



## Minutes de Santé — Health minute

### **Maranatha Christ Revient**

# Allergies

Allergies have become a huge problem in our society. Years ago, we used to hear of someone's drastic allergy to some food or specific substance. Nowadays, just about everyone has, or in his/her lifetime will develop an allergy.

The difference is, those allergies seem to have become more environmental in their cause. Pollution of air, earth water and food is taking its toll on society and brings about hypersensitivity to many things our immune system would have "tolerated" before. More and more adults and, alas, more and more children are becoming allergic everyday. Should we resign ourselves to the fact and take our daily benadryl or demand more and fight for higher standards and a cleaner environment in which our fundamental right to live allergy free?

Do you believe you are allergic? Why? Be patient and by elimination process, search and find the culprit, it may take a while... start with the immediate things, that touch you everyday (pillow, cleaning and cosmetic products), foods (milk, peanut butter, wheat are some examples) and make a test, eliminating them and recording the severity of your symptoms. And remember, Nature's pharmacy comes to your rescue with the gentle chamomile and the mighty Echinacea!



*Eggs can be allergic*



*Poison IV are very allergic*

Your Health Minute

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