

‘NUTRITIONAL TIPS’

ALLERGENICS

This subject is the concern and bane of hundreds of thousands of Americans. The TV, radio and printed media are full of pharmaceutical companies peddling ‘Antihistamines’ and similar high margin drugs that, in this writer’s opinion, may present about as much negative contraindication or effects as the actual usually fleeting malady.

The big seven **‘Foodstuff Allergens’** are: 1) Milk and Dairy Products, 2) Orange or Citrus Juices, 3) Chocolate, 4) Nuts, 5) Bread or Grains, 6) Cheeses and, perhaps worst of all 7) Food Preservatives and Foreign Chemicals that are so prevalent in our modern diets. Why so prevalent? Enormous profits to the chemical and pharmaceutical companies! Big business with huge powerful lobbying influence hitting economic homeruns! At times, politicians, elected to protect the constituents’ interest, get swayed and sidetracked by offshore accounts in their names and pocket money!

Their very special huge ‘Senate, Congressional, Legislative and Executive Pension Plans’, that become fully active after but one term, are bold proof of the tendency to greed’s self-serving nature. If these elected and appointed civil servants were to share in the **‘Peoples Social Security Pension Fund’**, it would never be ‘Broke’ as it clearly is! By the way, the wives of these elected people automatically get their own separate pension plan. If the civil servant happens to get divorced, that is a significant bullet dodged! How considerate of us to unknowingly provide such generous perks! Are big corporate lobby funds perks or simply graft?

I digressed a little! Back to the subject!

There are other detractors to respiratory comfort such as pollens, common dust, cat or animal dander, various fibers, chemicals and industrial pollutants, tobacco smoke and more. We simply must be aware of all these agents and do our best to avoid or become more tolerant of them.

Interestingly, our ‘Auto-Immune System’, if we are basically healthy, will generally attend to these external agents and adjust our tolerance when needed ... but we must be ‘Of That State Of Mind!’

The key is to eat, drink and exercise wisely. That will invite and nurture a proper attitude!

We are what we eat and how we think!

**“Welcome Aboard!”
“Enjoy The Ride!”**

PERFORMANCE EXCELLENCE

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7