

# Healtheorium®

By Mimi Borger

## *"What you feed your body does impact health"*

It seems Einstein was right – everything is relative – perspective effects reality. Concerning health, your perspective can determine how you treat illness. For instance, if you think you have a flu bug, you treat the symptoms of the flu, possibly taking antibiotics, prescribed pharmaceuticals and over-the-counter medications. If you think you have a mental illness, you treat the symptoms of mental illness, perhaps with drugs and psychiatry.

Likewise, if you believe you are suffering from allergies, you may be able to treat the symptoms and reduce or even eliminate the sources of your misery. You probably suffer from allergies if every spring and fall you cough and spit and choke and gasp for air. Allergy season usually refers to those times of year when tree and other plant pollen floats heavy in the air. But food and chemical allergies have no season...they often exist all year long and can move in waves of strength. Through skin and airways, water and food, the number of chemical combinations you consume is expansive. Bacteria, air pollution, dust, mold, pollen, foods and chemicals all combine to converge and beat relentlessly upon your weakening immune system and even brain function! The number of possible chemical combinations you consume has exploded over the past 50 years. Aside from genetic and environmental causes, allergies can also be due to breakdowns in your digestive system, intestinal parasites, electrochemical imbalances, reactions to weather, or a combination of elements. To top it off, factors, such as emotional stress and hunger can worsen symptoms.

It can be simple, but is more often difficult, to recognize and eliminate the causes of allergies! Symptoms of adverse reactions can be elusive. Generally, people acknowledge and understand allergic reactions and symptoms such as burning and itching eyes and ears, bronchial, sinus and nasal congestion, sneezing, coughing and wheezing (all of which emulate flu symptoms.) But innumerable other complaints and noticeable allergic reactions can range from subtle to severe. They can be the cause of trouble breathing, headache, stomachache, and muscle pain; throat clearing, sore and itching throat and hoarseness; blurry eyesight; hearing loss from plugged or swollen ears. Noticeable skin changes can occur including pimples on arms or face, puffiness, dry skin or skin rashes (even peeling and bleeding), especially on tender areas of the body such as eyelids, (inside) ears, lips, armpits, groin, or feet. Consider these allergic responses: bleeding gums, heart palpitations, habitual lip-licking, excessive perspiration, bedwetting, insatiable thirst, changes in appetite (loss or excessive) and hyperactivity. Mental reactions are apparent as mood swings appear as anger, aggression, depression, frustration, confusion, and a general decreased ability to focus, think, or even learn.

Relating symptoms to allergies can prove difficult because their behavior can appear erratic or often mimic certain illnesses. The task of determining what you are allergic to can seem daunting, and eliminating sources of physical woe can seem like punishment. But if you look at your health from the perspective of cause-and-effect, consumption and reaction, feeling good versus feeling lousy, then you might see that what you feed your body and your mind have great impact upon your health.

(Originally published in The Observer newspaper, Rio Rancho, New Mexico, USA, March 20, 2007... Copyright© Mimi Borger. All rights reserved. Healthorium is a registered trademark)

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