Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

RATING THE ALLERGIES

* MILD
** MODERATE
*** SEVERE

One star foods may be consumed once every four days.
Two and three star foods should be avoided.

FOOD AVOIDANCE AND RE-INTRODUCTION OF FOODS INTO DIET

If the doctor has recommended food avoidance and re-introduction of allergic foods into the diet, all two and three star foods should be eliminated from the diet for 5 days. At the end of five days one of the food sensitivities may be added into the diet. If there are no noticeable symptoms related to the food, another food may be added into the diet after 24 hours. Allergic foods may be re-introduced into the diet at the rate of one per 24 hours. Any food that causes a reaction should be eliminated. Some examples of reactions include symptoms such as: abdominal discomfort, nasal congestion, itchiness, dark circles around eyes. If you are unsure about your response, eliminate the food again and re-introduce it again after 5 days.

Phenolics, Inhalants, Molds and Pollens are too difficult to avoid. Your test result is for information and treatment purposes only.

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

ALLERGIES

THE REALM OF SENSITIVITIES

Most people are aware of the immediate reaction allergies, such as asthma, hay fever and rashes. However, most sensitivities are due to delayed reactions and so the offending foods, chemicals or inhalants are not obvious. Alllergic manifestations may involve one or multiple systems of the body and result in such responses as the following:

1. NERVOUS SYSTEM AND BRAIN: Hostility, hyperactivity, mood personality changes, forgetfulness, confusion, lack of concentration, dizziness, headaches, insomnia, nightmares, nervousness, irritability, obnoxiousness, anxiety, learning problems, unprovoked panic/fear/crying, hallucinations, exhaustion, indecisiveness, lethargy, convulsions, fainting, trembling, apathy, short attention span, marked shyness/timidity.

2. GASTROINTESTINAL TRACT: Bloating, indigestion, cold sores, nausea, vomiting, cramps, bad breath, diarrhea, abdominal pain, belching, mouth dryness, coated tongue, constipation, ravenous hunger, loss of appetite, flatulence.

3. MUSCULOSKELETAL SYSTEM: Muscle stiffness/pains/cramps, backache, spasm, arthritis, muscular weakness, twitching muscles, joint pain, poor posture.

4. GENITOURINARY TRACT: Itching, frequent/urgent/painful urination, bedwetting, discharge.

5. SKIN: Hives, eczema, wheals, itching, acne, rash, pimply skin, white spots on fingernails, sweating, burning, tingling, rough/bumpy areas, hot/cold flashes.

6. EYE, EAR, NOSE THROAT: Blurring, painful eyes, watery eyes, swollen or itchy eyes, dark circles underneath, double or distorted vision, aches, recurrent infections, itching or ringing ears, intermittent deafness, fluid behind eardrum, dizziness, bleeding, stuffiness, coughing, sore, dry or tickling throat, swelling , hoarseness, itching palate, difficulty swallowing.

7. CARDIOVASCULAR SYSTEM: Heart palpitations, rapid beat, fluttering, chest pain, numbness.

8. RESPITORY SYSTEM: Asthma, bronchitis, respiratory infections, shortness of breath, wheezing, tightness, hay fever, sinusitis, rhinitis.

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

ALLERGIC CYCLES

Allergic reactions typically are identified as eating strawberries and breaking out in hives or eating shellfish and having and asthmatic attack. Most allergic reactions, however, are hidden under a cloak of addiction and are uncovered only when they are revealed by manipulation of the diet (avoidance of the food breaks the addiction).

The big three are SUGAR, WHEAT and COW'S MILK. The staples often are ingested three or more times per day and cause profound problems in sensitive children. Some other common allergens are:

Apples	Citrus	Oats	Potato
Beans	Corn	Onion	Strawberries
Chicken	Eggs	Peanut	Tomato
Chocolate	Fish	Pepper	Walnut
Beef	Melons	Pork	Yeast

Any food that is craved or is eaten in large amounts should be suspected as causing allergy responses. It is the nature for the body to develop an addiction to any food it cannot handle. This is not to say that eating large quantities of food is the root cause of allergies, but it does increase the possibility. Large amounts in the diet of single foods, such as wheat and milk are not recommended. When exposed to a substance such as food, the body is unequipped to handle it because of insufficient pancreatic enzymes. Typically, we think of an allergy as a food and then experiencing an allergic reaction to it within a short period of time. But once an allergic addiction is established, allergic withdrawal symptoms are experienced when the food is "not" eaten, not when it "is" eaten. Perhaps we can best understand this phenomenon by the analogy of drug or alcohol addiction in adults. These substances at first are rejected by the body, but may become addictive in susceptible individuals as more and more is ingested and the body struggles to deal with the alcohol or drug stress factors. The body becomes addicted to these substances. Removal of drug or alcohol produces withdrawal symptoms just as in addictive forms of food allergy or intolerance.

Symptoms may occur in the very young in response to allergenic foods, but often these go unrecognized as parents do attribute irritability or constant crying to allergic reactions. When allergy "is" recognized by such symptoms as a rash or diarrhea, the offending food is withdrawn. But often is is reinstated at a later time when the child supposedly has outgrown the milk or other allergy. What is happening when the child no longer exhibits typical allergic symptoms? The response has changed as the child grew older and the symptoms just became masked. The infant who responds to drinking milk with diarrhea later may appear to have outgrown a milk allergy because there is a new response at age two of a constant runny nose and dark circles under the eyes and at four there are hyperactivity and bed-wetting. By that time, other foods, inhalants, or chemicals have complicated the original milk allergy to a great degree.

The very foods people are allergic to often are favourites if the diet. Many parents insist their child does not crave particular foods, but they have not considered the many forms in which food is available. Wheat, for example is nearly impossible to avoid as it is in breads, cakes, cookies, etc. Even when a food (such as milk) is suspect, an attempt to eliminate it from a diet to see if symptoms diminish often fails because:

1. There is usually the involvement of more than just one food, and the withdrawal of one allergen may not make a significant difference if other allergens remain in the diet.

2. Milk, corn, wheat, and sugar are extremely difficult to avoid since they are so prevalent and hidden in so many food combinations. An accidental or unknown intake of a "little bit" of the allergen may precipitate the child's response.

3. An inadequate diet may overshadow sensitivities because of the existence of deficiencies or an overload of refined carbohydrates.

Picture an allergic threshold as a raging (full blown symptoms such as asthma, hyperactivity, learning problems) that subsides only when the allergic stress factors are removed, then the allergic stress factors (chemicals, foods, or inhalants) are removed. If one allergic substance is removed, the blaze may be reduced a little, but it won't make a tremendous difference. If most or all of the allergic factors are removed, then the fire will die down to a glow because the allergic load has bee decreased.

The allergic response may take on different forms and intensities. Relating these responses to a specific substance can be difficult because so many kinds of food in so many combinations are eaten. There are various types of allergic responses, and they may take on different cycles.

1. HYPERACTIVE – Occurs when an individual eats an uncommon food, or exposed to inhalants, molds, etc.

2. CUMULATIVE – Occurs when an individual is exposed to two or more substances at the same time, but does not occur if exposed to each substance individually.

3. CROSS-SENSITIVE – Foods may be categorized into families. An allergy to one member of a food family may cause an individual to react to other members of that family.

4. CYCLIC -- If a large portion is eaten or the food is eaten two or three days in a row, a reaction occurs. But eating the food in small portions does not bother the individual.

5. DELAYED – Some allergies take hours or even days to surface.

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

ALLERGY WITHIN THE BRAIN

When an allergic reaction occurs in the brain inflammation and swelling may take place. It occurs within the rigid confines of the skull. We cannot see the inflammation and swelling. Brain or cerebral allergy can seriously disturb brain chemistry, leading to abnormal behaviour, mood, thought, emotion, and perception. Wheat and milk proved to be major factors triggering allergic brain responses, but various other foods, inhalants, and environmental chemicals also provoked the severe mental symptoms that patients suffer.

We now understand that cerebral allergy is not involved just in schizophrenia, but in a very wide spectrum of mental disorders and symptoms. Allergic factors triggering responses with the brain-foods, inhalants, chemicals- can be isolated through testing.

A newer method of testing, available through naturopathic physicians, is the electro-acupuncture method of diagnosis of allergies and sensitivities. It does not use any needles or electric shock, but involves the measurement of changes in skin resistance on certain points on the hand. This method can be used to test virtually and substance, including inhalants, foods, chemicals, vitamins, medications, etc. This testing is not covered by the medical plan at present and must therefore be a direct expense to the patient.

If you suspect your health problems may be allergy related, don't give up, call for a consultation with your naturopathic physician or stop by his office for further information.

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

THE ALLERGIC AND HYPERSENSITIVE PATIENT

Allergic diseases are due to a sensitivity which certain persons develop to normally harmless substances (allergens), resulting in symptoms affecting any part of the body; e.g. breathing, digestion, arthritis, headaches, depression, rashes, etc. The range and variety of things to which susceptible persons may become sensitive are almost endless. Sensitivity usually occurs only after repeated exposure to the substance. Allergic patients are usually sensitive to more than one allergen, but in varying degrees.

ALLERGENS ENTER THE BODY BY VARIOUR ROUTES

-by being swallowed; e.g., foods, drinks, drugs
-by being inhaled; e.g., dust, pollens, fumes
-by external contacts; e.g., clothes, cosmetics, industrial products
-by injection; e.g., drugs and serums

The tendency to become sensitized or allergic is usually inherited. It also appears that what one will become sensitive to depends upon the amount and frequency of exposure to an allergen. An individual who has inherited this tendency may become sensitive to cow's milk shortly after birth, later to dog hair after acquiring a dog, and throughout his life develop new sensitivities as his environment subjects him to new exposures. The previous sensitivities may remain or may be lost.

Most patients are aware of "immediate reaction" allergies e.g., asthma, hay fever, or rashes after exposure or ingestion of inhalants, chemicals, or foods such as peanuts or shellfish. However, most sensitivities are due to "delayed reactions", and thus the offending foods or chemicals are not obvious. Therefore, we invertigate the possibility of common food and chemical exposures causing sensitivities in most patients who have unsolved chronic problems – as these commonly prove to be significant factors in chronic illness.

TESTING

The first step in treating an allergic patient is to test which allergens are the major offenders. Tests are clues and must be interpreted cautiously. There are several methods of testing for allergies and sensitivities – since no one method is ideal for all groups of allergens. The first method of testing may be performed by the patient alone. This involves completely removing a suspected allergic substance and closely observing if your symptoms improve. Later, you re-introduce this suspected allergen and watch for a return of the original symptoms.

An even more controversial and new testing technique is also available at this office. It is painless, rapid and precise. This is the Electro-Acupuncture method of diagnosis of allergies and sensitivities. It does not utilize any needles nor electric shocks; but involves the measurement of changes in skin resistance on certain points on the hand (just as an electrocardiogram measures electromagnetic changes on the skin of the chest).

Electro-Acupuncture testing is testing is utilized extensively in Germany, but is just beginning to be used in North America. It can be used to test virtually any substance including inhalants, foods, chemicals, vitamins, medications, metals, etc. Testing by Electro-Acupuncture is not covered by any medical plan at present, and therefore, must be a direct patient expense.

Treatment

Once we have determined your potential allergies and sensitivities, and their relative importance, we can then advise the best treatment approach. Often treatment of the major allergies allows the patient to cope with the lesser allergies without symptoms.

The preferred treatment is avoidance. If the allergen is animal hair, then the pet is kept outdoors or given to a friend. If it is a food, the food is restricted or eliminated. If it is house dust, an attempt is made to dust-proof the sleeping area and the rest of the house. In such cases, the amount of relief from symptoms is directly proportionate to the thoroughness with which the allergens are eliminated by the patient.

The second method, (desensitization immunotherapy), is is necessary when the offending allergen cannot be completely eliminated. This type of treatment is usually used for pollens, house dust, animals, bacteria, chemicals, etc. Desensitization involves introducing small amounts of the allergens into the body to stimulate the body's defence system.

Avoidance and desensitization help the body achieve an allergic balance. However, this balance can be disturbed by other factors such as infections, fatigue, depression, emotional stress, poor nutrition, dramatic temperature changes, and others.

From this discussion, it will be seen that the allergic patient must play a key role in his/her treatment. The success of the treatment will be increased as the patient learns more about his/her allergies or allergies in general. Recommended sources of information include these three paperback books.

1. How to Control Your Allergies – Dr. R. Foreman
2. An Alternative Approach to Allergies – Dr. T. Randolph & Dr. R. Moss
3. Dr. Mandell's 5 Day Allergy Relief System – Dr. M. Mandell

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

FOOD SUBSTITUTES

DAIRY PRODUCTS:	goats milk, soy milk comes flavoured with chocolate, carob and vanilla, and is available as lite soy milk with reduced fat and calories, rice milk, nut or seed milk, tofu, rice dream ice cream
SUGAR	honey, fructose, maltose, date sugar, fruit, fruit juice concentrate. Crushed fruit is a good substitute for jams and jellies. Crushed fruit is also a good sweetener for cooked cereals.
WHEAT/GRAINS/CEREALS	corn or rice pasta, corn bread, rice cakes or crackers, rye crackers or bread (check ingredients list, may contain some wheat flour) potato, rice, corn, or tapioca flour for baking. For breading any seed or nut flour can be used. Cereals should be single grains and include brown or wild rice, millet, pats and oat bran, amaranth, triticale.
EGGS	1 Tbs. gelatine equals one egg when dissolved in hot liquid, or 1 tsp. additional baking powder added to recipes to replace one egg.
BAKING POWDER	baking powder may contain products such as corn and frequently contains aluminum. Check your health food store for grain and aluminum free baking powder.
PROCESSED MEATS	turkey, beef, chicken, pork, tofu hot digs, turkey or tofu sausage, vegetarian cutlets.
WHITE POTATO	yam, sweet potato, cauliflower, rice, wild rice, hominy corn, beans, tofu
VINEGAR	lemon juice, salad dressing may be made with sofr tofu, dried mustar and spices
SNACKS	fruit, vegetable sticks, seeds, nuts, popcorn, dried fruit

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

HIDDEN FOODS

Eggs are hidden in the following foods:

In batter for frying, Bavarian cream, boiled dressings, bouillons, breads, especially Christmas breads and Raisin breads.

Cakes and cake flours, candies (except hard), coffee (some), consummes, cookies, creamed pies, croquettes, custards. Desert powders, doughnuts, dried eggs in prepared foods, dumplings, fritters, frostings.

Griddle cakes, glazed rolls, Hollandaise sauce and icing. Laxative, Agarol.

Macaroons, malted cocoa drinks (Ovaltine Ovalmelt and others), meat loaf, marshmallows, meringue. Noodles & pastas, pancakes & pancake flours., patties, puddings, pretzels.

Salad dressings, sauces, sausages, sherbets, Spanish creams

Tartar sauce, waffles & waffle mixes, whips, wines (egg white)

Milk is hidden in the following foods:

Baking powder biscuits, Bavarian cream, bisques, blancmange, boiled salad dressings, Bologna, bread (whey is found in all breads. Kosher breads are milk free), buttermilk and butter sauces.

Cakes, candies (except homemade or hard), chocolate or cocoa drinks or mixtures, chowders, cookies, cream, creamed foods, cream sauces, cheeses of every description*, curd and custards.

Doughnuts. Foods prepared au gratin, foods fried in butter, flour mixtures, fritters, gravies and ice cream. Junket. Mashed potatoes, malted milk, Ovaltine, Ovalmalt, meat loaf, cooked sausages, milk, chocolate, milk which includes condensed, dried, evaporated, fresh, malted milk and powdered milk

Omelets, olcomagarines, some pie crusts, popovers, prepared flour mixtures, such as: biscuit, cake, cookies, doughnuts, muffins, pancake, pie crust, waffles and puddings.

Rarebits, salad dressings, sherbets, soda crackers, soufflés, soups, Spanish Cream and spumoni, waffles, Zweibach.

*Note: although all cheeses are to be considered milk products, a patient not sensitive to milk may be found allergic to one or more cheeses.

Wheat is hidden in the following foods:

Beverages: Cocomalt, beer (some), gin, (any drink containing grain neutral spirits), malted milk, Ovaltine, Postum and Whiskey

Breads: These include biscuits, crackers, muffins, popovers, pretzels, rolls. Even Rye products are not entirely free of wheat.

Cereals: Bran Flakes, corn flakes, Cream of Wheat, Crackels, Farina, Grapenuts, Krumbles, Muffets, Pep, Puffed wheat, rice krispies, shredded wheat, Triscuits.

Flours: Buckwheat, corn, gluten, patent, rice, rye, white, Graham, lima bean

Miscellaneous: Bouillon cubes, chocolate, foods rolled in flour, gravies, griddle cakes, hot cakes, ice cream cones, malt products or foods containing malt. Most cooked sausages (wieners, Bologna, liverwurst, lunch ham, hamburger). Mayonnaise, pancake mixtures, sauces, synthetic pepper, some yeasts, thickening in ice cream, waffles, wheat cakes and wheat germ.

Pastries & Deserts: cakes, cookies, doughnuts, frozen pies, chocolate candy, and puddings.

Wheat Products: bread and cracker crumbs, dumplings, hamburger mix, macaroni, noodles, rusk, spaghetti, vermicelli and zwieback.

Healthtrek Research Inc.
DR. S. Craig Wagstaff, N.D.
Naturopathic Physician

BRIEF EXPLANATION OF ALLERGY SOURCES

INHALENTS:

BACTERIAL VACCINE:	A helpful bacteria that your body produces, to prevent coughs, colds and infections.
COTTON LINTERS:	Loose cotton material, lint or fuzz on clothes
DUSTS:	
CHALK	Classroom chalk, construction sites and drywall.
GRAINMILL	Farm and animal feed, silos and grain elevators.
HOUSE	It's important to use a proper vacuum system (central, Rexair, Rainbow or Panasonic) and other household cleaning measures.
SAW	Found in woodpiles, mills and construction sites.
HAIR:	
CAT	Animal toys, caps, earmuffs, imitation fur slippers, gloves and rug pads. Cat skin and dander.
CATTLE	Blankets, brushes, rugs, rug pads and Chinese rugs. Hair shin and dander.
DOG	Dog hair, skin and dander.
HORSE	Binder in plastic, brushes, clothing, gloves, hats, mattresses, violin bows and wigs. Horse hair, skin and dander.
HUMAN	Human hair, skin and dander.
RABBIT	Gloves, slippers, lined clothing and imitation furs. Hair, skin and dander.
FEATHERS:	Pillows, quilts, sleeping bags, parkas, household birds and farm birds
MITES:	Microscopically small mites live in pillows, carpets and mattresses feeding on shed human skin particles. Vacuuming and airing the bed sheets and bed covers are a must.
PYRETHRUM:	Insecticides, plant sprays and cut flowers.
TOBACCO:	First and second hand smoke. Restaurants, nightclubs and other public places.
WOOL:	Fibres found in the air from clothing, wall hangings and blankets.
HISTAMINE:	A substance release during an allergic reaction that involves inflammation and swelling. Histamine causes an increase in the permeability of cellular walls, which results in inflammation and swelling as plasma (the fluid part of the blood) moves into surrounding tissue. Hives, whealts and swelling are a result.

MOLDS:

ALTERNARIA:	Grows on plants and plant materials. It is considered to be one of the most common causes of symptoms due to air-borne spores.
ASPERGILLUS:	It is a common soil fungus. It can also be found growing on almost any substrate. It is frequently found on damp hay, grain, sausage and fruits. Aspergillus is the most important causing respiratory problems.
CANDIDA:	A type of yeast common to all humans.
DEMATIACEAE:	A skin mold, dry skin.
EPICOCCUM:	Normally a soil organism and can often be found on decaying vegetative material, plant leaves and uncooked fruit. Epicoccum sensitive patients appear to have increased symptoms in the summer and fall.
FUSARIUM:	Grows as a parasite on green plants (peas, beans, tomatoes, corn, sweet potato, rice). Also found on decaying plants. Fusarium extracts are found with a frequency similar to Aspergillus and Penicilium.
HELMINTHOSPORIUM:	Found on cereal grains such as corn, wheat, oats and rye. Helminthsporium are responsible for the majority of symptoms due to inhalants of mold spores.
HORMODENRUM:	Decomposing plants, leather rubber, cloth, paper and wood products. In nature, the spores are released to the atmosphere in great numbers after rains and damp weather.
MICROSPORIUM:	A type of skin fungus which causes skin disease of the skin and hair.
MONILLA:	In addition to being a soil-borne organism, Monilla frequently grows on bread and pastries.
MONTOSPORA:	A mold in the air, soil and damp musty places.
MOULDS(4)	A mixture of molds; ALTERNARIA, ASPERGILLUS, HORMODENRUM and PENICLLIUM.
MUCOR:	A normal soil habitant, frequently found around barns and barnyards where it grows on animal waste. Mucor is widespread in nature and elicits allergenic response in a moderate number of mold – sensitive patients

MOLDS:

PENICILLUM:	Normally a soil inhabitant, but grows readily on fruits, breads, cheese and other foods. NOT THE SAME AS ANTIBIOTIC PENICILLIN!
RHIZOPUS:	Rhizopus grows on bread, cured meats and root vegetables indoors. It grows on a variety of plants in nature.
SCOPULARIOPSIS:	Mold on soil.
SMUT MIX:	Molds on grains in raw form.
TRICHODERMA	Mould found mainly on decaying wood, especially pine stumps. It also grows readily in damp areas such as basements.
TRICHOPHYTONS:	Skin fungus, causes dry cracked skin or problems in the alimentary canal.
TRICHOTHECIUM:	Skin fungus causes disease of skin and hair.
WHEAT SMUT:	Mold on the whole wheat grain.
YEAST MIX:	Mold found on over ripe fruit and leftovers.