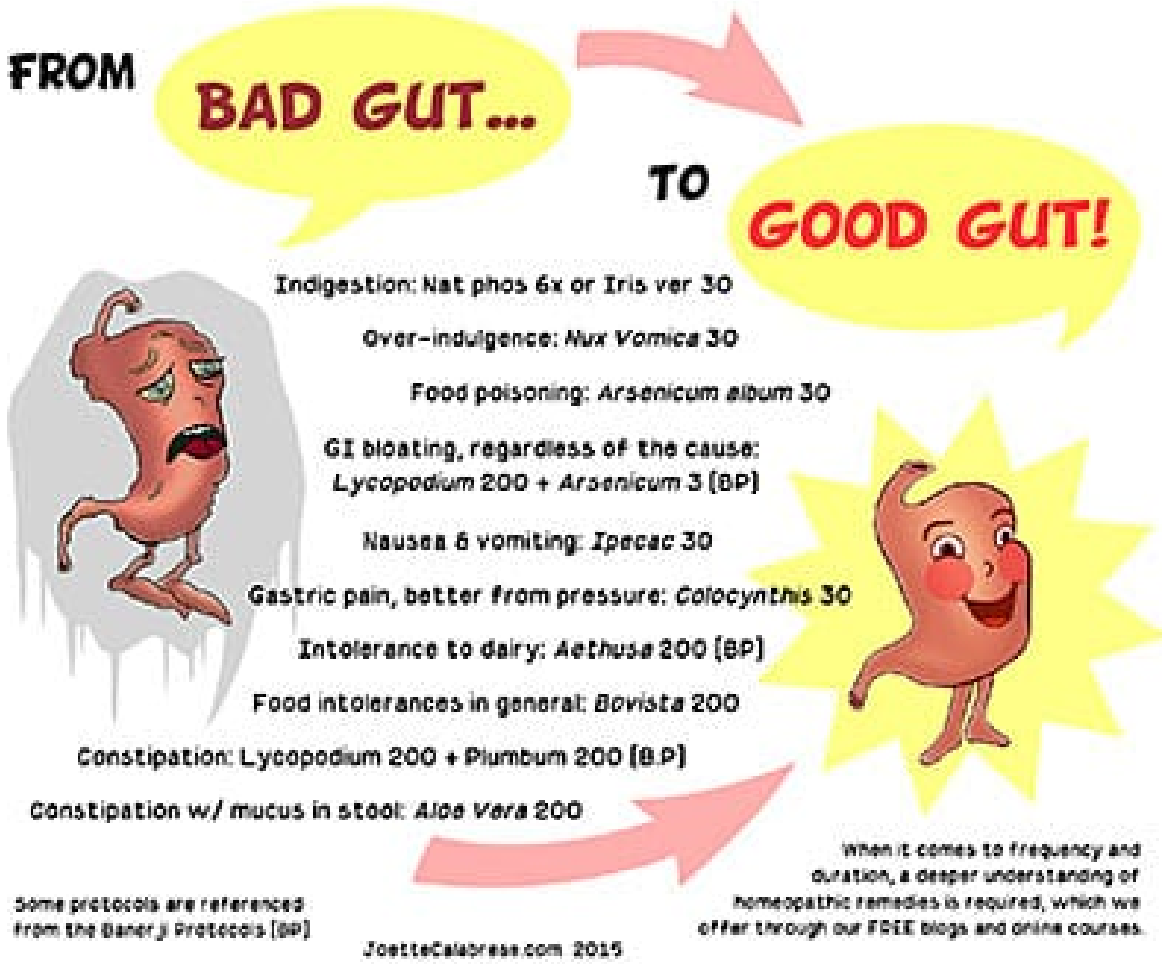
Beat Food Intolerances: Act Like Your Grandparents



How to effectively rid yourself and family of food intolerances.

We can speculate ’til the cows come home as to why each generation seems to suffer more serious gut conditions, and at an earlier age, than previous ones.

Some say it’s GMOs in our food supply.

Some postulate that foods are no longer made from scratch and

that fast-food chains are to blame.

Being poor Sicilian immigrants at the turn of the last century, my grandparents ate bread, bread, and bread with their pasta, pasta and more pasta.

Indeed, when they could get it, they ate an entire animal, but it was not part of their everyday diet.

For the most part, they ate wheat (and plenty of it.)

They also consumed lots of coffee, watery soups and their own homemade wine.

Given that they were raising their family during The Great Depression, quality dairy was like gold.

So was it their diets that kept them free from food allergies?

I say no.

I believe what kept my grandparents from experiencing any food intolerances was *attitude*.

It was their steadfast and prideful attitude that brought them to the U.S. as young adults. They were determined and willing to leave their homeland, acclimate themselves to the blizzards of Buffalo, New York, and accept they would have to start from scratch, as it were, in a foreign country; one that was not kind to Sicilians.

They also knew this meant learning a new language in order to make their dreams of a more prosperous and free life a reality.

I contend it was not their measly diets that protected them, it was their defiance, tenacity, and desire to be in charge of their own lives, despite the insurmountable odds they faced.

They needed to be able to recognize swindlers, peddlers, street con artists. And that included American marketing

schemes.

Not surprisingly, this carried over into how they approached their health.

“My doctor said” or “The tests revealed” was not part of their vernacular. They didn’t fall for the ubiquitous up-sells in doctors’ offices, or constant tests that “proved” they were as diligent as the rest of the country in safeguarding their health.

Instead, they said, “If you go to the hospital, you die.”

They ignored the constant pressure to get a colonoscopy, mammogram, bone density tests, PSA tests, or well-baby check-ups.

They refused to be bullied into swallowing an antibiotic for fevers, ear infections or strep throat, and they never succumbed to the ever-present belief that giving birth is a medical event nor believing that birthing is a medical event, hence scheduling their baby’s birth date in a hospital.

Because they had their babies at home, nursed them (hel- ***lo***!), made herbs from the fields and their meager gardens, prayed the Rosary and stayed married.

In fact, they didn’t buy into any pop culture, flavor-of-the-month marketing schemes, choosing instead to rely solely on their own homemade bread and pasta (and an occasional piece of meat cooked in an insipid broth.)

They were individualists.
Uneducated and smart.
Not politically correct, but

correct.
Not pawns of an industry or government program, but masters of their family's fates.

In other words, they didn't fall for pharmaceutical promotion campaigns or government intimidation tactics.

Because of this, one *could* suggest that the reason my grandparents (and probably yours, too) didn't suffer from food intolerances is because of the quality of the food they were eating at the time.

However, I like my theory better.

It's not what they put in their bodies, it's what they *knew* in their heads.

It was … their *attitude*.

It was a part of who they were and was woven into the fabric of their day-to-day lives. No amount of flashy advertising for the latest pills, shots or vitamins could change that, and they never felt coerced into submitting to countless tests or doctors' appointments the rest of the country seemed so willing to subject themselves to on a regular basis.

Simply put, they worked hard, raised their family and took care of their illnesses with old-world gusto and basic common sense.

Here I go again. This has become my mantra: it takes guts, spunk and moxie to resist the pull towards superfluous modern medicine. In my defense, it's because I hear the same story all the time. My clients and students tell me their tales of woe regarding "conventional" medical treatments all day, every day.

Antibiotics, steroids, birth control pills, blood pressure drugs, statins, beta-blockers, anti-depressants …

Then … BAM!

The solution? I was hoping you'd ask.

1. Stay away from unnecessary drugs. That means learning how to treat the ills your family experiences that would otherwise result in antibiotics, steroids, and the like.

2. If you've already been subjected to Big Pharma drugs (and really, who hasn't?) and now suffer from intolerances and other related conditions, know how to correct the problem. Not by avoiding the foods deemed "off-limits," but by correcting the underlying condition.
3. Educate yourself. I know I said this in #2, but it's worth repeating. If there's a method that is capable of curing a disease without having to rely on synthetic pharmaceuticals every day, don't you have the right (and obligation) to know all you can about it?

The homeopathic treatment for *one* of the conditions most often presented in food intolerances is, of course, a Banerji Protocol I learned from my dear friends in Calcutta.

It is:

- *Lycopodium 200* mixed with *Arsenicum album 3*, taken twice daily. Its use is indicated when there is bloating, burning or gurgling in the belly. It's used to root out food intolerances when it presents with eructation, flatulence and a heavy feeling in the belly. Some people describe it as a sense of "over fullness" after meals.
- Another most valuable Banerji Protocol is *Bovista 200*. The homeopathic treatment for *one* of the conditions most often presented in food intolerances is, of course, a Banerji Protocol I've found that this particular remedy

takes many weeks, even months, to begin acting. But it's one of my favorite go-to remedies for food intolerances, and allergies, in general. It's been a needle-mover for my family.

There are *many* more protocols specific to this condition that I teach and use on a day-to-day basis.

Click here for the top "most valuable remedies" you can print and post on your refrigerator.

If your family is suffering from food intolerances, stop living a life of food abstinence!

In other words, be like your grandparents and great-grandparents: cure your family with attitude and homeopathy today, and relish in the fact you've done them proud.