



## A NEW WAY OF TREATING ALLERGIES

### Food Allergies and Food Intolerances

Dear Partners,

This second newsletter on allergies focuses on the importance of drainage and restoration of eubiosis for tackling allergy symptoms and limiting predisposing factors, with a focus on food allergies.

#### **Food Allergies and Food Intolerances**

Just like other kinds of allergies, **food allergies** imply an abnormal immunological response of the organism. The ingestion of a certain substance, harmless to non-allergic subjects, causes hypersecretion of IgE and a corresponding increase in the chemical mediator of allergy, histamine. This results in a reaction in different systems and apparatus (gastrointestinal, skin...).

Apart from the most common allergens (cereals, cow milk...), it is worth mentioning that some allergens are present in both pollens and in some kinds of fruit and vegetables. In patients suffering from respiratory allergies, this cross-reactivity between aeroallergens and foods may induce an allergy to some of these foods too.

On the other hand, **food intolerances** are adverse reactions to food which imply histamine secretion and cause annoying symptoms like difficult digestion, intestinal disorders or dermatitis. Differently from food allergies, they are strictly dose-dependent and not potentially life-threatening.

**Genetics, exposure, sensitization** are the main factors involved in the development of allergies. Nevertheless, subjects with high levels of **intoxication** of the Extra Cellular Matrix (ECM) are more prone to develop these diseases.

Moreover, the immunological imbalance and the inflammatory processes involved in allergic diseases are also associated to a state of **dysbiosis**, i.e. a depletion of beneficial microbial species that constitute the intestinal microbiota.

**An optimal treatment pathway should take into consideration all the factors involved.**

## TREATMENT OF FOOD ALLERGIES AND INTOLERANCES

- **NUTRITION:** avoid the incriminated foods. Avoid or limit pro-inflammatory foods.

- **SPECIFIC TREATMENT PROTOCOL:**

**EUBIOFLOR:** 20 drops 2 times a day for 3 months.

**COLOSTRONONI:** 2 sachets (1 in the morning, 1 in the evening) for 3 months.

EUBIOFLOR helps detoxify from the enteric overload due to food allergies and intolerances.

COLOSTRONONI helps repair the intestinal mucosa, as it may be damaged by food allergies and intolerances and consequent increased permeability of the intestine.

- **DRAINAGE PROTOCOL:**

**GUNA-MATRIX:** 20 drops 2 times a day for 3 months.

GUNA-MATRIX is indicated for optimal ECM detoxification and drainage. It is useful to reduce the inflammatory processes and the hyper-reactivity involved in allergies, but also during and after allopathic therapies (e.g. antibiotics, cortisone, antihistamines), prolonged psycho-physical stress, and any chronic pathology.

**Milani L. Therapy of the Extra Cellular Matrix intoxication with Physiological Regulating Medicine. Physiological Regulating Medicine. 2007; 45-51.**

[READ article](#)

## PREVENTION AND TREATMENT OF FOOD INTOLERANCES AND RELATED DYSBIOSIS

- **NUTRITION:** avoid the incriminated foods. Avoid or limit pro-inflammatory foods.

- **PHYSIOLOGICAL NUTRACEUTICS:**

Nutraceutical products are useful to prevent the onset of conditions that may lead to a pathological manifestation, to support body's physiological balance and to hinder oxidative stress.

One of the pillars of Physiological Nutraceuticals is: "take care of your intestine", by following a simple "rule":

- Rebalance the pH: [GUNABASIC](#)
- Repair the intestinal mucosa: [COLOSTRONONI](#)
- Replace the intestinal microbiota: [PROFLORA](#)

[READ about the "Rule fo the 3 Rs"](#)

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[www.guna.com](http://www.guna.com)

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