go through major withdrawals and become very ill (remember, you didn't feel very good to begin with). Start with the worst culprits, do your best to avoid MSG (and its numerous forms, look it up on the internet, www.truthinlabeling.org has a comprehensive list, it also explains why you want to avoid MSG) and eliminate all fake sugars from your diet. Many people have found that by simply eliminating these two things from their diet, debilitating diseases disappear. Once you have done that you will probably find that you are already feeling stronger and are ready to take the next step to begin eating more fresh and raw fruits and vegetables, begin cooking with whole wheat flours, and more (tip: if you don't like whole wheat flour, start with ½ white and ½ whole wheat, then move to more whole wheat). Begin replacing your beverages with clean, pure water (not tap water if you live where it is treated, preferably spring water or well water, but at the very least filtered water). Your ultimate goal is to take your body weight (say you weigh 100 pounds), take off the pounds and make it ounces (100 ounces) and divide that in half (50 ounces). So, if you weigh 100 pounds your goal is to drink 50 ounces of water a day. Don't drink all your water at once! Spread it out evenly throughout your waking hours. Another excellent addition to your diet is Masaji™. This is a "super-food" juice that will help fill in the blanks in your nutrition.

Now we're going to begin looking at the cleansing process. Yes, children can do these cleanses, just follow these rules for dilution levels of the essential oils (if you are elderly or have very frail health, you may want to start with the same levels of dilution and work up as you feel stronger). A child under 2 years—75% dilution of essential oil (3 drops of a carrier oil to one drop of essential oil). A child between 36-24 months—50% dilution of essential oil.

Step two (or you may want to make this step one) begin the Liver Cleanse. You will need a bottle of Be Young Lemon essential oil and a bottle of Be Young Peppermint essential oil for this. Please do not go with just any brand of essential oil. Be Young brand is FDA approved and tested for internal use. Most other brands are not and they

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are not to be taken internally or they will cause more health problems. You can read more about the Liver Cleanse at our library on our website; we will just list the basic recipe here.

The Liver Cleanse recipe:

1 drop Peppermint essential oil (Be Young brand)

1 drop Lemon essential oil (Be Young brand)

1 teaspoon to 1 Tablespoon fresh lemon juice, preferably organic (don't use the lemon juice that is stored on a shelf, if you can't get a fresh lemon, use the lemon juice you find in the freezer section of the grocery store).

Drink this upon rising for 28 days, then take 7 days off. After about the 3rd day of being off you will notice a change, allergies may be coming back, energy levels down. Yes, you do need to take the week off. If you get more than one drop of essential oil don't panic, it's okay. Try to stay under 5 drops, and try really hard to stick to 1 drop when you first start.

Some people do it twice a day, depending upon the severity of their challenge. Usually only once a day—if you have a more severe challenge don't overdo it, you can put yourself in a cleansing detox.

Depending upon the severity of your condition this cleanse may need to be as long as a year or more before you start seeing some pleasing results. This cleanse is something that you will start in the morning and you will not stop ever because it's that important for your body. For every year you have seen the effects of a weakened body and congested liver you need one month of cleansing to take place.

Some want to know why their liver isn't being "cured" because their symptoms will come back after 7 days. The problem is that we live in a toxic environment, so we have to do the liver cleanse forever.

If you have high blood pressure use Spearmint essential oil instead of Peppermint essential oil until your body begins cleaning out the junk in your veins and your blood pressure comes down (the Liver Cleanse will also help with high cholesterol).

Now you have started to modify your diet and clean your liver. After about a month (some people even see positive results in one day!) you should start to notice that you are feeling better, if you haven't you will notice it when you take your week off! The greater your health challenge the longer it may take, but some people who have the greatest health challenges actually feel better the fastest because their body is really taking advantage of these tools to help it clean house.

After a week, a month, or some people may want to wait as long as three months, you'll want to start step three. How do you know when you're ready? Listen to your body, if you're having a harder time with your cleanse (diarrhea, constipation, runny nose, coughing, a rash) slow down, back off on your cleanse, drink more water and add soaks to your regimen. Let your body eliminate the toxins as fast as it can while still remaining strong. If you find yourself entering a healing crisis (feels much like you have the flu), drink lots of water to flush the system and soak in a tub of bath salts.

Here's an intermediate step, soaks—use as often as you like, add in whenever you like. Soak in a tub of hot (not scalding) water with either 1/4-1/2 cup Epsom salts (start lower the more toxic you are) or with some of our Bath Salts (they come in a variety of scents) for 20 minutes, then rinse off. When you soak with the salts you are drawing toxins to the surface of the skin through the pores. You rinse off afterwards so that you don't reabsorb those toxins.

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You can eliminate up to one quart of toxins per soak doing this! Many people have even reported the water changing color because of the toxins being dumped from your body! If you're having a healing crisis (your body is trying to eliminate too many toxins too fast and you feel kind of like you have a nasty case of the flu) then soak (especially in the Healing or Balancing Be Young bath salts) and it will help you eliminate those toxins faster and help you feel better.

Note: each of the following steps is something you add to what you are already doing. You will want to eat healthy and do your Liver Cleanse for as long as you are exposed to toxins on a daily basis (ie: life). The Digestive Cleanse and L-form cleanse are cleanses that you will do off and on, depending upon how you feel. Once your health is restored I recommend the Digestive Cleanse for one to three weeks every three to four months, just to keep things as they should be. The L-form cleanse is something I do as needed, if I'm feeling under the weather at all I grab the oils and do the maintenance level of the cleanse, if I got too busy and am feeling ill I will do it at the acute level. I know many people who have had autoimmune diseases who simply plan on doing the maintenance level of the L-form cleanse for life, just like the Liver Cleanse.

Step three, you add in another cleanse. You'll need to decide which of the two cleanses to add. The Digestive Cleanse is used to help clean the digestive system. If your digestive system is backed up two things happen: 1) toxins literally fester in the digestive system which compounds your health problems and 2) since the toxins can't get out of your body they back up contaminating the bloodstream and other organs.

Select one of the following for your Digestive Cleanse:

The Master Cleanser Recipe (from Stanley Burroughs, Healing for the Age of Enlightenment)

Mix together:

8 oz water (spring preferably)

Juice of ½ lemon

1-2 tsp grade C maple syrup (or grade B)

Red cayenne pepper (working up to ¼ tsp)

You may want to add your 1 drop Lemon and Peppermint so you're getting your Digestive and Liver Cleanse done at once. Drink 1 glass per day, working up to 2. Don't chug! It will be as warm going out as it is coming in. Drink at least 80 oz of water per day while doing this.

Be Young Digestive Cleanse:

5 drops Di-gest essential oil blend

1 drop Spice for Life essential oil blend

Take in a capsule with the remainder being filled with Message oil. Take a capsule three times a day close to meals.

Peppermint, Basil, Dill, and Fennel are supporting essential oils and can be used in capsules 2-3 drops each, finish filling the capsule with carrier oil, to aid in cleansing. If you're experiencing nausea, gas, bloating, or other uncomfortable digestive issues, add in one or more of these supporting essential oils.

Do either for a month and see how you feel.

Do not do this cleanse without adjusting your diet toward whole fruits and vegetables, preferably raw (see step one).

The other cleanse to choose from is the L-Form Cleanse. The L-Form cleanse is designed to kill those L-forms that are the root of your problem. When an essential oil is used to kill bacteria (or fungus or virus) it doesn't destroy

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the cell wall, most of the time it disrupts the reproductive cycle. If the bacteria can't reproduce, it just dies and then you no longer have the bacterial infection. As bacteria and viruses have a very short life span, if they can't reproduce they quickly die out. There are even essential oils that kill the resilient fungi (the Guardian blend is full of them). They interrupt the reproductive cycle and they also change the environment from acidic (what the fungus needs in order to feed) to alkaline so that the fungus starves to death and dies.

The L-form cleanse consists of:

- Spice for Life essential oil blend for breakfast
- Guardian essential oil blend for lunch (Fungus has a growth spurt in the early afternoon.)
- Defence essential oil blend for supper or before going to bed (Bacteria grows twice as fast at night as it does during the day! Bacteria have a very large challenge with sunlight.)

Dosages:

1 drop is generally ample for maintenance

2-3 drops for crisis

4-6 drops for acute

We suggest that you put the drop(s) in a capsule, fill with one of our carrier oils (or olive oil, or other consumable carrier oil). Spice for Life essential oil blend tastes pretty good, but the others aren't the yummiest.

- **Maintenance:** 1 drop, do daily for 2 weeks, then take 1 week off. If symptoms begin to return, go back on. (ie: 1 drop Spice for Life essential oil blend for breakfast, 1 drop of Guardian essential oil blend for lunch, and 1 drop of Defence essential oil blend before going to bed.)
- **Crisis:** 3 times a day (2-3 drops) for 5 days. (ie: 2-3 drops of Spice for Life essential oil blend for breakfast, 2-3 drops of Guardian essential oil blend for lunch, and 2-3 drops of Defence essential oil blend before going to bed.)
- **Acute:** take every 15 minutes (4-6 drops) for 2 hours—then revert to crisis dosage for 5 days—then revert to maintenance for 30 days AND DRINK LOTS OF WATER! We would also recommend that you do at least one soak in Healing bath salts and that you consume fresh ground flax (work yourself up to ¼ cup of flax a day). (ie: assuming you're starting at 10:00 am—take 4-6 drops of Spice for Life essential oil blend at 10:00 am, take 4-6 drops of Guardian essential oil blend at 10:15 am, take 4-6 drops of Defence essential oil blend at 10:30 am, ROUND ONE COMPLETE, repeat round one starting at 10:45 am (Spice for Life), 11:00 am (Guardian), and 11:15 (Defence). ROUND TWO COMPLETE, repeat, taking at 11:30 and 12:00, skipping the third dose of Defence). The next day start the crisis dosage.

Make sure you take time off to give your body a rest.

You NEED to LISTEN to YOUR BODY! If you have any negative reactions you will need to retreat from the use of the oils, continue the Liver Cleanse, and re-visit it in two weeks.

One to three months after you begin step three (your choice of Digestive or L-form cleanse) **begin step four** (the cleanse you chose not to do in step three).

How soon you are able to conquer your food allergy depends upon how bad it was in the beginning and how well you stick to your new routine of health. You can use all of the essential oils we offer and if you eat all of your meals at fast food restaurants the chances of your health improving are not good. The essential oils are not the "cure" they are simply tools that help strengthen your body so that it can do its job. It's just like exercise; it's not the "cure" to being overweight. You can exercise an hour every day, but if you consume 5,000 fat filled, MSG laced, sugar laden calories a day, you're not going to make progress. Food allergies can be overcome; I've seen many people do it. It

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generally takes one to three years, but each day of those years your health is improving as your body restores itself as opposed to continuing to decline in health and energy.

One last quick reminder—never take an essential oil internally that you are not sure is approved for internal use. All of the oils mentioned in this article can be taken internally as long as they are the Be Young brand of essential oils, the recipes and cleanses mentioned herein have all been designed for use with Be Young essential oils and have been used successfully with them.

To order, for class information, or if you have questions contact:

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