



# Health Sciences Institute

*Members Library of Modern  
Underground Medicine*

## **Energy for Life**

*An orthomolecular program developed by  
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- If allergies are airborne, **vitamin C** is your best friend. People with allergies tend to burn up vitamin C much faster than people without allergies.
- **Pantothenic acid**, which is vitamin B<sub>5</sub>, is a major adrenal-gland stimulant.
- **Licorice root**, the favorite herb of the ancient Egyptians, raises the level of cortisone in the body, which helps to protect against allergies.
- **Quercetin**, which is a potent bioflavonoid, has been proven in scientific studies to reduce histamine release. Quercetin is very similar to a drug used for allergies in this country called Cromolyn, but quercetin is a *natural* product obtained from buckwheat and citrus fruits. One of the benefits of quercetin is that it is a preventive, not a symptomatic treatment. Therefore, it's best to use it regularly.
- **Nettles** (*Urtica dioica*) is an herb that can prevent hay fever, but you have to be sure that you're not allergic to the herb itself. Start with just a pinch of it and watch for itching or burning in the mouth or throat, or a stuffy or runny nose. If you don't detect a reaction, take two pinches the next time and work up to the full dose *gradually*. (Dosages for this and other supplements to alleviate allergies are located in the chart on page 9.)
- **Adrenal glandular**, powdered adrenal-gland **tablets**, may also help with allergies.

## Food allergy and intolerance

Perhaps 60 percent or 70 percent are afflicted with food allergies or intolerances. Some 50 years ago, Dr. Theron Randolph, the father of the whole field of food allergy, said that the primary symptom of food allergy is fatigue. I have definitely found this to be true in my practice.

### Common allergens:

The most common food allergens are eggs, wheat (including products containing gluten), corn, chocolate, nuts, shellfish, dairy products (including products containing casein), yeast, and citrus fruits.

Sometimes, what you think of as a food allergy is really a specific food intolerance. A true allergy (with symptoms like hives, difficulty breathing, or difficulty swallowing) is a reaction to food mediated by your body's immune system. It tends to recur predictably each time you are exposed to the food, and symptoms usually begin soon after exposure.

The term "food intolerance," On the other hand, simply means that a particular food causes you some sort of distress, but not as a result of an immune-system reaction. Such intolerances are complicated by the fact that most people aren't aware of the connection, since symptoms often occur days after they ingest the offending food. Thus, they continue to eat the food and their symptoms continue unchecked.

## Delayed food-allergy testing

Food allergies and intolerances are relatively easy to identify through testing. If you are sensitive to a particular food, your body will respond by producing specific cellular changes. By examining your blood for these changes, we can quickly and accurately determine which foods your body finds "offensive" and design an appropriate dietary plan.

Because food sensitivity is so common, I use this test frequently in my practice. AMTL of Hollywood, Florida, offers a delayed food-allergy test, called the ALCAT test, that is very competitively priced. This comprehensive program is helping many people combat the symptoms of allergy and sensitivity, including fatigue, skin problems, food cravings and digestive difficulties.

If you suspect food intolerance may be an underlying cause of your fatigue, you may find it extremely helpful to use blood testing to identify your trigger foods. AMTL has agreed to make the same blood-analysis process I use in my practice available directly to HSI members. You provide a blood sample (AMTL actually arranges for a lab technician to come to your home at your convenience), and it will send you the results of your test and a 30 page individualized eating program designed to systematically eliminate your food sensitivities. For information on how to obtain ALCAT testing, see the Source Directory on page 38.

Food-sensitivity testing is a great tool for uncovering and eliminating subtle factors contributing to fatigue and other chronic ailments. If you have further questions on food sensitivity, or would like to discuss your test results personally with me, you may arrange a telephone consultation through my office by calling 1-888-767-3622. Because of my longstanding professional relationship with AMTL, it has agreed to forward your results directly to me at your request.

### **Food sensitivity and rotation**

It is possible, though, to find out what food sensitivities you have through a process of elimination, or an “elimination diet.” To do this, you remove certain foods from your diet and reintroduce them gradually, one at a time, noting carefully any symptoms that coincide with the reintroduction of particular foods.

The most helpful tool in combating sensitivity to particular foods is a rotation diet, based on the principle that allergies develop because of too frequent exposure to a food. In addition, food rotation ensures you a more varied diet and a more complete nutrient balance, which may help combat allergens. Further, rotation unstresses digestion, as your system is relieved of the burden of processing the same foods over and over. Rotation can be defined as not eating the same foods more than once every four days or every seven days, depending on your particular level of sensitivity. A rotation diet should be followed under the care of a physician or nutritionist. Both the elimination diet and food rotation are discussed in more detail on page 36.

One additional bit of advice: I recommend that you eat organically grown foods as much as possible, because I believe that residues of agricultural chemicals often contribute to immune-system reactivity.