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# Surprising Facts About Allergies

**A Companion to  
The 7-Day Allergy Makeover**

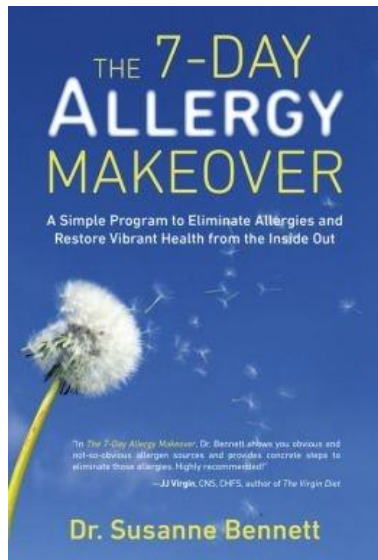


**Dr. Susanne Bennett**

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## Surprising Facts About Allergies

A Companion to  
The 7- Day Allergy Makeover



**Dr. Susanne Bennett**

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## About Dr. Susanne Bennett

Dr. Susanne Bennett has been promoting vibrant, natural health for twenty-four years and is the founder of the Wellness for Life Center in Santa Monica, California. She believes that everyone can regain energy, vitality, and optimum health naturally, by honoring the body's innate healing powers. This digital booklet is based on the findings of Dr. Susanne Bennett's book *The 7-Day Allergy Makeover* and her clinical experience helping thousands of patients heal their allergies.







## Approximately 55 percent of Americans suffer from allergies.

Most Americans are allergic to something: pollen, dander, dairy products, gluten, and mold are just a few of the most common allergens. If you don't suffer from allergies to these or other compounds, you are actually in the minority!

Yet countless people think that their low energy, problems with digestion, or headaches are “normal” when in fact, they may be the signs of undiagnosed allergic reactions. What's more, people who suffer from one allergy tend to suffer from many, because allergies are a sign of a deeper dysfunction in your system. If your body has a difficult time processing dander, for example, it spends a great deal of resources trying to handle it, making the body more susceptible to *other* potential allergens in the food you eat, the water you drink, and the air you breathe. Only by getting to the root cause of these allergies can you hope to eliminate them for good.

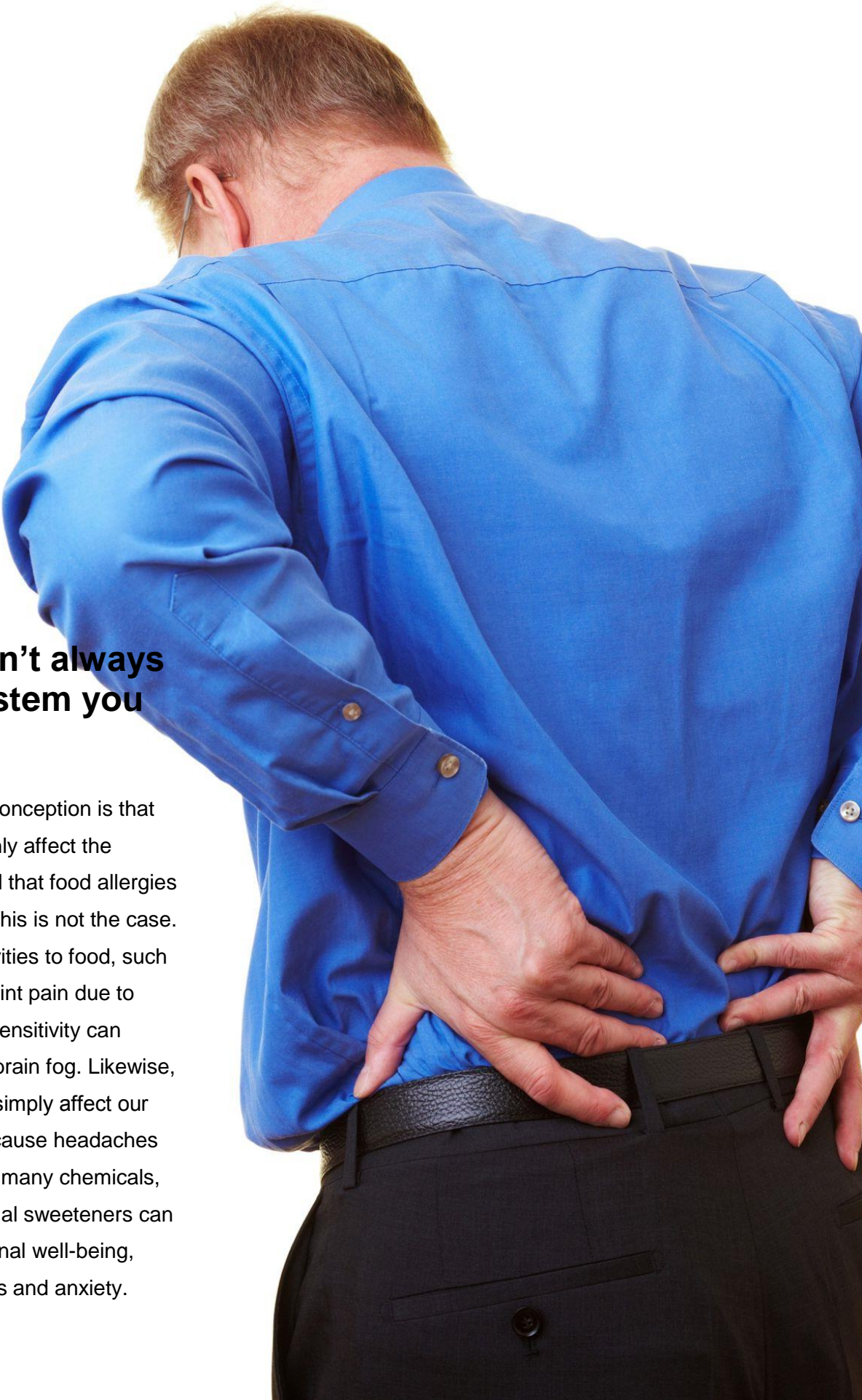


## Allergies don't always show visible signs.

It is a common mistake to associate all allergies with the symptoms of hay fever (runny nose, water eyes) on the one hand or severe inflammation (as in people with shellfish or peanut allergies) on the other. These are what are known as IgE or severe allergic reactions caused by acute inflammation. Even if you don't have severe inflammatory responses you may still have allergies!

In fact, it is far more common to be sensitive to allergens. In this case, your body recognizes many chemicals and foods as harmful and triggers an immune response. In the case of allergic sensitivities, you may have low-grade, persistent reactions that wear the body down over time, making it more susceptible to future allergies. Low energy, joint pain, brain fog, headaches, inexplicable anxiety, and poor digestion can all be the result of allergies.



A man with short brown hair, wearing a bright blue long-sleeved button-down shirt and dark trousers with a black belt, is shown from the back. He is holding both hands on his lower back, indicating pain or discomfort. The background is plain white.

## **Allergens don't always affect the system you might think.**

Another common misconception is that respiratory allergies only affect the respiratory system and that food allergies only affect digestion. This is not the case. In fact, allergic sensitivities to food, such as sugar, can cause joint pain due to inflammation. Gluten sensitivity can produce lethargy and brain fog. Likewise, inhaling mold doesn't simply affect our breathing. It can also cause headaches and itchy skin. Finally, many chemicals, such as MSG or artificial sweeteners can even affect our emotional well-being, producing nervousness and anxiety.






## **Drugs and creams don't actually treat allergies.**

Americans spend over \$4 billion to fight their allergies each year. The majority of that money is spent on doctor visits and medications. But drugs and creams don't actually treat allergies. Every doctor will admit that such medications merely mask the symptoms without addressing the root causes.

While antihistamines and other drugs may provide temporary relief, their use is often accompanied by uncomfortable side effects. What's worse, by loading the body with even more difficult-to-process chemicals, people who use such medications may actually be making their allergies *worse*.



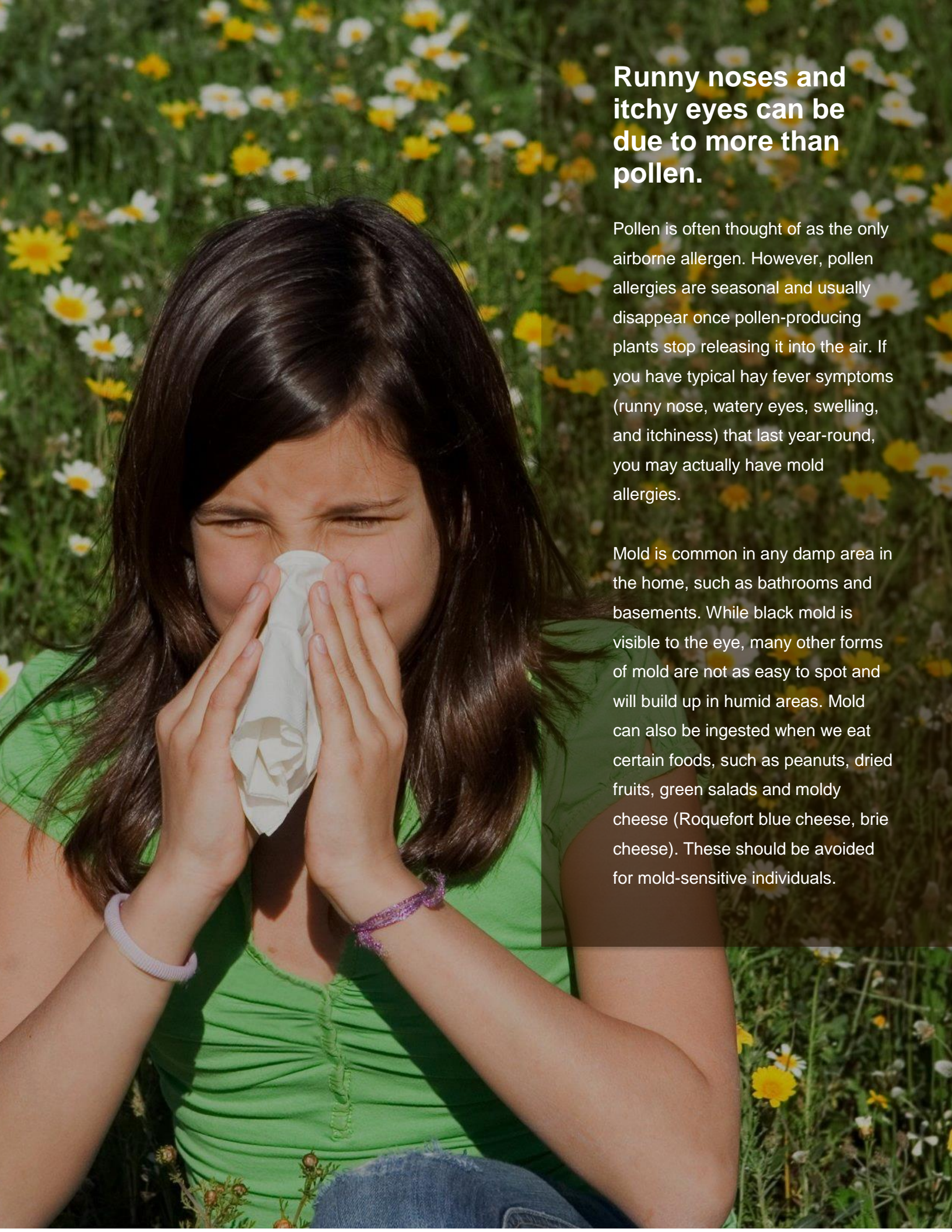


## **Only seven types of food cause the majority of food allergies.**

Countless Americans are allergic to one or more foods. Remember, just because someone doesn't have intense swelling or constricted breathing doesn't mean they aren't having an allergic reaction to foods. Headaches, bad digestion, and energy crashes can all be symptoms of allergies as well.

The seven foods that account for the vast majority of allergic sensitivities are dairy products, gluten products (wheat, barley and rye), sugar, alcohol, peanuts, eggs, and mold-containing foods (such as many dried fruits, moldy cheeses, and mushrooms). By eliminating or even reducing your intake of these foods you can help reset your body's load of allergens and eliminate your allergy symptoms.





## Runny noses and itchy eyes can be due to more than pollen.

Pollen is often thought of as the only airborne allergen. However, pollen allergies are seasonal and usually disappear once pollen-producing plants stop releasing it into the air. If you have typical hay fever symptoms (runny nose, watery eyes, swelling, and itchiness) that last year-round, you may actually have mold allergies.

Mold is common in any damp area in the home, such as bathrooms and basements. While black mold is visible to the eye, many other forms of mold are not as easy to spot and will build up in humid areas. Mold can also be ingested when we eat certain foods, such as peanuts, dried fruits, green salads and moldy cheese (Roquefort blue cheese, brie cheese). These should be avoided for mold-sensitive individuals.



## **We can be allergic to chemicals in our tap water.**

Tap water in America won't produce acute allergic symptoms (IgE reactions). However, it is filled with numerous chemicals to which people have allergic sensitivities. The buildup of such chemicals in our bodies over time can wear it down and lead to even more allergic symptoms.

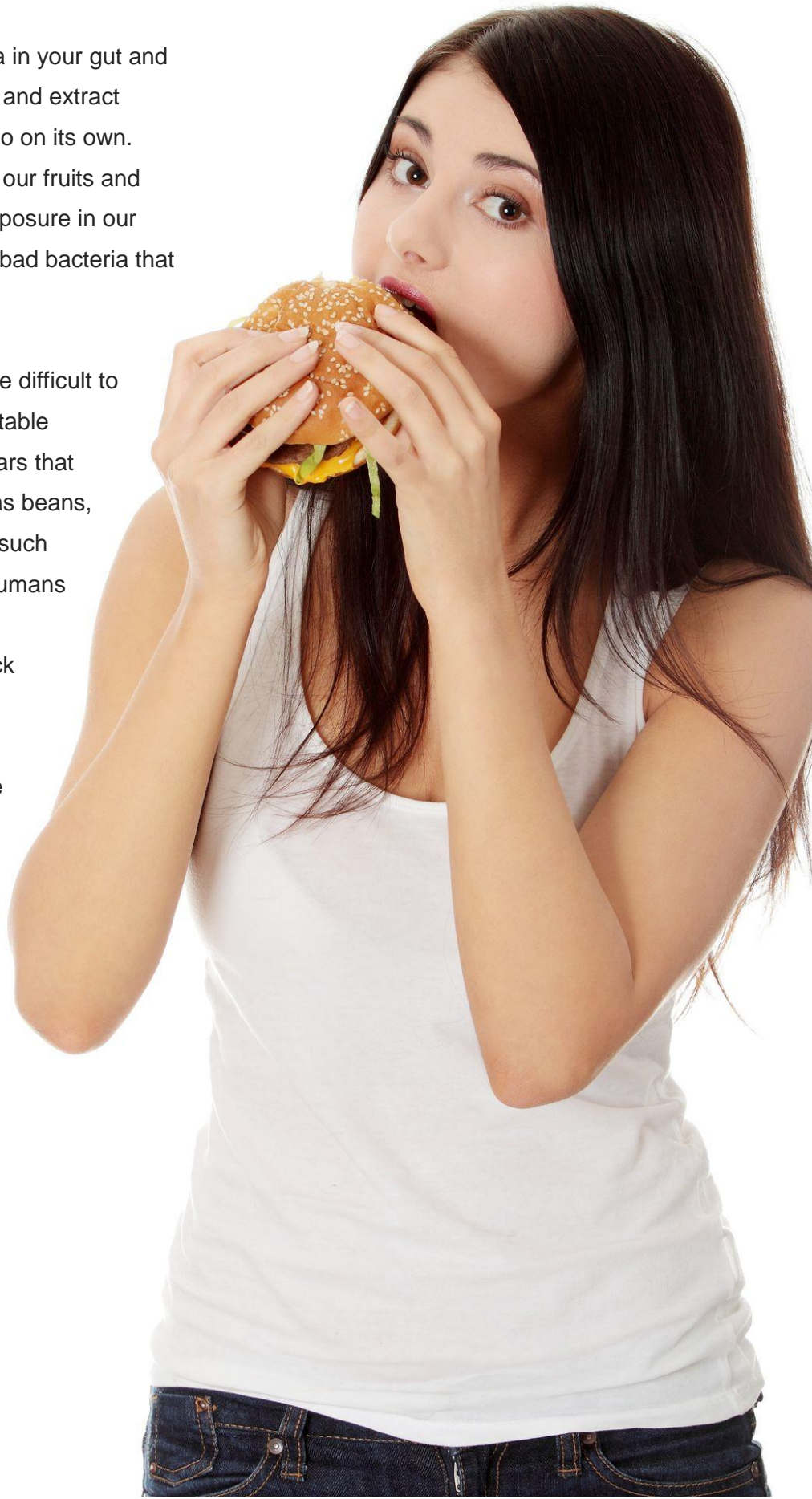
Many people experience itchiness and discomfort after swimming in a chlorinated pool, yet they drink it almost daily in their tap water. Likewise, small amounts of other chemicals, such as arsenic, mercury, fluoride, and even uranium are allowed in our tap water. For this reason, having a carbon-filtered reverse osmosis water purifier is essential to help deal with allergens in our water.



## Bad gut bacteria can make you allergic to many foods.

There are over three trillion bacteria in your gut and they help process and digest foods and extract nutrients that your body could not do on its own. However, through improper care of our fruits and vegetables, untidy kitchens, and exposure in our urban environment, we may ingest bad bacteria that hurt our digestive systems.

Bad bacteria in our gut make it more difficult to process what are known as fermentable carbohydrates, the short-chain sugars that are found in countless foods such as beans, broccoli, cabbage, and pitted fruits such as peaches, plums and cherries. Humans have difficult time digesting these fermentable sugars because we lack the enzymes to break them down. The end result is an intolerance to fermentable carbs that can produce terrible bloating, gas, cramping, and constipation. Irritable bowel syndrome (IBS) is often the direct result of allergic sensitivities produced by bad gut bacteria.





## Our furniture and cars can trigger chemical allergies.

Increasingly, much industrial production depends upon what are known as volatile organic compounds or VOCs. These compounds, such as formaldehyde, are found in many glues, vinyl products, paints, fuels, carpet and plastics that we are surrounded by every day.

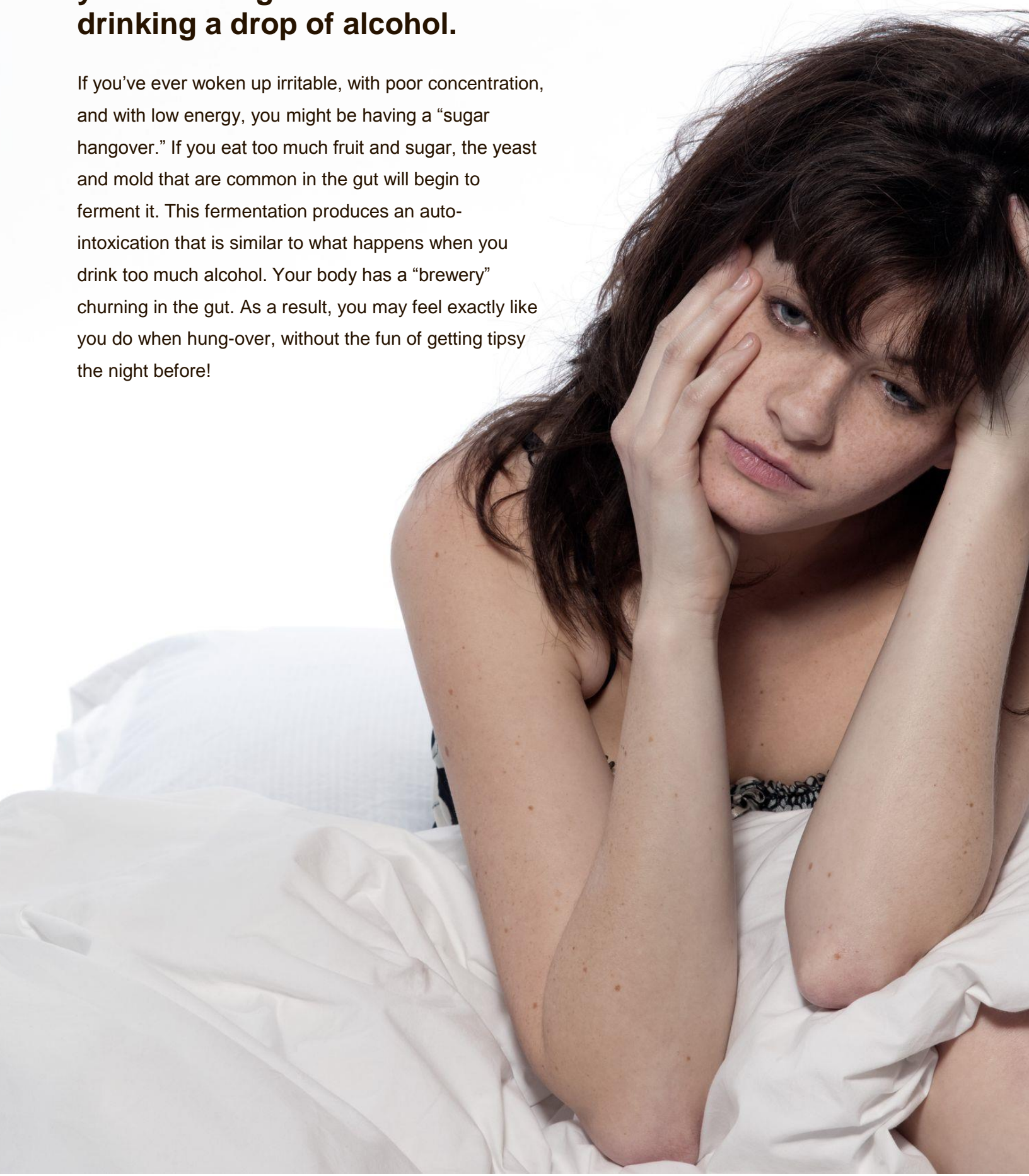
For instance, furniture made of particleboard will often use formaldehyde in its glue, while the “new car smell” is actually that of volatile organic compounds in the paint, leather, carpet and glue. VOCs can produce a host of allergic symptoms, such as itchy throat, headaches, brain fog, and confusion. At higher concentrations it is especially harmful to human health.





## Allergic sensitivities can make you feel hung-over—without drinking a drop of alcohol.

If you've ever woken up irritable, with poor concentration, and with low energy, you might be having a "sugar hangover." If you eat too much fruit and sugar, the yeast and mold that are common in the gut will begin to ferment it. This fermentation produces an auto-intoxication that is similar to what happens when you drink too much alcohol. Your body has a "brewery" churning in the gut. As a result, you may feel exactly like you do when hung-over, without the fun of getting tipsy the night before!





## Allergies can be healed all-naturally.

The good news is that allergies can be healed all-naturally, without drugs, creams, or medication. By improving the quality of seven key areas in our lives (The 7-Day Allergy Makeover)—nutrition, water, air, living environments, kitchen, skin, and emotional health—we can rid ourselves of the buildup of allergens and toxins in the body. You will restore vibrant health from the inside out!

Avoiding food allergens, using water and air purifiers, and removing dander, mold, and bad bacteria from our homes is just the beginning. Healing your allergies is a commitment to a new, vibrant life, one filled with more energy and joy than you've had in years!

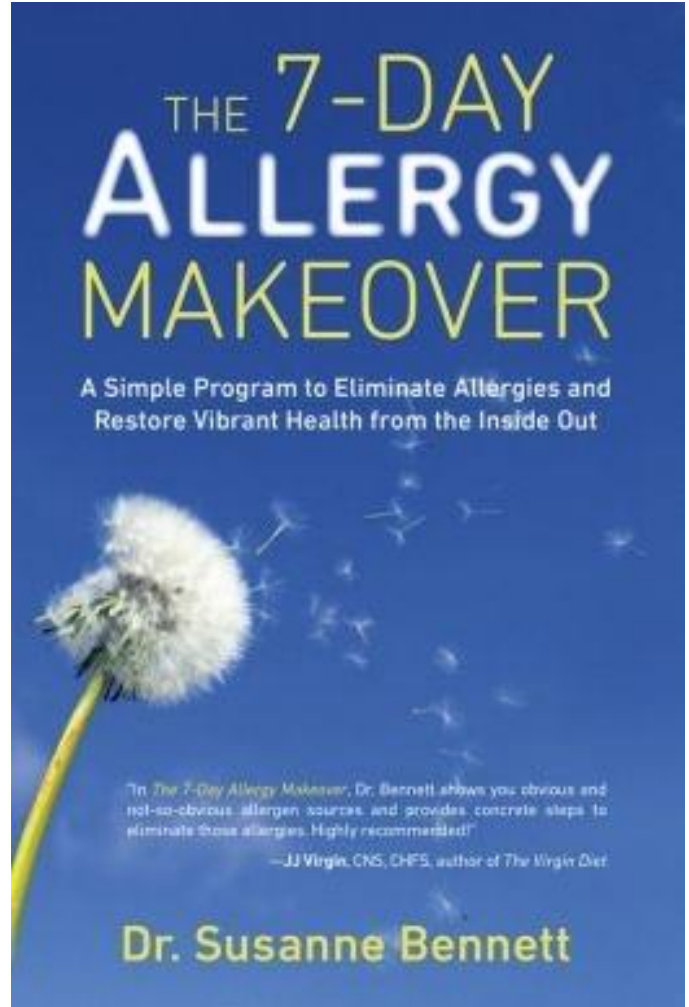




## Get Your Copy of The 7-Day Allergy Makeover

*The 7-Day Allergy Makeover*, is an easy-to-implement transformational plan for eliminating allergies forever, based on Dr. Susanne Bennett's twenty-three years of clinical experience. The book lays out an all-natural method of healing allergic symptoms that has succeeded when pills, creams, and ointments have failed. Each chapter focuses on a different aspect of health and environment for those suffering from allergies—nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.

*The 7-Day Allergy Makeover* can be found at



<http://www.the7dayallergymakeoverbook.com/>



## **Praise for Dr. Bennett**

"Allergies can manifest in everything, from the food you eat to what you keep in your bedroom closet. In her new book *The 7-Day Allergy Makeover*, Dr. Bennett shows you obvious and not-so-obvious allergen sources and provides concrete steps to eliminate those allergies. Highly recommended!"

JJ Virgin, CNS, CHFS, author of  
NYT Best Seller, *The Virgin Diet*

"Dr. Bennett has developed a foolproof method for reversing the serious problems encountered when someone suffers from allergies. I highly recommend her book and think it will change the lives of those that use it."

Marcelle Pick, RNC, MSN, OB/GYN NP,  
co-founder of Women to Women, author of  
*Are You Tired and Wired?* and *The Core Balance Diet*

"Dr. Susanne Bennett is one of the handful of health professionals I personally turn to when I want advice for myself or my family. Even if you don't have allergies, you should read this book. It's a treasure trove of information about how exposures to common foods and substances can influence your health. *The 7 Day Allergy Makeover* is a must-read for everyone!"

Jonny Bowden, Ph.D., CNS, author of  
*The 150 Healthiest Foods on Earth* and  
*The Great Cholesterol Myth*

"If you have children you should not miss *The 7-Day Allergy Makeover*. Children's allergies don't just come from food, but also toys, pets, and hundreds of common household products. Dr. Bennett will guide you through this maze to better health for you and your family."

Steven Masley, MD, FAAFP, CNS, FACN,  
author of *The 30 Day Heart Tune-Up*  
and *Ten Years Younger*

"The 7-Day Allergy Makeover is the first book that gives people the ability to control their own allergies. Dr. Susanne Bennett has done a phenomenal job making this complex topic simple and laying out the easy steps that will reverse years of symptoms."

Alan Christianson, NMD, author of *The Complete Idiots' Guide to Thyroid Disease*

"If allergy symptoms have taken over your life or your child's life, you simply cannot afford to be without Dr. Bennett's groundbreaking program."

Dr. Todd LePine, MD, physician at  
Dr. Mark Hyman's Ultra Wellness Center  
and clinical medical director of  
Metametrix Laboratories

"The 7-Day Allergy Makeover is an easy-to-follow and complete road map to a healthier and allergy-free you. The quality of your life in all aspects is about to change once you read her book."

Dr. Charles Sophy, DO, celebrity psychiatrist  
and author of Side by Side: The Revolutionary  
Mother-Daughter Program for Conflict-Free  
Communication