

# Naturopathic Therapies for Food Allergies

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- **Avoidance of food allergens**
- **Strict, life-long avoidance of gluten cereals if gluten sensitive**
- Treat & prevent leaky gut (*no alcohol, NSAIDs, unnecessary antibiotics; avoidance of allergens, e.g.*)
- Exclusive breast-feeding of infants (*6-12 months*)
- More fruits & vegetables (*5-9 servings/day*)
- Probiotics (*friendly, health-promoting bacteria*)
- Colostrum (*very first milk secreted*)
- Fresh, oily fish (*baked or broiled 2-3 times/week*)
- Essential fatty acids (*the "good" fats*)
- L-glutamine (*primary food of intestinal lining*)
- MSM (*We need sulfur--Best of all sulfur donors*)
- Antioxidants (*C, E, mixed carotenoids, e.g.*)
- Phytochemicals (*Quercetin, plant sterols, e.g.*)
- Vitamin A & zinc (*immune stimulating*)
- Standardized, nontoxic medicinal herbs (*cayenne pepper, ginger, Boswellia serrata, e.g.*)
- Homeopathic remedies
- **Growth hormone releasing therapy?**

