

# **How I Cured My Allergies for Good – and How You Can Cure Yours Too**

By Dr. Frank Shallenberger

I used to dread spring. Not because of the weather – but because it meant the start of allergy season. For me, spring meant months of watery eyes so itchy, I'd rub them until they burned. My nose ran constantly so I carried a box of Kleenex with me everywhere I went. But I'd run out by late afternoon and end up going to nearby bathrooms to blow my nose on toilet paper, paper towels...anything. My nose would get so raw from constant wiping, it actually hurt to breathe.

As I grew older, my allergies worsened. In college, I remember being out on dates and having sneezing fits so bad, I'd have to go home early. I'd sit away from people whenever I could because every time I blew my nose, people next to me winced, thinking I was making them sick. When I became a doctor, my intense allergy symptoms were especially embarrassing. While talking to patients, I'd blow my nose so many times, patients often asked if *I* was feeling alright!

As a doctor, I was able to write myself an allergy prescription. But after a while, it stopped working. So I increased the dose. Then that stopped working. So I increased my dose again. By then, I was taking such a high dose, the pills made me drowsy. To stay awake, I would drink 6 mugs of coffee a day.

With such severe allergies, I thought I was stuck with them for life. I assumed it was hereditary since my mother and grandmother had them. So I didn't think there was anything I can do.

Thankfully, I was wrong.

After years of research, I found a cure for my allergies. And I cured them for good. In fact, for the last 25 years, I haven't had a single allergic reaction to anything. Nothing bothers me anymore – pollen, pets, dust, foods – nothing.

Not only that, I've used this same cure to treat hundreds of my patients. And they got the same results too. No more allergy pills, no more sneezing, watery eyes, or runny noses.

My allergy remedy doesn't just get rid of symptoms; it cures allergies. Permanently. You can go out into a field full of wild flowers – and inhale deeply without a single reaction. You can walk into a dusty room and you won't feel a single itchy twinge on your nose. If you're allergic to any foods, you'll be able to safely enjoy

them again. No matter where you travel, no matter where you live, you won't have any allergies ever again.

## **Controlling Your Body's Allergy Trigger**

Allergies are simply your immune system overreacting to substances in your environment. And the best way to stop allergies is by regulating the control mechanism that triggers the reaction.

So what is this control mechanism? It is a hormone produced by your adrenal glands, called cortisol.

Cortisol is involved in regulating every aspect of your immune system. Basically, you have two types of immunity. One is a quiet type that works behind the scenes. You don't feel this type working as it sends out things like NK and cytotoxin cells to kill off infections and germs. Then there's the not so quiet type. This type makes antibodies. So when this type is working, you get symptoms like fevers, aches, pains and inflammation. This is the kind that happens when you have an allergic response.

When an allergen enters your body, it sets off a whole host of reactions to attack it and get rid of it. One reaction is releasing histamines. Cortisol controls every one of these reactions. It prevents your histamines from releasing and regulates the huge cascade of other inflammatory responses so you don't have allergies.

Since cortisol is a hormone, too much or too little can be bad. The key is keeping cortisol in balance. But most of us live stressful lives. Stress exhausts our adrenals so we don't produce enough cortisol. In turn, we overreact to allergens.

The solution: bring your adrenals back. You do this by taking remedies that strengthen them and at the same time, give your adrenals a chance to rest and rebuild. And this is easier than you might think...

## **Rid Your Allergies for Life in Just 2 Steps**

Doctors have known for 5 decades now that if they give you a cortisone shot, your allergies will disappear. In fact, that's what they used to do. The problem is, it's easy to give too much. When they gave too much cortisone, it caused a puffy face, diabetes, lowered immune system, obesity and osteoporosis.

The good news is I've discovered that if you take cortisol in small doses, it's very safe and still effective. And when you combine it with other supplements, you can cure your allergies for good. That's how I cured mine 25 years ago...and cured hundreds of others since then.

To cure your allergies for LIFE, you just need to take remedies that strengthen your adrenals and give your adrenals a chance to come back to health. Once your

adrenals are strengthened, they'll automatically produce enough cortisol to keep your allergies away.

This means you can be completely allergy-free in as short as a few weeks! No more sneezing fits, itchy eyes, hives or dry coughs. You can eat any foods without fearing a dangerous reaction. And you don't need to spend allergy season walking around like a dazed zombie from your medication. Here's how you do it...

## Getting Started

To rejuvenate and strengthen your adrenal glands, follow my advice below. Once your adrenals are rebuilt, you'll enjoy an allergy-free life!

**Pantothenic acid (vitamin B-5)** – Pantothenic acid forms the key enzyme that creates cortisol. The problem is, most of us live a typical busy, stressful lifestyle. This overworks your adrenals. In turn, it depletes your pantothenic acid levels. But you need pantothenic acid to maintain proper cortisol levels. How fast you deplete your pantothenic acid varies from person to person. So I start people off with 500 mg twice a day and then see how they do. Some might need to work up to 2,000 mg twice a day. As your adrenal glands rebuild, you can lower your dosage over time.

**Licorice herb (licorice root)** – You might know licorice herb as a popular ingredient in cough medicines. But licorice herb also helps you maintain healthy cortisol levels. Licorice herb does this by preventing your liver from breaking down the cortisol you produce. Start with 1500 mg of licorice herb twice a day. After 4-6 weeks, decrease it to 700 mg to 1000 mg daily. NOTE: The time of day you take licorice herb is critical. Be sure to take half your dose in the morning and half at 2 PM.

**Adrenal gland extract** – One of the best ways to strengthen your adrenals is with adrenal gland extract from other animals. And when you take the complete extract rather than just a single hormone, you get all the other natural substances designed to maximize absorption and effectiveness. That's why I prescribe adrenal gland extract if your own adrenals aren't producing enough hormones. I recommend TK daily.

## What if Supplements Aren't Enough?

For severe allergy cases, taking these supplements and extract might not be enough. In these cases, I also prescribe hydrocortisone to build up your adrenal glands faster. The good news is you don't need to take hydrocortisone forever. Once your adrenals are working properly, you stop the prescription. I usually start patients at 5 mg to 10 mg, twice a day.

## Give Your Adrenals a Rest

Now that you're taking supplements to rebuild your adrenals, the second part is easy. That is, let your adrenals rest and rebuild:

**Get enough sleep.** Most people are very sleep deprived. That's a problem because your adrenals don't have a chance to rest and rebuild until you're asleep. So the longer you stay awake, the weaker your adrenals become as they're forced to work overtime. To avoid this, try to sleep at least 7 to 8 hours per night.

**Avoid high-glycemic carbohydrates.** Stay away from any processed foods and foods that contain refined sugar or flour. These are all high-glycemic carbs, which triggers your body to secrete insulin. When your insulin spikes, your adrenals work overtime pumping out cortisol to meet your higher insulin levels. Eventually, this drains your adrenals.

**Avoid stimulants like coffee.** I like a good cup of coffee as much as the next person. But most of us drink way too much. I recommend no more than 4 to 6 ounces of coffee a day. Caffeine might give you a temporary boost, but it exhausts your adrenals in the long run.

**Reduce allergen exposure.** All allergens stress your adrenals. This includes airborne allergies as well as foods. When you have allergies, your adrenals are exhausted, so when you're allergic to one thing, you're likely allergic to something else. That's why if you're allergic to dust, grass or pollen, I can pretty much guarantee you're allergic to certain foods too. I know it's impossible to eliminate all the pollen, dust and mold around you. But you can stay away from offending foods like soy, nuts, gluten and eggs. By taking away allergens you can control, it gives your adrenals a chance to rebuild.

**Detox.** We live in such a chemically polluted environment, our bodies are constantly bombarded with toxins. These toxins clog our immune system, making us even more sensitive to allergens. Detoxing reduces allergies by flushing out toxins and other substances your immune system is reacting to. So with fewer allergens in your system, your adrenals aren't as overworked.

Choose the detox method that works best for your lifestyle. Effective methods include nutritional supplements, chelation, special diets, massage and far-infrared saunas. I've also found colonics are particularly effective. As a side bonus, colonics are great for your liver too. That's important because when you have allergies, your liver strains to work harder trying to rid allergens from your body. With colonics, you reduce these allergens so your liver doesn't have to work so hard.

## **Be Allergy-Free for LIFE!**

Since allergies are based on your immune system, you're never allergic to just one thing. The good news is when you cure one allergy, you cure them all. That's why when

patients follow my advice, I have a 100% track record on curing allergies for life.

Some people don't want to follow my advice and come in wanting a quick fix. They just want nettle or quercetin or something to get relief from their symptoms. But this doesn't cure the problem. So they must take these supplements forever.

Instead of just ridding your symptoms, why not cure your allergies for good? If you're like me, you'll agree it is well worth following my treatment for a few short months to live a lifetime in comfort.