

Allergies are reactions in the body due to exposure to airborne particles, foods, water, moulds, dusts, chemicals, pollens and other substances. The body produces anti-bodies to neutralize or help rid the body of the foreign substance. In the process, histamine and other chemicals are released which cause allergic symptoms.

CAUSES OF ALLERGIES

- Weak adrenal glands and low cortisol and cortisone production. Cortisol, cortisone and adrenalin stop allergic reactions.
- Excessive cell permeability. This allows foreign proteins and other substances to pass into the body from the nasal passages, intestines and elsewhere.
- Fatigue or stress, which affect many systems of the body, notably the adrenal glands.
- Weakened capillaries leading to capillary fragility.
- Impaired quality of certain mucus membranes, which opens the body to penetration by foreign proteins.
- Other nutrient deficiencies or toxic metals such as mercury, lead and others.
- Food allergies are often due to the presence of candida albicans or other infections that cause "leaky gut syndrome". Chemicals in foods and improper diet also commonly cause food reactions and can damage the intestines.

Conventional therapy for allergies includes symptomatic medication such as antihistamines and newer drugs to suppress the symptoms of allergies. However, they do not address deeper causes and may have harmful side effects. **The treatment actually masks the problem and doesn't get to the root of the problem; furthermore, a body struggling with allergies is compromised.**

WHAT TO DO ABOUT ALLERGIES

Before you reach for the latest medication

try a 3 Step Plan

ANALYSIS —DETOX - REBUILD

The Atri Wilson Full Body Health Plan -
Working from the inside out

BOOK A ONE-ON-ONE CONSULTATION

