

# Essential Oil Therapies

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## Overview

Young Living™ essential oils soothe and relieve allergy symptoms such as sinus congestion, rhinitis, irritated skin, as covered in our last newsletter.

In this issue, nutritional strategies are discussed, which may eliminate the underlying factors that contribute to sensitivities and allergic responses.

## Anti-Inflammation Strategies Relieve Allergies

A diagnosis of allergies is often a prescription for lifetime medication. While those medications make life liveable for the allergy sufferer, they don't address the critical underlying factor: **chronic inflammation**.

A growing list of health conditions and diseases are linked to chronic inflammation or have an inflammatory component, including:

- acid reflux/heartburn
- acne
- allergies and sensitivities
- Alzheimer's disease<sup>1</sup>

Allergies are one of the most common conditions related to inflammation.<sup>1</sup>

### What is Inflammation?

The sporadic, acute inflammatory response is a basic mechanism of our immune system. However, chronic inflammation gradually upsets the delicate balance among all of our major systems: endocrine, central-nervous, digestive and cardiovascular/respiratory, creating health issues with one, several or all.<sup>2</sup>

Conventional medicine still has no tests for or diagnosis called chronic or systemic inflammation. There's no consensus in medical science about what this kind of inflammation really is or how it undermines your health. However, Chinese medicine has dealt with inflammation for centuries and taught us a great deal about how to reduce chronic inflammation and promote health.<sup>3</sup>

Following are strategies reported by alternative healthcare providers that have proven successful in managing and, in some cases, eliminating allergies.

### Rebuild an Inflammation-Resistant Digestive System with Probiotics and Enzymes

We start with the digestive system because it represents an estimated 2/3rd of our immune system.<sup>4</sup> **Without healthy digestion, we cannot hope to reduce inflammation.**

Our first step is to discuss a very common cause of a weakened digestive system - systemic yeast overgrowth.

### Probiotics Help Overcome Yeast Overgrowth

According to The Yeast Connection, systemic yeast overgrowth may be an underlying factor for allergies. Extensive research shows that yeast overgrowth can weaken the immune system, opening the door to food sensitivities, allergies, asthma and other seemingly unrelated health problems.<sup>3</sup>

Yeast overgrowth starts when we upset the natural balance of friendly bacteria in our digestive tracts by:

- taking antibiotics, even for a short time
- eating a diet high in processed foods
- taking birth control pills<sup>3</sup>

**Probiotics**, such as Young Living's **Royaldophilus**, are usually the first line of defense against yeast overgrowth. Royaldophilus contains friendly bacteria which help to restore the natural balance of bacteria and yeast. Although

probiotics are unlikely to completely take care of yeast overgrowth, they can begin the job while offering some relief.<sup>3</sup>

### Boost Digestive Health with Enzymes

Our second, critical step in the nutritional battle against allergies is to add enzymes to your diet. Enzymes help break down foods that may otherwise ferment in the gastrointestinal tract. Undigested foods sap our energy and spur the overgrowth of yeast, fungi, parasites, etc. Inadequate digestive enzyme activity has also been linked to chronic inflammation.<sup>5</sup>



continued

### Boost Digestive Health with Enzymes

Fortunately, Gary Young has developed several enzyme formulas. Each is a high-powered complex of enzymes and essential oils that assists in the assimilation of nutrients. Most effective when taken before meals.

**Allerzyme** - A vegetable enzyme to combat allergies, gas, fermentation, fatigue and IBS. Powerful blend of sugar and starch-splitting enzymes plus a small amount of fat and protein digesting enzymes.



**Detoxzyme** - A vegetable complex designed to complete digestion, detoxify and promote cleansing. Digests starches, sugars, proteins, fats.

**Essentialzyme** - An animal-vegetable complex that assists in assimilation of nutrients and supports healthy pancreatic function.



### Anti-Inflammatory Nutrition

Our third step is to increase your intake of specific **anti-inflammatory nutrients**. Super-antioxidant **NingXia Red** juice is one of them. It is intensive nutrition for rebuilding AND maintaining. One to three delicious ounces daily offers the highest antioxidant protection available. And it tastes great!

continued

### Anti-Inflammatory Nutrition

Vitamin C - Allergy Antidote

Young Living's **Super C** may be helpful for allergy sufferers, as it may boost the immune system. Gailen D. Marshall, M.D., Ph.D, Director of Clinical Immunology & Allergy for the University of Mississippi Medical Center, advises individuals to boost their intake to about 1000 mg of Vitamin C daily at least two weeks before allergy season, which tends to minimize symptoms.<sup>6</sup>

Minimize Dietary Sensitizers

The foods that most often cause a sensitivity or allergic reaction are wheat, milk and dairy products. If you're reacting to these foods, eliminating them from your diet for a time may enable you to enjoy them once in a while later on.

A diet rich in vegetables, fruits and fiber may help maintain a healthy level of bacteria in the gut and build the immune system's resistance to allergens.

Ask your Young Living distributor for more ways to live a healthier life - naturally.

#### Resources

<sup>1</sup><http://www.womentowomen.com/inflammation/symptomsandconditions.asp>.

<sup>2</sup><http://www.womentowomen.com/inflammation/whatischronicinflammation.asp>.

<sup>3</sup><http://www.womentowomen.com/inflammation/index.asp>.

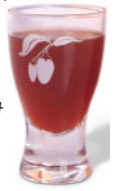
<sup>4</sup>Yeast connection.com.

<sup>5</sup>Essential Desk Reference. 2nd edition. 2001.

<sup>6</sup>The Allergy Antidote. Natural Health, April, 2005.

### NingXia Red juice

Drink 1-3 delicious ounces daily for the highest antioxidant protection.



### Super C Allergy Antidote



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Product Name	Code # Size	Prices Wholesale Pref Cust Customer	Product Name	Code # Size	Prices Wholesale Pref Cust Customer
RoyalDophilus probiotic supplement	#3284 30 tabs	\$39.75 \$46.03 \$52.30	Super C vitamn -Tablets	#3242 120 tabs	\$21.25 \$24.61 \$27.96
Allerzyme	#3288 90 caps	\$32.50 \$37.63 \$42.76	Super C vitamn -Chewable	#3251 90 tabs	\$21.25 \$24.61 \$27.96
Detoxzyme	#3203 180 caps	\$39.75 \$46.03 \$52.30	NingXia Red delicious super-antioxidant drink	#3003 1 liter	\$38.75 \$44.87 \$50.99
Essentialzyme	#3272 100 caps	\$26.75 \$30.97 \$35.20	NingXia Red delicious super-antioxidant drink	#3023 2 liters	\$75.00 \$86.84 \$98.68

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