

ALLERGIES / SENSITIVITIES

TBM (Total Body modification) from Highest-Health is a wonderful way to painlessly treat and eliminate sensitivities without expensive allergy tests, elimination diets, allergy shots and drugs. But why are more and more people experiencing food and other allergies today? In our parents' generation, allergies, like many immune illnesses we see today were rare. Could it be because today food does not come from the farm and the soil but from factories? It is not real live local nutrient dense food. Could it be because antibiotics in pills, water and animal foods, destroy our immune systems by killing all our good intestinal bacteria. Our intestinal tract is over 80% of our immune system.

TBM treatments almost always give wonderful relief, however, we are learning that it is very important to look closely at digestion too. We determine if the intestinal tract is healed, sealed, or toxic, and if there is enough good bacteria for proper nutrient digestion and absorption. If food is not digesting or metabolizing properly, the gut often becomes toxic and congested. We find allergies are usually associated with this condition. Correcting these common digestive problems eliminates most sensitivities or allergies. Processed foods should always be eliminated too.

Case #1. A friend's children were having a terrible problem with seasonal pollen allergies. But with TBM testing we found that they both needed more good bacteria. One needed the gut healed also. After TBM corrections, good bacteria supplements, and broth to heal the gut, they were both much better. We also recommended that they switch to sprouted bread. Gluten in regular wheat bread is indigestible for many people and therefore ferments in the gut. This provides food for bad bacteria.

Case # 2. Another example was Jan, who found that eating eggs made her ears pop and blocked her hearing. We corrected the allergy to eggs, but found she also had fungus and a toxic gut. We suggested she take oregano to kill the fungus and Standard Process nutrition to detoxify the gut. For a while she avoided grains, fruit, and of course, sugar, to speed up the gut detox. She was happy to make this diet change because she immediately had much more energy, was no longer sleepy in the morning and felt happier.

Case # 3. Another client was having problems eating eggs. We discovered she was taking too many supplements which was stressing her body and immune system. After eliminating the unnecessary supplements, the egg problem was gone.