



‘ALLERGY DETECTIVE’

CHEAT SHEET:

Are your symptoms worse at certain times of the **YEAR?**

(hay fever, asthma, sinus/sinusitis, eczema)

SUMMER



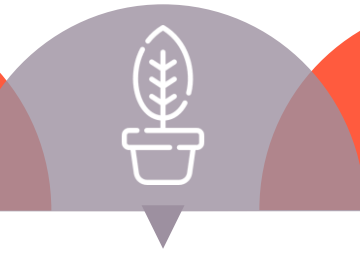
LIKELY ALLERGEN:

Grass, grass pollens.

POSSIBLE SOLUTION:

Wash hands and face or shower after being outdoors. High dose Vitamin C, start taking it a few weeks before summer begins. Supplement with bromelain (and eat pineapple) and quercetin. Drink nettle or chamomile tea. Take echinacea.

SPRING



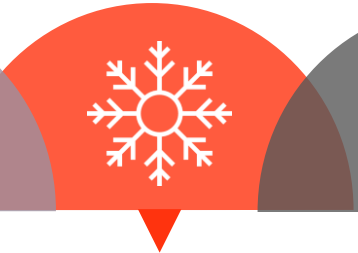
LIKELY ALLERGEN:

Pollens and/or plant phenolics.

POSSIBLE SOLUTION:

Wash hands and face or shower after being outdoors. High dose Vitamin C, start taking it a few weeks before summer begins. Supplement with bromelain (and eat pineapple) and quercetin. Drink nettle or chamomile tea. Take echinacea.

WINTER



LIKELY ALLERGEN:

Mould and/or fungus, Candida overgrowth/ intestinal dysbiosis.

POSSIBLE SOLUTION:

Keep your home dry with heating or a dehumidifier. Wipe away any surface mould you see. Try avoiding/limiting sugars including most fruit. Avoid yeast (breads, beer, wine, soy sauce, read food labels for added yeast). Take a probiotic and/or fermented foods such as sauerkraut. Include garlic in your diet.

Change Of Season



LIKELY ALLERGEN:

A change in temperature and/or humidity. Yes you can be 'allergic' to weather! Pollens and grasses are also changing at this time.

POSSIBLE SOLUTION:

As above. It's important to get inflammation down, the temperature shift causes inflammation of the mucous membranes. Try pineapple, bromelain, quercetin and tumeric.

SPRING & SUMMER



LIKELY ALLERGEN:

A combination of the above (Spring+Summer).

POSSIBLE SOLUTION:

As above. It's important to get inflammation down, the temperature shift causes inflammation of the mucous membranes. Try pineapple, bromelain, quercetin and tumeric.

Are your symptoms worse at certain times of the

DAY?

(hay fever, asthma, sinus/sinusitis, eczema)



ON WAKING

LIKELY ALLERGEN:

Dust mites.

POSSIBLE

SOLUTION: Change sheets regularly. Air pillows and bedding in sunlight where possible, or vacuum mattress. High dose vitamin C before bed. Adding eucalyptus oil to a very hot wash has benefited some.



THROUGHOUT THE MORNING

LIKELY ALLERGEN:

Possibly dinner the night before. Toxins – our body detoxes over night. Dust mites.

POSSIBLE

SOLUTION: A food diary to see if there are any patterns. High dose vitamin C before bed. Drink plenty of water/herbal teas first thing in the morning to flush toxins. Apple cider vinegar or lemon in hot water is a great start to the morning.



THROUGHOUT THE NIGHT

LIKELY ALLERGEN:

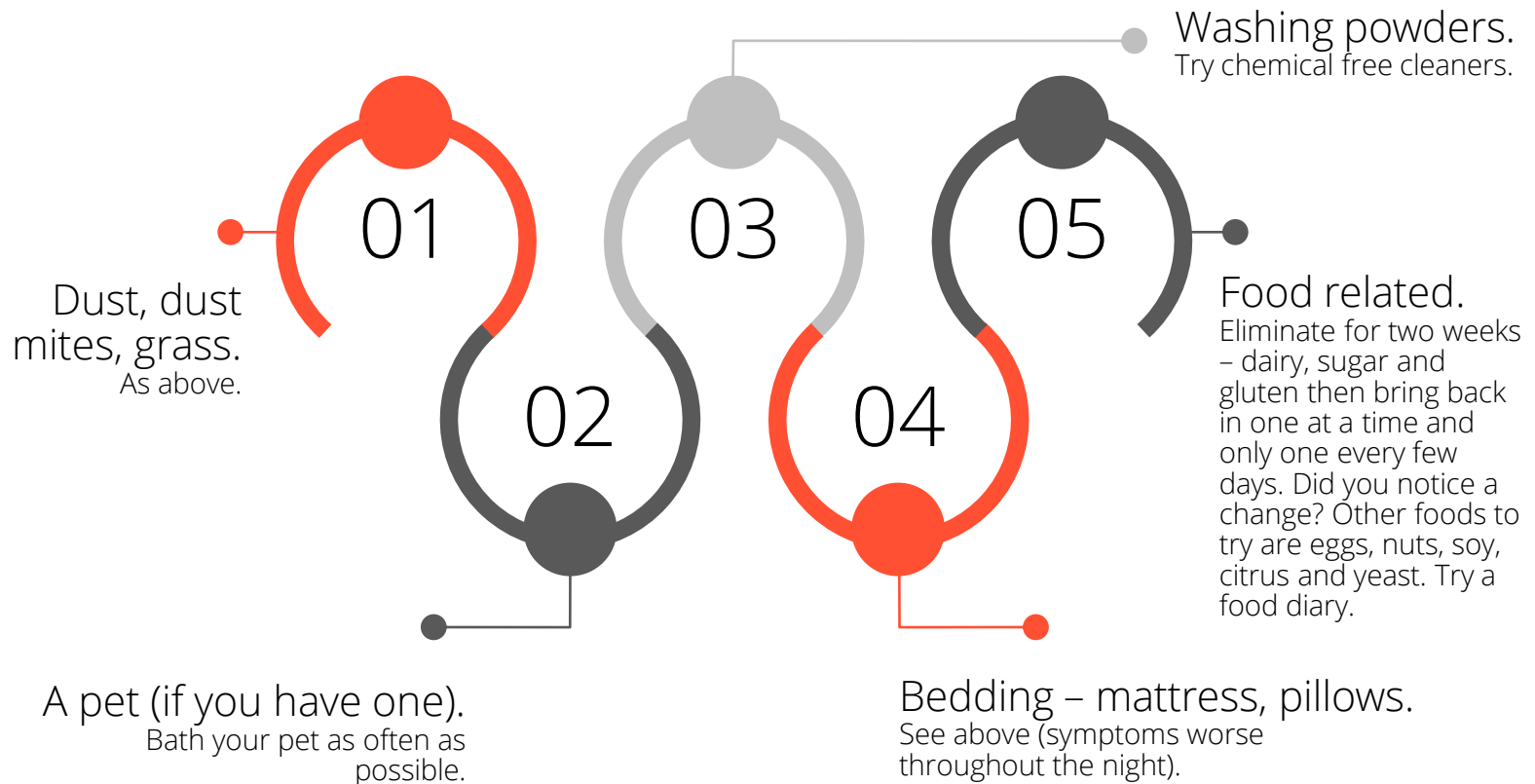
Fungus in the bedding including mattresses and pillows. Dust mites. Food.

POSSIBLE

SOLUTION: Air bedding as above. New pillows. Try a different bed for a few nights (if possible) to see if it's your bed/mattress. Note: new beds can also have this fungus, buying a new one doesn't necessarily resolve this. Airing in the sun and possibly spraying with diluted eucalyptus oil may help. An anti-candida diet could reduce sensitivity to all fungus'. Try a food diary.

Are your symptoms constant or constantly on/off throughout the year?

(hay fever, asthma, sinus, sinusitis, eczema)



Are your symptoms better away from home?

(any type of symptom)



Something In Your Immediate Environment Such As Indoor Or Outdoor Plants, Flowers, Trees, A Pet.

Remove indoor plants and flowers just to test them out – bring them in one at a time and see if you get a change.

Stress (If Better On Holiday!)

Address stress. Sometimes just knowing this is the cause, helps.

Are your symptoms worse after every meal?

(any type of symptom)

01

Candida overgrowth/intestinal dysbiosis.

Avoid sugars including fruit and yeasts (beer, wine, baked goods, breads, soy sauce etc). Consume fermented foods – sauerkraut, kefir. Consume garlic. Take a probiotic.

02

Digestive secretions – HCL, enzymes.

Chew food well. Eat in a relaxed environment, not on the run. Don't drink during meals, drink 20 minutes prior to food or wait one hour afterwards. Slippery elm, chamomile and fennel tea are soothing to the digestive tract. Take digestive enzymes with meals. Consume fermented foods.

03

Proteins, minerals, sugars found naturally in foods.

Supplement with digestive enzymes and HCL. Do a food diary to see if there are any patterns.

04

Food phenolics – salicylates, amines, glutamates, oxylates.

Do a food diary and see if the foods you're reacting to are high in any of these phenolics. Follow a low phenolic diet.

Are your symptoms worse after beer, wine, bread, pizza or sugars (Including fruit)?

(any type of symptom)

Beer, wine, pizza,
bread, soy sauce

See above for candida overgrowth, if this doesn't help it could be just a straightforward yeast intolerance.



Yeast

Beer, wine, pizza,
bread, sugars

See above for candida overgrowth, if this doesn't help it could be just a straightforward yeast intolerance.



Candida overgrowth

Beer, pizza, bread,
pasta,

Try a gluten free diet.



Wheat and/or gluten intolerance

Wine

Try a sulphite free wine, or an organic wine. French wines are often preservative free.



Sulphites



TIPS

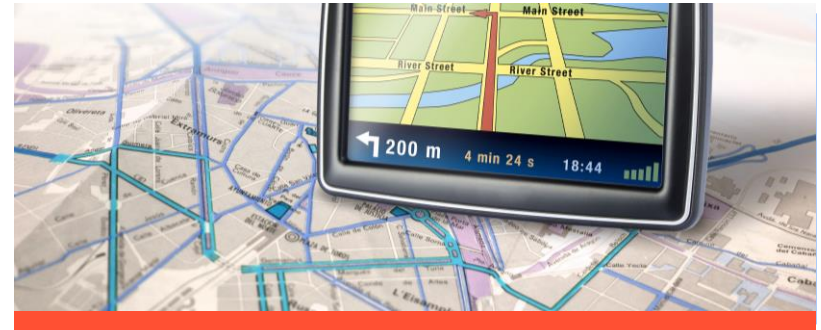
Vitamin C supports the natural histamine response. It is best taken before bed because it stays in the system longer. You can take during the day as needed as well. Echinacea is also great at supporting the immune system response.

Bromelain found in pineapple supports the natural inflammatory response. These enzymes are found in the hard centre of the fruit, so don't throw this part away! Alternatively you can find it in supplement form along with quercetin – a bioflavonoid used for the histamine response. If your symptoms are all year round but worse at certain times, you are likely to have more than one thing going on. Your system is dealing with more than usual at these times of the year, which is why things feel worse. It's kind of like a 'system overload'.

Even symptoms like hay fever, sinus and eczema can be due to intestinal dysbiosis and/or candida. Candida is not only linked to digestive symptoms (or thrush in woman), the list is long! If you are sensitive to moulds and fungus etc it can be because you have candida overgrowth internally and this makes you more sensitive to external forms of moulds and yeasts. When it comes to food intolerances, not everybody's symptoms appear immediately. The delay can be anywhere from immediate to 48 hours. Try a food diary. Do this for 2-3 weeks and see if you can find a pattern. This can be confusing for some however, because if your intolerance is a food phenolic, or more than one group of phenolics it will be very hard to see a pattern.

Often allergies, even seasonal and airborne ones are linked to systemic inflammation. Inflammatory foods such as wheat, dairy and sugar are often driving this. A good idea is to clean up your diet – avoid these foods. *A great start!* We've all heard by now that around 70-80% of our immune system is in the gut. Is your digestion good? Often what we think is good, particularly if it's all we've ever known, isn't. Do you go daily 1-3 times? Is it easy to pass and well formed? Do you experience an excess of wind or bloating? We must have good digestion to have a balanced functioning immune system.

Stay hydrated! Start the day always with hot water and lemon or apple cider vinegar – it kicks off the cleansing process. **You'll notice a difference!**



HERE'S A REALLY GREAT TUMERIC LATTE DRINK (TO GET THAT INFLAMMATION DOWN!)

- Half a cup of organic tumeric powder
- 1 cup of water
- Black pepper 1/2-1 tsp
- 1/3 cup of coconut oil

Simmer the tumeric and water for 7 minutes, adding more water if needed. Remove from heat and add cracked black pepper and coconut oil. Store in a jar in the fridge, and use daily. To make a latte, add a heaped teaspoon of the paste to boiled water and top up with almond milk or heat on the stove with all almond milk if you like it creamier! You can use another type of nut or rice milk if you prefer.

CHECK OUT MY BLOG [HERE](#) WHERE YOU'LL FIND A LOT MORE INFORMATION LIKE THIS.
Or if you're interested in treating your allergies with me, please get in touch.

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