

Read This Report To Learn Why You Should Have Your Allergies Treated NOW, And What's Likely To Happen If You Don't! (Believe me, it's not pretty!)

“Allergies are not just a nuisance to be ignored until they can no longer be denied—they constitute a health problem that must be treated. Untreated allergies can lead to more serious problems as we get older. Blood pressure problems, diabetes, cardiovascular disorders, arthritis, and other degenerative diseases can develop as a result of untreated allergies. If we do not take the time to treat allergies and to get well now, we will have to take the time to be sick later.”

Jacqueline Krohn, M.D. *“Allergy Relief & Prevention”*

Hi. I am Dr. Linda Potts and I want to share with you a report with information about a program developed by Dr. Teryl Boothe which I am now offering. The following article explains what allergies and sensitivities are, how they impact your health and how this program works, which he used for 25 years and helped so many people.

My name is Dr. Teryl Boothe and I specialize in treating allergies and sensitivities. What do I mean by “treating”? I mean I’ve been giving Sensitivity Elimination Treatments (SET) to patients from all over the Western United States. I won’t bore you with the story about how I got started in this treatment...

After all, this report isn’t about me. It’s about you, an allergy sufferer, and the countless millions of others like you.

This report is about why you should do everything in your power to get rid of your allergies and sensitivities before they ruin your health, and maybe even your life!

Before I explain what I’m talking about, let’s talk a little about allergies in general.

When you hear the word “allergy,” what do you think of? If you’re like most people you think of sneezing, itchy red eyes, and a stuffed up nose. And that’s probably all you think about.

This type of allergy is often called “hayfever” or “seasonal allergies.” It keeps medical allergists busy in the spring as the suffering throngs get scratch tests and seek relief from their misery via shots and pills.

The most common culprit of hayfever is pollen allergy, but certainly other things like dust, dust mites, and pet dander can cause these kinds of allergies.

Seasonal allergies can be mild or severe. Some sufferers consider their allergies to be nothing more than a nuisance they must suffer through for a few weeks every year, usually in the spring and late-summer.

Many others are debilitated by their allergies despite popping pills and taking shots. Some unfortunate souls suffer from allergy symptoms all year.

(If you have symptoms year-round it means you almost assuredly have food allergies as there are times of the year when there are no pollens in the air.)

Either way, you'll find out *exactly* why everyone should have their allergies and sensitivities treated as you read through this report.

The medical term for this type of allergy is "common allergy." Symptoms caused by common allergy happen immediately, or almost immediately, and are usually localized to the part of your body exposed to the allergen, such as your nose and eyes. (Something you're allergic to is called an "allergen.")

Foods can be common allergies, too. One dramatic example are people with severe peanut allergy. If they get even a tiny whiff of peanut dust their throats and tongue can swell up so quickly they could easily die in minutes if they don't receive immediate medical attention. This is why airlines serve pretzels or crackers instead of peanuts.

But did you know there are *other* types of allergies? Here's one I bet you never heard of:

It's called "**Delayed Pattern Food Allergy.**" With this type of allergy, you may not have symptoms for up to *three days* after eating a food you're allergic to, and allergic foods can keep causing symptoms for *weeks*. Crazy sounding, I know. They do this by creating immune complexes that circulate through your bloodstream.

As you can imagine, figuring out on your own what foods are causing you problems is all but impossible.

I need to explain this in depth, but before I do let's talk about...

Is it allergy or sensitivity?

Sometimes your body reacts negatively to things it doesn't produce antibodies to. Let's say your bottom lip tingles every time you eat anything with banana in it. You run to your allergist for tests, but they come back negative for banana. Huh?

When you ask the doctor what gives, he says, "Oh, you're just sensitive to bananas." Or, he'll use the word "hypersensitive." Either way, in his mind you're not allergic to bananas and as far as he's concerned the only thing you can do is avoid eating them.

In truth, many people have more sensitivities than true allergies. In fact, many patients I've treated said their doctor told them they weren't allergic to anything, or just a few things. Then they'd say to me, "Then why do I feel so bad?"

Scientists don't know or really understand how we can be sensitive to something without being allergic to it. Here's my take: true allergies occur when your immune system makes mistakes. With sensitivities, I believe we must point the finger of blame at your brain. Your brain may get your immune system involved in the mess, because your brain controls everything in your body, but it's not your immune system's fault.

True allergy

A true allergy occurs when your immune system makes an antibody to something it mistakenly thinks is bad for you.

Let's use ragweed as an example. Ragweed allergy occurs when your body comes to think ragweed is a "threat" to your safety and wellbeing. There's no reason for you to be allergic to ragweed, by itself it's harmless, but somehow your immune system comes to think it is.

For something to be called an allergy, your body *must* make antibody to it. If it doesn't, it's called a sensitivity.

How did you get your allergies and sensitivities?

More is probably *not* known about how we get allergies than *is* known. Here's what we do know:

You most likely inherited many of your allergies and sensitivities. If mom, dad, and grandma are allergic to ragweed, chances are you will, too. You can inherit *any* allergy or sensitive. This explains, in part, how you can react to something you've never eaten or been exposed to (which happens a lot more than you might think).

You can also develop food allergies through what is called "leaky gut syndrome." This is where partially-digested food gets into your bloodstream through a porous or leaky intestinal wall.

When your immune system finds the food, it doesn't recognize it so it *must* think of it as a threat. Bam! Your body will make what is called an "antibody" to the food and you've got a new food allergy.

An antibody is like a wanted poster. It helps your immune system recognize things thought to be bad. Millions of them are manufactured and travel throughout your body in your blood and lymph vessels, looking for the "bad guy" they were made to identify. More on the role these guys play in disease later.

Lastly, you can become sensitive to things because of poor genetics, which is different from inheriting allergies. You may have been born with a weak immune system, one barely capable of keeping track of what's "good" and what's "bad." Such a poor immune system would likely develop allergies to many harmless substances.

Stress can weaken and damage your immune and nervous systems

Experts everywhere agree that stress plays a big part in health. There are different kinds of stress: physical, chemical, and emotional.

Physical stress comes from trauma of all sorts: injuries and accidents, surgery, abuse, lack of proper sleep, lack of exercise, etc.

Chemical stress comes from medications, recreational drug use (including alcohol), chemicals in the food supply, poor nutrition, improper food choices, pollution, etc.

Emotional stress comes from job problems, money worries, mental abuse, divorce, wayward children you worry about, terrorism, rising prices, and a million other things that keep us up at night fretting into the wee hours of the morning.

Stress in any form has a negative effect on your immune and nervous systems. If the stress is strong enough (acute stress) or long enough (chronic stress) it can traumatize your immune and nervous systems to the point that they lose track of what's "good" and what's "bad."

If you start to think harmless things are "bad" for you, you'll develop allergies and sensitivities. And this can happen with *anything*: pollens, pet dander, dust, chemicals, mold, foods, fumes, fabrics, vitamins, medications, food additives, and on and on. If your immune system loses track of what's "you" and "not you," you could get an autoimmune disease.

What causes allergy symptoms?

By now you should have a decent idea of *how* you get allergies and sensitivities, so let's talk about how they can make you feel so bad.

Symptoms from true allergies are caused by chemicals released by your body, mostly the cells of your immune system. These powerful chemicals are called "signaling molecules" (SM) and have names like histamine, heparin, serotonin, lymphokine, leukotriene, cytokine, prostaglandin, interferon, and bradykinin.

Each SM has its own "signature" of symptoms it causes.

Some cause flushing, pain, shortness of breath, fast heart rate, constricted or dilated blood vessels, diarrhea and abdominal cramps.

Others cause headache, itching or burning sensations followed by a flushing or "heat" sensation, sneezing, nasal discharge, asthma attacks, and "odd body" sensations.

Still others cause fever, swelling, drowsiness, confusion, feelings of anxiety, extreme fatigue, memory loss, and even feelings of impending doom. I could go on and on.

A natural question is, why does your body release these chemicals if they cause you to feel so bad? They're there to protect you, but were only meant to be used when a *real* threat appears, like when a bacteria, virus, or parasite invades your body.

When a real threat appears, you want your immune system to react swiftly and violently because if it doesn't, these things could kill you. In fact, if your immune system stopped working today, the next virus or bacteria that came along would take your life.

These SMs serve a critical function and won't cause you problems when they're released in small amounts.

When you have allergies, though, especially when you have a *lot* of allergies, these chemicals can do great harm.

How? Mostly because they cause chronic inflammation, and chronic inflammation tears your body apart from the inside out! Keep reading to see how bad it can get...

Why you should have your allergies treated if you want to avoid getting degenerative diseases...

Or, if you already have a degenerative disease, why you MUST get your allergies treated if you ever hope to get better!

About half of North American suffers from some form of degenerative disease. That's a staggering number—about 120 million people! Why so many? Well, that's a topic for a book, or a series of books. Let's just focus on the allergy part.

By the way, a degenerative disease is a disease that gets worse with time. They're different than a cold or the flu because with those, you'll eventually (hopefully) get better.

Any disease seldom has a single cause, meaning there are often many reasons why people get sick and stay sick. **Allergies are a primary cause of disease**, or at least a strong contributing factor.

Let's look at how allergies cause or contribute to some common degenerative diseases:

Cardiovascular Disease: Two SMs released in allergy responses are histamine and kinin. Higher histamine levels have been found in the arteries around the hearts of cardiac patients. Kinin causes inflammation of the heart muscle.

Histamine and kinin are released in both food and inhalant allergies and can cause chronic inflammation of the heart, which can lead to heart disease.

Also, food allergies can increase your blood pressure 40–50 points. Shocking I know but 100% true.

While I'm not a cardiologist and don't treat people for heart disease, many of my patients have reported a drop in their blood pressure or cholesterol levels as well as improvement in arrhythmias (irregular heart beat) after I've successfully treated their sensitivities.

Ear, Eye, Nose, and Throat Problems: Food allergies cause inflammation of the throat and eustachian tubes and are known to cause chronic ear infections in children.

In adults, chronic sinusitis and its nasty debilitating headaches can be caused by allergies to mold, pollen, smoke, pet dander, and chemicals, and more.

Ear, nose, and throat specialists report chronic inflammatory tissue damage in vertigo, hearing loss, ringing in the ears, Meniere's syndrome, nasal obstruction, and enlargement of the glands in the throat as a result of untreated allergies.

I've successfully treated many patients for ear, eye, nose, and throat problems by eliminating their sensitivities. Just think how many children would be spared the pain of chronic ear infections if their parents only knew SET could possibly fix their child's problem for good!

(Incidentally, I've written a report entitled *Kids and Allergies*. Pick one up when you come in or ask me to email you a copy.)

Fibromyalgia and Chronic Fatigue: In my opinion, the symptoms of fibromyalgia are primarily caused by food allergies and sensitivities. If you know someone with fibromyalgia, you know how many different symptoms they can have—it seems like every part of their body is sick!

While chronic fatigue is a different problem, it's been reported that up to 75% of CF patients had pre-existing inhalant, food, chemical, or drug sensitivities.

Stomach and Intestinal Problems: Food allergies have clearly been linked to diseases of the intestinal tract, such as celiac disease (caused by gluten), Crohn's disease, irritable bowel syndrome, and ulcerative colitis. How? Food allergies cause allergy reactions in the intestines > allergy reactions cause inflammation > chronic inflammation tears up the body.

Heartburn is usually caused by food allergies, too. The burping, belching, and burning is your body trying to tell you to stop eating a food you're allergic to.

Through SET and proper supplementation, I've helped many patients overcome a variety of intestinal problems. Supplements alone won't do the trick because they won't deprogram your immune or nervous system to stop reacting to foods. You need both treatments to get better.

Colds, Coughs, and Flu's: Most people with allergies and sensitivities, maybe even *you*, get sick a lot. Chronic allergies and sensitivities stress your immune and nervous systems so much that you can't fight off the viruses and bacteria you're exposed to.

Also, the inflammation of food allergies punches holes through the intestinal tract, causing leaky gut syndrome, which gives bacteria and viruses an easy way to get into your body. The same type of thing will happen if inhalant allergies attack your lungs—your lung tissue will become “porous” and give viruses and bacteria a way in.

The vast majority of patients who complete their SET program at my office report that they rarely get sick anymore. Why?

Their immune systems are freed from the stressful and energy-intensive task of chasing down problems that aren't really problems (allergies) and so can efficiently and quickly take care of a virus or bacteria before they cause trouble.

Liver, Gallbladder, and Pancreas Disorders: Food allergies stress your liver because it has the job of trying to clear out allergic foods that have leaked through your intestinal tract. The more food allergies you have, the more your liver gets overworked.

Gallbladder problems are usually caused or aggravated by repeated exposure to foods you're allergic to.

Chronic allergies can lead to diabetes because SMs can cause chronic inflammation of the pancreas. Before diabetes hits, most patients suffer from hypoglycemia and/or hyperglycemia for years. These two problems are caused by allergy-evoked carbohydrate metabolism interference.

Several of my patients who've gone through extensive food allergy and sensitive treatment at my office have told me they no longer needed to take any medicine for diabetes. Of course, they did this with the okay of their MD. Correcting the *cause* of the problem, fixed the problem.

Psychological and Behavioral Problems: Sensitivities of all kinds—chemicals, foods, and inhalants—can cause problems ranging from anxiety, dizziness, weakness, and depression to paranoid delusions and visual and auditory hallucinations. Pretty scary, huh?

ADD/ADHD in children or adults can be, and usually are, caused by sensitivities as well. My *Kids and Allergies* report explains the connection between AD(H)D and allergies.

Most of my fibromyalgia patients have some amount of anxiety and/or depression. Oftentimes it clears soon after they start my all-natural Fibromyalgia Treatment Program, but it's almost always either gone or mostly gone by the time they've completed the program.

Parents of young patients of mine have reported how well their children have done in school after SET. Anger issues resolve, kids pay attention better, and homework gets done without tears, fights, and threats when sensitivities are corrected.

Rheumatological Problems: Food and chemical sensitivity is a common cause or factor in rheumatoid arthritis, ankylosing spondylitis (spinal stiffness), osteoarthritis, and other forms of arthritis.

Even lupus can be caused or aggravated by allergies and sensitivities. This is the class of problems where autoimmune issues fall, when your immune system loses track of “you” and “not-you.” Other autoimmune conditions related to allergies are Hashimoto's thyroiditis, multiple sclerosis, and Type II diabetes.

A few years ago I had a fibromyalgia patient who also had rheumatoid arthritis. After her treatment program she didn't have any fibromyalgia *or* arthritis symptoms (though she did still have joint damage—too late to prevent that from happening). Her treatment fixed the cause of *both* problems. I've also had lupus patients who've done very well after their sensitivities were fixed.

Read this to learn how Delayed Food Allergies can devastate your health!

I said before that foods can get into your bloodstream through a porous or leaky gut—“Leaky Gut Syndrome” (LGS). Here’s what happens *after* the food gets into your blood:

First, for a food to cause a problem it has to be absorbed into your body *partially* digested. If it’s *completely* digested, it won’t cause a problem. The goal of digestion is to break the food you eat down into tiny particles—nutrition—so that they can be absorbed and used by your body.

I work on improving my patients’ digestion to not only improve their overall health, but also to decrease their chances of developing new food allergies.

Recall that LGS allows partially digested food to leak through your intestinal wall into your bloodstream. The first time this happens your immune system will make an antibody to the food, because it doesn’t recognize it.

Remember, if your immune system doesn’t know what it is, it HAS to think it’s a threat. Your immune system will then run off millions and millions antibodies and circulate them throughout your body.

The next time that food gets eaten and makes its way into your bloodstream, the antibodies find it, attach themselves to it, and cause an allergy reaction. Do you remember what gets released when you have an allergy reaction? Nasty chemicals called signaling molecules (SM).

SMs cause symptoms, only now they’re causing symptoms *inside* your body instead of in your nose or eyes like they do with pollen allergies.

When an antibody attaches to an allergen, science calls this a “circulating immune complex” (CIC). If your immune system doesn’t get rid of this newly formed CIC, it will get longer and longer as other antibodies and allergens latch on at the ends of the chain. As it grows in length, it continues to cause allergy reactions, causing you more and more symptoms.

If the CIC chain gets too big it settles into some tissue, organ, or gland in your body. When it does, it causes—guess what?—*more allergy reactions*. This time, the SMs are released right into the organ, gland, or tissue, causing inflammation and destruction until your immune system finds and gets rid of them.

The problem progresses because you don’t know what’s causing it (well, NOW you do, but you didn’t before). As you keep eating the foods you’re allergic to, they keep setting off allergy reactions wherever they go, be it your brain, joints, muscles, glands, or organs.

This is how food allergies cause or contribute to all the degenerative diseases I described above. This is how YOUR allergies can ruin YOUR health if you don’t get rid of them!

The 3 ways to treat allergies and sensitivities

What can you do about your allergies and sensitivities? I'm aware of only three ways to treat them:

The first is to avoid the substance you're sensitive to. That's easy if it's only one or two things. Most people have too many sensitivities for this to be practical, and some things are all but impossible to completely avoid. Avoidance and rotation diets help for food allergies, but it's a lousy way to live.

The second way is to follow the medical route. Allergy shots work for some people, but not for many. They work better for inhalant allergies than food allergies. But who wants to get a shot every week for a year or two, or longer? I've had patients tell me they've been getting allergy shots for over 20 years! That doesn't sound like a fun way to live.

Allergy medications also work for some people, but only for inhalant allergies. They don't stop the damage food allergies cause inside your body.

Medications generally do little to relieve symptoms caused by sensitivities.

The third way is through Sensitivity Elimination Treatment (SET). This is what I do. Let me explain what SET is...

Sensitivity Elimination Treatment by Dr. Boothe™ (SET-DB™)

SET-DB™ was developed by Dr. Teryl Boothe, D.C., about 20 years ago. It's a fascinating story that I won't get into in this report. Suffice it to say, SET-DB™ is uniquely effective, so effective I rarely have to repeat my treatments. This means about **99.8% of the time my patients have to be treated only once for anything they're sensitive to.**

The treatment itself is simple and painless. It's so gentle I've been able to comfortably treat patients as young as six months and as old as 92.

How I test for sensitivities

Let's back up. Before the treatment is done, I have to find out what you're sensitive to. To do this, I use very sophisticated computerized equipment. The testing begins after you place your hand on a sensor.

I'm not going to get into exactly how the testing is done because it's outside of most people's education and experience. I once had a retired physicist come to my office for an evaluation. He understood everything I was doing—it was child's play to him. But to you and I it seems almost magical because it's outside of our education and experience.

Simply put, I test your body electronically, or "energetically," to see what it doesn't like. (Remember, a sensitivity is nothing more than something your body has come to dislike.) Because the testing is done electronically, I can test hundreds of potential sensitivities in a few minutes. The software records how mild or strong you react to everything.

This type of testing isn't allergy testing because it doesn't involve blood. Scratch tests are the most common type of allergy testing because they're cheap and easy to do (which is why insurance companies gladly pay for them), but they're not very accurate. Many patients have told me their scratch tests were negative, yet I found tons of sensitivities with my equipment.

How SET-DB™ is done and how it works

Let's say we were treating tree pollens today and I found that you were sensitive to 55 trees. After testing, I would make a treatment vial containing the electronic equivalent of all 55 trees. Again, physicist stuff here.

Simply put, when I place this small treatment vial in your hand, your nervous system will detect the energy in the vial and think you are holding the 55 trees. And because it mistakenly thinks the trees are "bad," it will focus like a laser beam on them.

You remain seated while I perform the treatment, which effectively "reprograms" your brain right there and then to stop identifying the 55 trees as "bad."

We don't really know exactly why this procedure is so effective. That shouldn't bother you, though. Do you watch television? If so, can you explain how sound and images get transmitted around the world and from outer space on invisible beams of energy to your house? Probably not, but you can still operate a TV and take advantage of the technology.

You don't have to know *how* something works to use it.

It's the same with SET-DB™.

This is best way I've come up with to explain it. Windows 3.1 came out way back in the 1990s. It ran much better than 3.0, but one big problem remained: computers running 3.1 would still lock up every day. Users could usually reboot their computers by pressing control-alt-delete on the keyboard, but sometimes it was so bad they had to unplug the computer and plug it back in before it would run again.

Here's what was happening: Windows locked up when two programs tried to access the same memory address. A fix for this didn't exist in Windows' code so the program stopped working and the computer froze.

A sensitivity is kind of like that: it's an electrical incompatibility between your body and the substance you've come to believe is bad. SET-DB™ is like a "reboot": it cancels the electrical incompatibility so that the next time you run into that substance you won't react to it.

The big difference here is, Windows 3.1 *always* locked up again, usually the same day, but your sensitivity will be gone for good.

On your next treatment we move on to another category, without retesting the trees you were treated for. I used to retest years ago but it was a waste of time. **SET-DB™ is so effective that I have complete confidence that when I treat you for something, you will no longer be sensitive to it.**

Now, “forever” is a long time. I can’t say with 100% surety that all my SETs will last *forever*. But, SET-DB™ is so effective that very, very few treatments ever have to be repeated. If a treatment ever does have to be repeated, the visit is free.

See to your digestion if you want to be healthy.

I’ll just touch on this subject as discussing it at length would fill a thick book. Remember, if a food is completely digested it can’t cause an allergy reaction inside your body. It can cause reactions in your mouth, throat, stomach, and intestinal tract, but after it gets digested it’s not that food anymore.

How do I improve my patients’ digestion? For starters, I encourage all my allergy patients to take digestive enzymes with each meal. If you’re having an apple or a 100% raw vegetable salad, it’s not necessary to take digestive enzymes as raw foods have live enzymes in them.

Digestive enzymes derived from plants are the best because they’re active in a broad pH range. That means they’ll help digest food in your stomach, where it’s very acidic, as well as your intestinal tract. Digestive enzymes derived from animals are only active in your intestines, so they’re less helpful.

Are you ready to get rid of your sensitivities?

Hopefully by now you recognize the importance of getting any and all of your sensitivities fixed. If not, I guess I failed to explain it well enough and for that I apologize.

If you’re ready to do something about your sensitivities, for good, what’s next?

Every patient has a different motivation when they come to see me. Many come in because of a specific symptom or problem they’re having and someone told them I could help. I try my best to figure out what’s most likely to be causing that problem and fix it as best I can. I’d be lying if I said I could do that *every* time, but usually I can.

Other patients are interested in becoming as healthy as possible. They don’t want to get a degenerative disease, or if they already have one they want to get rid of what’s likely to be causing it, or at the least making it worse. With these patients I go through *all* the food and nutrient groups. If they have hayfever, they also go through those treatments.

Still others, usually with severe or chronic health problems, need treatments for things like autoimmune categories, chemicals, pesticides, parasites, viruses, and bacteria.

Please remember, how much treatment you receive is really up to YOU. As I said, everyone has different goals when they come see me.

Now that I’ve explained how allergies and sensitivities can cause such massive health problems, you can make an educated choice on how much treatment you would like to receive.

Also, remember that you only have to do this kind of extensive treatment program *once*. It doesn’t have to be repeated again in a year or two.

Here's what to do...

I offer a free 15-minute consultation to anyone interested in my treatment program. This allows me to talk with you to see if your symptoms or health goals are in line with my work—in other words, if I think I can help you or not.

Also, I will do some testing on the computer. I usually do a scan of different categories of possible allergens and another of foods people commonly have problems with. After the testing, we'll take a couple of minutes to talk about the test results.

If you're looking to be as healthy as you can, I'll be able to give you an estimate of how many treatments you will need.

If you just want your hayfever treated, there are only ten treatments. We call this our "Inhalents" program.

If you have a other health problems or symptoms, and you would like them addressed, then your treatment program will likely be longer. I'll let you know.

In the end, it's *your* life. You can do whatever you wish with it.

I hope you've enjoyed reading this report, and I hope it's opened your eyes to how allergies and sensitivities can and do cause significant health problems.

Yours for better health,

Dr. Linda D. Potts

DCRC, RN, MBA, MBE

Board Certified Doctor of Natural Medicine

P.S. #1 I hope you'll call me today at (301) 824-HEAL (4325) to schedule your free consultation. It could be the most important 15 minutes of your life!

P.S. #2 I can only have a limited amount of these free consultations available, so if you're at all interested in coming in you'd better call today. I would hate for your time to be given to another.