

## **Allergies Got you Down? Are your joints screaming for relief?**

Do you have?

- \_\_\_ Asthma
- \_\_\_ Seasonal allergies or Hay Fever
- \_\_\_ Eczema
- \_\_\_ Atopic (allergic) dermatitis
- \_\_\_ Contact dermatitis
- \_\_\_ Rheumatoid Arthritis
- \_\_\_ Lupus
- \_\_\_ Scleroderma
- \_\_\_ Inflammatory bowel disease
- \_\_\_ Gout
- \_\_\_ Crohn's disease
- \_\_\_ Ulcerative colitis
- \_\_\_ Sensitive to grains
- \_\_\_ Psoriasis
- \_\_\_ Diabetes
- \_\_\_ Allergies to pet dander, dust, dust mites
- \_\_\_ Do you take pain medication?

If you have one of these you have an inflammatory disease

I want to add this note:

If you have any disease that ends with the term---“itis” you have an inflammatory disease.

Do you have?

- \_\_\_ Hardening of the arteries
- \_\_\_ Chronic kidney failure
- \_\_\_ Chronic Hepatitis
- \_\_\_ Chronic Thyroid disease
- \_\_\_ Chronic Pancreatitis
- \_\_\_ Alzheimer's disease
- \_\_\_ Osteoarthritis
- \_\_\_ Chronic Bronchitis
- \_\_\_ Emphysema or other lung disease

- \_\_\_ Food allergies
- \_\_\_ High levels of C-reactive protein
- \_\_\_ Parents or siblings diagnosed with one those diseases on the first list
- \_\_\_ Have you had a heart attack
- \_\_\_ Have you had a stroke

If you have checked any of these you have a significant risk for inflammatory disease.

### Do you have?

- ❖ \_\_\_ High blood pressure
- ❖ \_\_\_ Cancer now or in the past
- ❖ \_\_\_ Parents or siblings who could have checked any of those listed in the first two parts of this quiz
- ❖ \_\_\_ Take drugs for cholesterol or triglycerides
- ❖ \_\_\_ Smoke regularly or have a chronic cough
- ❖ \_\_\_ Eat eggs more than three times a week
- ❖ \_\_\_ Eat salmon more than three times a week (do you know if is farmed or wild?)
- ❖ \_\_\_ Have recurring gum problems or gum disease
- ❖ \_\_\_ Have an injured joint or had surgery on a joint
- ❖ \_\_\_ Is you Body Mass Index more than 30%

If you have checked any of these your risk of inflammatory disease is moderate.

These simple questions may have shown that you need to be tested for inflammatory risk signs. They show in the dry blood. Nature provides a way to counteract inflammation problems in the body.

### Do you restrict the following foods?

Chicken  
Turkey  
Quail  
Top Sirloin

Beef patties  
Deer meat

**Or perhaps you eat more of these:**

Salmon  
Sardines  
Catfish  
Bass  
Trout  
Fish assortments

Many do eat these foods because they are considered to be “Heart Smart”.

If you are eating the heart smart foods and have checked any of the symptoms or risk factors on this flyer you may be surprised to find out that heart smart foods may not be so smart for your body.

Now don't throw your arms up and say “HERE WE GO AGAIN”  
Before you lynch me up let me explain!

All of the foods listed here are good and bad. You see it has been discovered that some of the foods considered to be heart smart contain high levels of arachidonic acid. (AA)  
(AA is the culprit that creates the pain and inflammation we suffer from.)

When fish and animals eat unnatural diets, because of aquatic farming methods, they produce large amounts of AA. Under their normal diet this would not normally happen, with a few exceptions.

For people it is different, our body makes small amounts of this AA to use in the immune system as part of the reaction to infection or injury. By eating foods that contain large amounts of AA the body gets a build up in the blood and tissues. It's kind of like adding a quart of oil when you only need a few drops.

To much of a good thing gums up the works.

The immune system overreacts to everything that happens and that results in inflammation and damage to the joints and other tissues. Lower the levels of AA and the overreaction stops. Pain subsides and the body heals.

Another part of the problem is the liquid cooking oils we use. You know, the liquid vegetable oils. These contain high levels of the Cox 2 enzymes that trigger the pain and allergies.

Getting your health picture with the Natural Health Evaluation from a Naturopath Doctor will tell if you are getting too much of the “Heart Smart” oils.

Testing can reveal your problem areas.  
Call Dr. Jerry WineBrenner for your test.  
(574) 315-5433