

NATURAL HEALTH SERVICES

Keith Post, Naturopathic Physician
13170 SW Barlow Road
Beaverton, Oregon 97008

Telephone: (503) 644-4260
Email: keithpost@frontier.com
<http://naturalhealthservices.info>

Allergies and Reasons to Avoid White Sugar

By Keith Post, ND

Allergies

Many times patients will show me records they have from previous doctors, including allergy tests and advice as to which foods or substances they were instructed to avoid indefinitely. They then ask my opinion to this approach. My answer is somewhat along these lines.

We all have an immune system with varying degrees of vitality, depending on our age and inherited constitution. Someone with high vitality will often also have a highly functioning immune system that will react strongly to toxic challenges, i.e. poison ivy, etc. Someone having a weakened immune system, however, will often have a less intense reaction to a wide variety of substances that others might not even react to. This often includes a variety of inhaled allergens, such as dust, molds, trees and bushes, as well as certain foods. Younger people tend to be more reactive to inhaled allergens, whereas older people tend to react more to food, but that is not true for everyone.

An interesting thing happens, however, when we therapeutically build up those with the weaker immune systems. As they become stronger, they begin to react less and less to those inhalants and/or food substances that would have previously triggered them.

To explain this to my clients, I use the term "threshold." In other words, once you have raised your own immune threshold, you are then beyond the threshold of the allergic triggers. At that point, you are able to tolerate moderate exposure to those items that previously had to be avoided. One notable exception to this is that some people may always have certain items that can trigger anaphylaxis, which is an allergic hypersensitivity reaction involving the respiratory system that has the potential to be life threatening.

Also, there needs to be a certain vigilance maintained, as unusual life stresses could always potentially trigger a reaction if the immune threshold dropped enough. That said, it is always more ideal to stay with environments and foodstuffs that are most conducive to your individual health and well-being, as then you are able to free up your vital energy for other endeavors, rather than just trying to remain healthy.

Here are some ideas for building up the immune system:

- "Green drinks" are plant-based powdered drink mixes that are easily available and usually contain a blend of "super foods", i.e. chlorella, spirulina, blue-green algae, barley grass and wheat grass juices. These foods are known for their ability to detoxify at the cellular level and their high chlorophyll content gives you increased physical and mental energy and vitality. Along with the super foods, the mixes will usually also contain any combination of fruits (rich in bioflavonoids), vegetables, enzymes, probiotics, botanicals and fiber. They may also contain extra plant-based protein sources, i.e. pea protein or amaranth, making them more filling and suitable to use as a meal replacement in weight loss programs.

- Drink plenty of pure water, especially between meals. The body requires pure water in order to carry out its' detoxification process under the most optimal conditions. Transfer of fluids between the various fluid compartments of the body (intracellular fluid, extracellular fluid, lymph vessels, capillaries, blood vessels, etc.) depends on an osmotic gradient. Pure water, which the body adds a small amount of salinity to, makes the ideal osmotic gradient. Anything else in the water, i.e. tea solids, juice flavors, corn syrup, sucrose, etc. is not usable in that form, so the liver and kidneys have to process it to make it usable. This creates a very inefficient situation and one in which detoxification is often compromised.
- Certain herbal medicines are known for their ability to increase the functioning of the immune system. Some of the more commonly known and used ones are Siberian ginseng (Eleutherococcus), Panax ginseng, Astragalus and Echinacea, but there are many others as well.
- Adopt a basic routine for eating, exercise, rest and sleep that works well for your body and your work schedule. Realize that the body is a highly sensitive homeostatic mechanism that operates best with some sort of structure, although it is also highly adaptive, which is why breaks in your routine, i.e. weekends and vacations usually feel so fun. Along with this suggestion, it is wise to avoid overeating at any one meal.
- Get plenty of good quality, sleep, rest and relaxation, especially as you get older. Take some time before retiring to unwind.
- Avoid white sugar, which is cane sugar stripped of its' highly nutritious molasses, like the plague. Eating foods made with white sugar tends to decrease the overall vitality for many reasons (See "Reasons to Avoid White Sugar" below).
- Avoid an excess of dessert items made with white, "enriched" wheat flour, such as cookies, candies, cakes and pies. The term "enriched" means that because the germ was removed to prevent rancidity, the government in the USA has mandated that it be "enriched" with several of the synthetic B vitamins to prevent outright nutritional deficiencies. It is far healthier, however, to get the Bs naturally through the consumption of whole grains. Besides being devoid of all nutrition outside of starchy carbohydrates, enriched flour foods tend to decrease your BTT or bowel transit time, leading to stagnation, constipation, toxification, putrefaction and even fecaliths, which are encrustations of starchy food masses that have become trapped in the haustra or folds of the large intestine. Think of the "Pillsbury doughboy" and the saying "you are what you eat" and you get the idea.
- Find positive solutions for stressful situations, realizing that you cannot fix everything and that there may be a higher good operating somewhere. At the same time, do not hesitate to do what needs to be done, even if somebody doesn't like it. Holding on to negative emotions, i.e. worry, fear and anger inhibits optimal immune functioning.

Reasons to Avoid White Sugar

Refined "white" cane sugar consists of pure sucrose, which is a disaccharide composed of a glucose unit bonded to a fructose unit and is, therefore, a very fast-burning simple carbohydrate, devoid of minerals or other nutritional factors. Eating white sugar may give the body a temporary boost of energy, but there is no real nutritional gain from doing so. On the contrary, habitual intake will eventually weaken and exhaust the pancreas and even the delicate thyroid and adrenal glands. To use an analogy, eating sugar is like putting paper on the fire for fuel, when we would be much better off putting on a log.

When sweets made with white sugar are consumed regularly in large quantities, the body will have greater and greater difficulty in maintaining homeostasis, and a condition called reactive hypoglycemia or "low blood sugar" may develop. This is the beginning of pancreatic exhaustion. If the unhealthy habits are continued, further exhaustion of the pancreas has the potential of

eventually leading to hyperglycemia or “high blood sugar”, otherwise known as Diabetes mellitus, Type II (adult-onset), which can become a life-threatening condition over time.

Chronic fatigue syndrome is often due to a dysfunction/deficiency condition of the pancreas, adrenals and/or thyroid glands. Over consumption of refined sugars is often one of the main contributing factors to this condition, as well as to increased obesity, which itself predisposes to other disease conditions.

Excessive sugar intake can also make it difficult to think clearly. This is because the brain requires a steady supply of glucose regulated by the liver, which it creates from storage as needed, in order to function normally. Eating high amounts of sweets can lead to variations in the blood glucose supplying the brain, which is not supposed to happen, but can if the pancreas cannot create enough insulin to deal with the situation. Optimal glucose levels are easily maintained with a healthy diet rich in complex carbohydrates and free of white sugar.

Diets high in refined sugars are quite acidifying, which is one of the major causes of dental cavity formation in children and adults, as well as increasing the possibilities of developing osteopenia or osteoporosis later on in life. This is because the body must quickly buffer any overly acidic condition of the blood with any readily available alkaline ash minerals, of which the calcium in our bones and teeth is the most readily available.

It is important to note, however, that raw sugars are not nearly as harmful to the teeth or bones, as Dr. Weston A. Price, DDS discovered in his field research of the Polynesian peoples. See <http://www.westonaprice.org/> for further information.

In the kinesiology testing that I use in my practice, it is almost a given that if I discover a dysfunctional pancreas reflex, there will also be reports of fatigue and a need for the client to avoid all refined white sugar for some time. Often, this is the only food item that must be eliminated in order to achieve optimal clinical results. The patient may or may not need to also avoid raw cane sugar, honey or fruit sugar, depending on the degree of dysfunction. Then, once the pancreas has been restored to normal function, some sugars may be returned to the diet in moderation, but it is a good idea for all of us to develop eating habits that do not feature refined sugars.