

Dr. Leo Galland The Allergy Solution PODCAST SHOWNOTES

Hidden Allergies

Dr. Leo Galland is internationally recognized as a leader in integrated medicine. Dr. Galland is an award-winning clinician who is regularly chosen for America's Top Doctors. His latest book, written with his son, Jonathan, is *The Allergy Solution: Unlocking the Surprising, Hidden Truth About Why You Are Sick and How to Get Well*.

Are Allergies Making Us Fat?

Research indicates that allergies can prevent people from losing weight. Triggers the release of substances that make fat cells grow larger and in turn aggravate anti-inflammatory responses and release more substances that trigger fat cell growth, it's a vicious cycle. Most people with food allergies are not aware of their allergy. While many of us recognize hives, itching, and swelling as signs of an allergic reaction, there are many symptoms that many do not recognize. Dr. Galland recommends a "power-wash" explained in his book, to get rid of all allergy-inducing foods, and then add them back in to see how our bodies react.

Why Are So Many Of Us Allergic?

There are 4 factors that are leading to more and more of us being allergic these days.

- Outdoor Environment: pollution, greenhouse gases, exhaust fumes
- Indoor Environment: cleaning supply chemicals, formaldehyde, air fresheners
- Internal Environment: microbes in the GI tract being missing
- Diet: trans fats, lack of flavonoids

Back to Basics

We can change our indoor environment to use vinegar, baking soda, salt and water to clean our homes. Pressed wood products have large amounts of formaldehyde, be aware. We can change our internal environment and diet by choosing foods that promote a healthy microbiome of healthy bacteria, and a diet rich in macronutrients that keep us strong instead of promoting inflammation.

Visit Dr Leo Galland's Website: www.drgalland.com

Listener Question:

I am 5'2", 142 lbs, and 68 I have been following the Sugar Impact Diet and working out but I have lost nothing. What's happening?

You work in a chlorinated pool that could be impacting your thyroid function. Make sure you are getting good sleep and aren't stressed. Look at whether you have any insulin resistance and your hormone levels to see what's happening there. You're eating well, and you're exercising, so we need to look at other factors. Toxins, hormones, stress, sleep and the gut microbiome all play a role in

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weight loss. Seek out a functional medicine doctor to assess where you stand on all of these issues.

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As always, remember:
You are worthy. Dare to live a life that matters.

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