

Your Thoughts and Choice of Foods Cause Allergies

Environmental allergies are a cause from both diet and psychological problems. The Greek word “Diaita” means: change of attitude (towards your body). The attitude implies both in the way you choose the foods to feed your body and psychological attitude toward your body. The psychological attitude will affect your body (the soma). It is the psycho-somatic origin that needs to be solved in many cases before the diet is fixed.

Once the psychological component is addressed the diet is vital. We are what we eat. **Or more importantly we are what we absorb.** The intestines are exterior to our bodies: it is a tube that runs from the mouth to the rectum. If you are eating foods that create an inflammation in the bowels then this will translate to the body through the mucous lining of the intestines. This inflammation is allergies in some and pain for others depending on the genetic predisposition. To maintain a healthy body we do not need tablets or drugs, we need food that is free of allergens.

Naturopathic doctors address both aspects: Psychological and Physical (Diet and Body) and have many tools to be able to help to stimulate the innate healing ability of your body. Naturopathic Doctors use Homeopathic Medicine, Psychology, Asian Medicine and Acupuncture, Clinical Nutrition, Herbs, Supplements, Intravenous therapy, Hydrotherapy, and Physical therapies (Spinal realignment, Infrared Sauna, Ultrasound, Muscle Stimulation, etc).

Naturopathic Doctors is a licensed profession in Canada. To find a Naturopathic Doctor near you just call the Canadian Association of Naturopathic Doctors at 1-800-551-4381 or visit www.cand.ca

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