Allergy means "altered working." Watery eyes and a runny nose are great when your body is fighting off a virus to help wash away the offending germs. But when there’s no actual threat to the body, these uncomfortable symptoms serve no purpose.

Immune cells, called IgE, are created by the body in response to specific allergens. Once created, they can last for months, immediately releasing histamine and causing symptoms whenever the offending substance is eaten or breathed in. Anti-histamines suppress allergy symptoms, because histamine is the chemical responsible for them.

Environmental allergies can be caused by pollen, animal dander, smoke, or chemicals such as air fresheners or pollution. Pollen is the egg-shaped male reproductive cell of flowering plants. It is typically smaller than the width of a human hair and often carried by the wind from one plant to another.

Each species’ pollen is slightly different, so it’s possible to be allergic to the pollen from one specific plant but not another, or to be allergic to many of them.

Food allergies can cause hives, digestive problems, eczema, and respiratory reactions. Food sensitivities or intolerances don’t create IgE cells, but can still cause digestive or mood problems, and can increase the body’s allergic response to other substances. True food allergies usually cause symptoms within 2 hours -- sometimes in under a minute. This is why an epi-pen is carried by many with severe food allergies - in case accidental exposure to an allergen causes the throat to start closing up.

Allergies can lead to complications like sinusitis, asthma, or ear infections. Sinusitis can occur when excess mucus in the sinus cavity is not properly drained, and harmful bacteria or fungi grow out of control. Ear infections can occur when the Eustachian tube is not properly drained, and pathogens take root. Both of these conditions are worsened when allergies increase mucus in the nose.

Extrinsic asthma, also called atopic asthma, is directly related to allergens and IgE reactions. Intrinsic asthma is caused by cold air, infections, inhaled irritants, exercise, or emotional upset. Atopic asthma is more common in children, but most asthma sufferers have a combination of the two types.

The body's response to allergens can be mediated by reducing overall stress on the body. This is how the Blood Type Diet can help. Red blood cells have chemicals called antigens on the outer surface, which vary by blood type. Many foods contain natural chemicals called lectins, many of which interact with blood type antigens. Often times the body can handle the effects of dietary lectins OR environmental allergens, but the combination causes symptoms.

Blood type also affects how efficiently we can digest carbohydrates or red meat. "Leaky gut" is more likely to develop when eating foods we have trouble digesting, or that have too many harmful lectins. This is a type of GI damage where there are tiny holes in the walls of the digestive system, which allows larger food molecules to be absorbed. More lectins and allergens get into the blood stream where they can cause problems. A healthy GI system will break down foods into smaller particles before they're absorbed, reducing the chance of reactions. Lectins can bind with IgE molecules and make them release histamine. A diet high in harmful lectins can also increase overall inflammation.
Promotion: Allergy Relief Support

- Quercetin Plus - $65
- Proberry Cap - $59
- Bromelain - $89

• Buy any 2 bottles and above @ 25% off

Terms & Conditions
1). This promotion is for members only. The promotion item is while stock lasts and prices are subject to change at management's discretion.
2). The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
3). The Company's decision is final and no correspondence will be entertained.

Quercetin Plus: Natural Antihistamine
✓ Quercetin flavonoid is 400 times more potent than vitamin E.
✓ Quercetin has been found to inhibit the release of histamine and stabilize cell membranes.
✓ It also have many beneficial effects on human health, including cardiovascular and stomach health protection, maintaining immune system health, and helping to calm the occasional, temporary inflammation following sports activity.

Proberry Caps: Immune Enhancer
✓ A special blend of blueberry, elderberry, red raspberry, and cherry extracts.
✓ Proberry Caps is an excellent antioxidants and great choice for immune support.
✓ These berry flavanoid are capable of increasing intracellular levels of vitamin C, maintaining capillary stability, quenching free radicals, maintaining the integrity of collagen, inactivating microbial enzymes and enhancing resistance to infection, and blocking microbial adhesion of cells.

Bromelain: Powerful Anti-inflammation
A natural enzyme found in the pineapple plant, known widely as a digestive enzyme.
✓ Bromelain have been shown to be an effective anti-inflammatory in helping to accelerate recovery from the temporary pain and swelling that sometimes occurs after exercise and sports activities.
✓ Bromelain is an effective aid in maintaining tissue health.

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Stearats & Fillers:
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.
Synergist Supplements for Anti-Allergy Support:

Deflect (ABO Specific):
✓ Provide a source of free blocking amino sugars which bind and block lectins before they attach to the cells. Macromolecule are very antigenic and tend to increase inflammation and thus increase leaky gut.- one of the main cause of allergy.

PolyFlora:
✓ Delivers a blend of blood type optimal flora strains designed to balance the bacteria in your digestive tract, supporting healthy digestion and balancing the immune system.

Collinsonia Plus:
(Stone Root) to be of great reliability in assisting to stabilize the lining on the sinus cavities and to minimize the build-up of excess mucus in the sinus cavities and throat.

Amylase:
✓ Amylase deficiency is involved in anti-inflammatory conditions of the skin, e.g., psoriasis, eczema, allergies, bee and bug stings, hives and all types of herpes.*
✓ Amylase deficiency may be an indicator of asthma, emphysema, and stiff joints.*

ARA Plus:
✓ ARA is also an excellent source of soluble fiber, capable of promoting colon health.
✓ The primary component of ARA Plus is polysaccharides (a long chain of linked sugars) called Arabinogalactans, which are high-molecular weight polysaccharides capable of up-regulating critical aspects of the immune system.

Allergies: Fight Them With The Blood Type Diet

The Individualized Plan for Preventing and Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma, and Related Allergy Conditions. Allergies: Fight Them With The Blood Type Diet features:

Specific tools for preventing and treating allergies and allergy-related conditions that are not available in any of Dr. D'Adamo's other books. A diet tailored to your blood type that helps you manage, prevent or treat the symptoms of allergies.

A new category of condition-specific Super Beneficials that highlight powerful foods.

Blood-type-specific protocols for targeted vitamins, supplements, and herbs. Finally, Allergies includes a four-week plan for getting started that offers practical strategies for eating, exercising, and living right to prevent, fight, manage, and treat the symptoms.
### How Acupuncture Works with the Allergies and Immune System

Traditional Chinese Medicine (TCM) which relied heavily on understanding the immunities that better the body’s natural defenses. They believed that increasing wei qi, the energy responsible for protecting the body from external factors – would keep the body safe from pathogenic harm.

Specific acupuncture points can bring quick relief, opening up the sinuses, reducing inflammation and relieving congestion. Regular treatment can calm the histamine reaction, strengthen the immune system, balance the body and often dramatically decrease the unpleasant symptoms.

Chinese herbal medicine and cupping are also wonderful for allergies. Chinese herbs can help decrease or eliminate allergies without the side effects some people experience when they take allergy medications.

Cupping helps clear excess phlegm in the lungs, pulls excess heat and toxins from the body while relieving tension.

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**Combat the allergies and boost your immune system, book appointment for acupuncture treatment now. Call 63395570**