

## Dr. K's Health Korner

### Latest Happenings

Hello Everyone,

I hope you are enjoying the spring weather that has finally arrived. It took long enough, but we finally have broken out of winter's icy grip. Unfortunately, with the onset of spring, comes seasonal allergies. See below for the top story on seasonal allergies...

**Vacation Notice: I will be out of the office on May 22 and will be returning on June 4.** I am heading to Germany to visit the in-laws. It will be a time of overindulgence of beer, brats, and schnitzels. For you detoxers, I have one planned for when I get back.

For those who will need treatments, I have made arrangements with **Dr. Heller** who will be available during the time I'm away. He can be reached at **847-733-9900**. He is located at the same office.

The detox lectures have been great and I appreciate those who attended. I will be scheduling more lectures in June in case you couldn't make it. It's a great way to learn the effects that foods have on your body and how it can influence your health.



Dr. Jeffrey S. Kurtz  
Chiropractic Physician

### Nutrition Spotlight: Luffeel Nasal Spray from Heel

A great homeopathic remedy that helps with itchy and watery eyes, sneezing, runny nose, and sinus congestion due to seasonal allergies. It can be used as a preventative measure or treat current symptoms. 1 spray 3-5x/day can soothe irritated sinus membranes and bring relief without the drying out effects of antihistamines. Great for use during leaky gut repair.

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### Top Story: Seasonal Allergies

Seasonal allergies can be a nagging and chronic condition for people. Almost like clockwork, when a certain time of year arrives, symptoms appear and the annoyance begins. Some are forced to take prescription drugs to manage the symptoms.

Seasonal allergies are often a result of an overly sensitive immune system that is in overdrive all the time. How does it get that way? A major reason is where most people wouldn't even think to look: the digestive system. Most of our immune system surrounds the digestive tract and fights off all the foreign invaders that enter our bodies via our food. If we are sensitive to some of the foods we eat, it creates what is called a "leaky gut."

A leaky gut is when the intestinal lining, which is one cell thick, is compromised and gaps are formed in between the cells. This especially becomes a problem when digestion isn't good in the stomach. If stomach digestion is poor (lack of stomach acid), proteins and sugars are not broken down into their simplest forms and remain large complex molecules. These molecules enter the blood stream through the gaps in the intestinal lining and are then seen by the body to be foreign invaders. This stimulates a large immune response that attacks the large molecules. The result is a large inflammatory response that produces symptoms like headache, bloating, fatigue, cravings, and all types of allergy type symptoms.

Over time, this chronic response can put an immune system on high alert all of the time. Therefore, the slightest exposure to something may trigger a response (ex. Sinus problems). Another issue of concern is that sometimes a protein might slip through that looks like a protein from an organ or joint and your body will develop antibodies to that protein. Once the protein is disposed of, your body can't tell the difference and starts to attack its own organs or joints. This can lead to autoimmune conditions like rheumatoid arthritis or SLE (Systemic Lupus Erythematosus).

So the bottom line in dealing with seasonal allergies is to fix the gut and improve digestion. It takes about 6-8 weeks, but works beautifully. One of my patients had bronchitis every fall for several years. Last fall was the first time she didn't get bronchitis in a long time. The other seasonal allergens she was sensitive to also had little or no effect. Seasonal allergies are not due to a Claritin deficiency and don't require long term or repeated drug use to remedy. For more info, please call or email me at [drkurtz@preferhealth.com](mailto:drkurtz@preferhealth.com)

Have a great day!

Dr. Kurtz

Dr. Kurtz does not claim to diagnose, treat, prescribe, or cure any illness. For a specific diagnosis, see your primary care physician.

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