

Quit Spinning and Stop the Allergies

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Allergies getting worse every season? Not “growing out” of them? Allergies appearing with no apparent cause? Can’t switch foods or medications fast enough to stop the litany of symptoms?

If you have tried all the symptom suppressors and are ready to finally STOP the allergy cycle, consider my Holistic Animal Care LifeStyle® approach. Using a simple, concentrated, and cost effective regimen of daily nutritional supplementation along with supportive herbal and homeopathic remedies has been very successful, even for complex, severe, and chronic allergy reactions.

At its root, an ‘allergy’ is the immune system trying to remove an irritant from the body. It doesn’t matter if the irritant is air-borne, food related, or seasonal. Allergic reactions occur when the body can’t handle exposure to an irritant. Instead of trying to eliminate the irritant, which may be impossible (and only leads to the development of ‘new’ sensitivities anyway), the Holistic Animal Care LifeStyle® approach helps the body to clean house, rebuild stronger than before and prepare defenses before the next attack!

Stop spinning and start getting reliable, repeatable results!

Homeopathically detoxify the body with Azmira® D’toxifier™. Toxins build up in the body as a normal part of living. Allergic reactions stem from over exposure to irritants. An overloaded eliminatory system can’t process waste effectively, nor can it use nutrients efficiently to regenerate healthy cells.

Feed a clean diet, eliminating chemicals and by-products which not only introduce irritants into the body but also lead to increased production of waste and toxins. Commercial foods are loaded with preservatives, colorants, and chemicals, which inhibit proper assimilation of nutrients. Further, these additives often bind with perfectly fine components to produce a ‘false’ allergy. The most common example I have run into are dogs tested for a beef allergy, which, when fed a high quality beef food do fine; they’re symptom free. It isn’t the beef -- it is the common beef preservatives and plasticizers which bring on the allergic reaction!

Daily supplementation with Mega Pet Daily™ (overall support stimulates the immune system and promotes tissue repair), Super C 2000™ (increases resistance to allergens), and Garlic Daily Aid™ (to eliminate toxins and promote general health). I must stress that this regimen is DAILY! Often those suffering seasonal allergies stop the supplementation as the climate changes. Sadly, they enter the next season at a deficit that is nearly impossible to overcome quickly. Also consider that once a body has exhibited allergy symptoms it is telling you that it is prone to being overwhelmed by other irritants. By giving the body building blocks to remake stronger cells and increase the vital life force, you are helping stave off the next attack of allergens!

Over 80% of those who have tried my Holistic Animal Care LifeStyle® approach, and stuck with it, have found their allergy cycle comes to a screeching halt. However, just as each individual has a unique tolerance for allergens, there are cases which require deeper support. Also, some symptoms are just so irritating and distracting that a little symptom specific help is needed, so you may consider:

- Steroids are the general recommendation for inflammation and general allergy symptoms. Yucca Intensive™ is a natural steroid alternative which gives great results to all sorts of symptoms without the side-effects and long term use issues.
- Aller'G Free™ is the herbal alternative to anti-histamines such as Benadryl®. Reduce itching, sneezing, coughing, and wheezing with Mother Nature's own remedies.
- G' Drops™ supply the immediate relief that homeopathics are renowned for. Stimulate the body's ability to fight common allergy symptoms while the herbal formulas go to work.
- Hot spots, pimples, rashes, impacted glands, and uncontrollable itching are common symptoms of an overloaded eliminatory system. The skin is the largest eliminatory organ and when allergens and toxins have to find some way out, the results can be painful! Rejuva Spray™ gives immediate, soothing relief to the skin. The antibacterial properties are a bonus for those who have created raw spots or open sores. Safe if licked, this topical is a favorite even AFTER allergy 'season'.

If a seasonal sensitivity has been developed, starting the natural allergy regimen six to eight weeks before the season starts can prepare the body for exposure and minimize symptoms.

By changing the approach to allergies from a war against the symptoms to a comprehensive adjustment to the Holistic Animal Care LifeStyle®, you can stop the allergy cycle.

ABOUT THE AUTHOR

Dr. Newman holds a Doctor of Naturopathy and a Doctor of Philosophy (in Holistic Nutrition) and has been a world renowned pioneer in the field of natural pet care. The author of nine books, including her latest, *'Three Simple Steps to Healthy Pets: The Holistic Animal Care LifeStyle®'*, Dr. Newman is also the formulator of Azmira Holistic Animal Care® products and diets.



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