



Nature's Answer to Allergies and The Power of Healing in a Raw Foods Diet

The Mechanism Of An Allergic Response:

Allergies are caused by the cells being penetrated by pollen, dust, chemicals and toxins. The reaction on the part of the cells is to release histamine. Histamine opens up blood flow to the area to increase the rate at which the blood can transport the allergen to the kidneys or bowels for elimination. The histamine reaction causes the inflammation and increased rate of detoxification.

How Allergic Symptoms May Be Alleviated:

I have helped many people reduce or eliminate their allergies and get off of allergy medications. By using a combination of correct diet and nutritional supplements you can reduce or eliminate your allergy symptoms as well.

For prompt alleviation of symptoms, the following may be helpful.

Number one is to strengthen the cell walls so that your cells are less permeable. The reason for the allergy is that your cells are too permeable. They lack calcium, magnesium and potassium in their (AEP) Amino Ethanol Phosphate forms. Dr. Hans Neiper discovered that these specific forms of minerals are what make up cell walls. The Calcium, Magnesium and Potassium AEP forms of the minerals are used in Germany as an approved and effective therapy for Multiple Sclerosis. [Membrane Complex](#) is the product, which supplies the AEP forms of Calcium, Magnesium and Potassium. I had a customer years ago with allergies take [Membrane Complex](#) and have her allergies go away in only 3 days. She came back into the store with her jaw dropped in amazement as she expressed her satisfied results. I believe that two of the reasons for the deficiency of these forms of Calcium, Magnesium and Potassium in the body result from an overly acid body and from a deficiency of the mineral corticoids produced by the adrenal glands. So using some adrenal support can be helpful also. The drug cortisone is an adrenal hormone; it is used to alleviate allergic reactions. Even though it is toxic it temporarily strengthens cell walls and stops allergic reactions. Strengthening the adrenals at the same time is often a healthy choice. Taking [Drenamin](#) supplies the body with adrenal nutrients and hormones from cows adrenal glands and herbs. Using [Drenamin](#) for three month may be a helpful with both allergies and giving you more energy.

How to rebuild the Adrenal Glands:

Eating Raw Beef and Raw Beef Liver preferably from hormone and antibiotic free pasture raised cows is superior medicine for rebuilding your adrenal glands. The adrenal glands will not rebuild on any other foods or supplements that I know. I have tried for many years to rebuild my own adrenals and while supplements will support their function and you can feel dramatically better they do not rebuild them. This is a process that only living proteins can accomplish. Now after an entire year on raw meats in my diet I can say with 100% certainty that my adrenals are rebuilt. I have more strength and energy than I've had in my entire life, and I attribute this miraculous effect from eating raw meats for a prolonged period of time. To really appreciate this topic and have any faith in implementing it, it is imperative that you read the following books. ["We Want to Live"](#) and ["The Recipe For Living Without Disease"](#). Both books communicate what no doctor has ever been taught. Ask yourself why is it that wild animals never get any degenerative diseases and domesticated animals do? Domesticated dogs and cats get leukemia, arthritis, constipation, skin problems, cancer and more. These are the same diseases that humans get. Yet wolves, coyotes, bobcats and mountain lions are the wild counter parts to their domesticated cousins and they do not get any degenerative diseases. The only difference is the wild animals eat everything raw and the domesticated animals eat cooked foods. Cooking destroys the geometry of amino acids, vitamins and everything else. The shape of the nutrients determines the ability of the body to use them. If the natural shape of an amino acid is altered by heat then the body cannot build proteins with it. It now becomes nitrogen waste. This is called denaturing

of the proteins and it happens everytime you cook it. So an as yet unrecognized nutritional component to ideal health and long life is eating foods raw.

When Dr. Weston Price traveled the world in the 30's and 40's studying who were the healthiest people and what did they eat. He found that the Eskimos were the healthiest people. "Weston Price told a stirring story of primitive Eskimos at a time when food had run short during the long winter night north of the Arctic Circle. An Eskimo man takes his kayak to stormy seas to hunt seal with a harpoon. In darkness, bitter cold high winds and rough seas, he searches the dark water for food. A wave crashing over a kayak can snap even a strong man's back; as breakers approach, the kayaker rolls the vessel, submerging himself. The tight fit of sealskins between the upper edge of the kayak and his waist keeps water from entering the vessel. When the white water passes, he flips upright and continues the hunt, finally killing a seal and returning home with food for his family.

Price described the impressive physical strength of primitive Eskimos, but he was even more impressed with their character—their courage, honesty, openness, dedication to family and community, and ability to survive and thrive in the harsh northern environment. In village after village, he found among Eskimos subsisting entirely upon the native diet of mostly raw meat, fat and fish, fine characters and virtually no decayed teeth and no evidence of chronic disease." [1](#)

In 1927, the physician for the Macmillan Arctic Expedition reported in the Journal of the American Medical Association that the carnivorous Greenland Eskimos showed no tendency toward heart or kidney disease, scurvy or rickets. Their food included the meat of whale, caribou, musk ox, Arctic hare, fox, ptarmigan, walrus, seal, polar bear, seagulls, geese, duck, auks, and fish, all often (but not always eaten raw and fermented). He found that the Labrador Eskimos had adopted the white man's ways, overcooking their meat and eating various prepared, dried and canned foods: they were very much subject to the degenerative disease.

These accounts highlight the importance of the fact that the native Eskimos ate much of their food not only raw but "super-raw," that is, fermented. The enzyme expert Howell said, "The excellent health stated by a number of qualified observers is surpassed by no other race of people on this earth and equaled by few if any?" [2](#)

Successfully alleviating allergies symptoms may require using several remedies at once. Another product I have had outstanding results with is [Pleo-Rub](#). Pleo-Rub is the derived from *Aspergillus Ruber*, which is the fungus that causes hay fever. With only 8 drops per day it has helped reduce hay fever allergy symptoms by up to 80%. It may be helpful for respiratory tract problems related to allergies, conjunctivitis, hay fever, and inflammation of the sinuses.

The use of [Quercetin](#) has been successfully used to interrupt the production of histamine. At a dose of one gram per day this bioflavonoid can also help to stop the inflammation and release of histamine associated with allergies.

Lastly [Proaller](#) is an herbal extract, which I have had customers report 80% reduction of allergy symptoms when used with Pleo-Rub.

Healing The Cause Of Allergies:

The cause and cure of an allergy is not just the removal of the allergen or becoming desensitized to it. If you were not born with the allergy then the real cure lies in healing the cell walls so they are no longer excessively permeable and by strengthening the adrenal glands and possibly you will need to detoxify your liver.

[Natures Answer to Allergies Package](#) consists of: **Membrane Complex, Drenamin, Pleo-Rub, Quercetin and Proaller**. Total cost of these items purchased individually is **\$92.67**. When purchased together as a package you save **\$25** for a total price of **\$67.67**.

The Books "We Want To Live" & "The Recipe For Living Without Disease". When purchased individually they are **\$29.95** each. [When purchased together you get them for \\$10 off the total price of both books combined.](#)

To Your Awesome Health,

Stephen Heuer,
Nutripath
Founder of Cocoon Nutrition

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