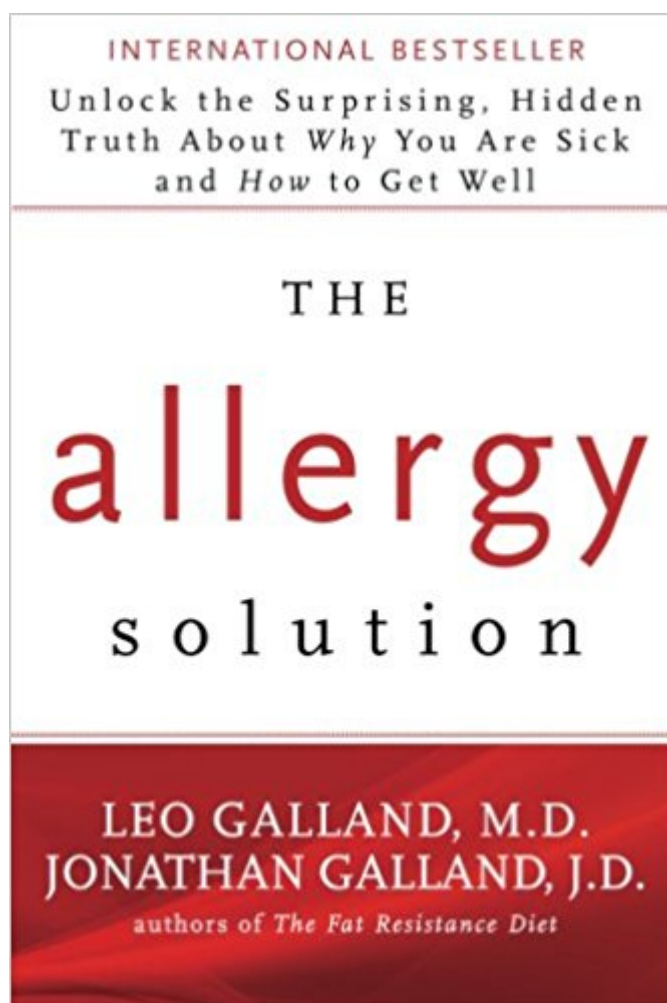


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# The Allergy Solution: Unlock The Surprising, Hidden Truth About Why You Are Sick And How To Get Well



## Synopsis

“The Allergy Solution is a game changer.” • David Perlmutter, M.D., #1 New York Times best-selling author of Grain Brain • An epidemic of allergies is spreading around the world. One billion people suffer from allergic diseases such as asthma, hay fever, eczema, and food allergies. But this is just the tip of the iceberg. In this eye-opening book, award-winning integrated-medicine expert Leo Galland, M.D., reveals the shocking rise of hidden allergies that lead to weight gain, fatigue, brain fog, depression, joint pain, headaches, ADHD, digestive problems, and much more. Astonishing new research shows how each of these is linked to the immune imbalance that is at the root of allergy. A brilliant clinician, Dr. Galland has unlocked the power of this breakthrough science to help thousands of patients who have struggled with mysterious symptoms answer the question: “Doctor, what’s wrong with me?” In The Allergy Solution, he is joined by his son, Jonathan Galland, J.D., a passionate health writer and environmental advocate, in exposing the truth that just as the earth’s environment is out of balance, our bodies are out of balance. The modern world, with pollution, unhealthy eating habits, lack of exercise, and excessive exposure to antibiotics, is fueling the rise in allergies. The Allergy Solution takes an in-depth look at how we can balance immunity through nutrition and lifestyle to reverse allergies without drugs. It offers an easy nutritional program, starting with a Three-Day Power Wash designed to “clear the tracks,” to help us take back control. Do you suffer from asthma, eczema, or sinusitis? Are you sick of pain, fatigue, brain fog, weight gain, depression, anxiety, or wondering what is behind your mysterious symptoms? Let Dr. Galland’s clinical experience and unique insights into cutting-edge science guide you back to health.

## Book Information

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## Customer Reviews

“Leo Galland and Jonathan Galland unite two important initiatives: how to use science to heal the body of allergies and chronic illness, and how to live in true harmony with nature. Reading this book can inspire personal and environmental transformation.” —Deepak Chopra, M.D., author of 22 New York Times best-selling books, including *Super Brain* “The Allergy Solution is a game changer! Finally we have a scientifically validated approach to our ever-expanding allergy problems that focuses on actual causes as opposed to relying on potentially dangerous drug remedies. The Gallands’ user-friendly text is a long-awaited answer for the countless allergy sufferers who can now regain immune balance and bid their allergy problems goodbye.” —David Perlmutter, M.D., #1 New York Times best-selling author of *Grain Brain* and *Brain Maker* “Amazing. Dr. Leo Galland is one of the most important medical thinkers of the 21st century. He has pioneered a new model practice that is followed by thousands of physicians, called Functional Medicine. It is medicine WHY! And in *The Allergy Solution*, Dr. Galland and Jonathan Galland dig deep into why we are in an epidemic of allergic disorders and provide a clear road map to recovery for millions of sufferers. If you have allergies, have any chronic disease, or just feel lousy, this book is your way toward renewed health. It will be a must-read for doctors and patients for years to come!” —Mark Hyman, M.D., #1 New York Times best-selling author of *The Blood Sugar Solution* “Dr Galland takes us on a fantastic voyage to an uncharted understanding of ourselves and our personal environment that will change many readers’ lives.” —Mehmet Oz, M.D., Professor of Surgery, Columbia University; host of *The Dr. Oz Show* “The Allergy Solution is a godsend for the millions of people worldwide who are increasingly suffering from allergies. The Gallands ask the big, important question: “Why are you allergic?” Not only “what are you allergic to?” That’s the game changer. And once you know why, they show you exactly what you need to do to live a life free of the drugs that just treat symptoms and never get to the real cause. Bravo to the Gallands!” —Christiane Northrup, M.D., New York Times best-selling author of *Women’s Bodies*, *Women’s Wisdom* and *Goddesses Never Age* “This is the book I have been waiting for! In a masterful piece of investigative reporting, Dr. Leo Galland and Jonathan Galland uncover the shocking truth about what is making us so allergic and sick. They present the science that shows how our environment and our health are

threatened by air pollution, chemicals, fast food, and global warming. The Allergy Solution gives you a detailed map to take control of your health and your life. — • Amy Myers, M.D., New York Times best-selling author of The Autoimmune Solution — “Dr. Leo Galland and Jonathan Galland have put together a masterful and critically important discussion about allergies.

Underappreciated, misunderstood, and misdiagnosed, allergies are common and growing in importance. This book provides astounding wisdom about the world of allergies to the reader searching for health answers. I truly enjoyed reading it and picked up a lot of information I had not heard before. Terrific job! — • William Davis, M.D., #1 New York Times best-selling author of Wheat Belly — “Dr. Leo Galland, a board-certified internist, was classically trained at one of New York’s finest medical schools. In The Allergy Solution, he gives readers a clear, comprehensive and effective approach to remedying the ubiquitous allergies that cause us to wheeze, sneeze, gain weight, feel exhausted, foggy, and depressed, and perturb our lives in too many other ways. Before you pick up your next prescription for allergies, asthma, or a host of other common disorders, see what he has to say! — • Lloyd I. Sederer, M.D., Adjunct Professor, Columbia University Mailman School of Public Health; Medical Editor for Mental Health, The Huffington Post — “In The Allergy Solution, Leo Galland and Jonathan Galland reveal the true cause of our worldwide allergy epidemic and provide a desperately needed solution for millions with allergy symptoms. A must-read for anyone with allergies! — • Steven Masley, M.D., best-selling author of The 30-Day Heart Tune-Up and Smart Fat — “This book is a blessing. The Allergy Solution is a practical toolkit for patients, as well as a scientific source for clinicians to breathe easier, decrease suffering, and help enliven the long-lost you! — • Patrick Hanaway, M.D., Medical Director, Center for Functional Medicine at the Cleveland Clinic — “In this highly revealing book, Dr. Galland goes beyond conventional Western medicine and offers readers the knowledge they need to reverse their allergies and start to feel vibrantly well. Bringing Dr. Galland’s clinical experience together with Jonathan Galland’s wealth of scientific research on why we have become so allergic, The Allergy Solution attacks this new epidemic at its source and helps us restore our bodies to balance. — • Frank Lipman, M.D., New York Times best-selling author of The New Health Rules and 10 Reasons You Feel Old and Get Fat — “The research in The Allergy Solution is a revelation. If you want to uncover what’s behind your mystery symptoms, or how to thrive in a toxic world, this book is the answer. Discover how to fix your stomach, heal your headaches, beat stress, improve your mood, and conquer pain. Leo Galland and Jonathan Galland provide the scientific validation of something that traditional healing practices, East and West, have

understood for millennia, that living in harmony with nature is essential for healing ourselves and the planet.

• Vijay Vad, M.D., Assistant Professor, Weill Cornell Medical College; author of *Stop Pain: Inflammation Relief for an Active Life* “The Allergy Solution is a must-read for anyone who has suffered from any type of allergy or hasn’t felt quite themselves, either intermittently or on an ongoing basis. As a patient of Dr. Galland, and a health and fitness professional who has suffered from seasonal allergies my entire life, I have gotten tremendous relief from following Dr. Galland’s advice and as a result feel much better year round.”

• Joe Dowdell, co-author, *Ultimate You* “While allergy is common in the modern world, few address the ways in which modern living may be causally implicated. Dr. Leo Galland does just that, and changes the conversation entirely by asking why allergy happens rather than just what the allergens are. He blends deep scientific understanding with a holistic perspective to offer a powerful approach, rooted in lifestyle, addressing this modern scourge at its very origins and offering allergy sufferers enlightened help and renewed hope.”

• David L. Katz, M.D., Director, Yale University Prevention Research Center; Founder, True Health Initiative “Dr. Galland’s wisdom has changed my life.”

• Susan Sarandon, Academy Award-winning actress “Another masterpiece by one of the intellectual founders of functional medicine. Dr. Galland’s encyclopedic understanding of the real causes of allergy and many illustrative case histories make this book a wonderful resource for those suffering this once uncommon illness. Strong recommendation for everyone wanting to stop being allergic.”

• Joseph Pizzorno, N.D., Editor in Chief, *Integrative Medicine, A Clinician’s Journal*; co-author, *Encyclopedia of Natural Medicine* “Allergic diseases are plaguing one-quarter of our planet from the onslaught of our gut flora by over-sanitation and the Westernization of nations. Dr. Leo Galland is a pioneer of functional medicine, master clinician, and thought leader whose wisdom and experience make his latest home run.”

• The Allergy Solution “a must-read for everyone afflicted with allergies.”

• Gerard E. Mullin, M.D., Associate Professor of Medicine, The Johns Hopkins University School of Medicine; author of *The Gut Balance Revolution* “The Allergy Solution will be of enormous help to people struggling to understand what triggers their allergies and sensitivities. It offers tools to uncover your specific triggers, as well as practical advice on how to avoid and relieve the problem. I learned from reading it.”

• Lawrence J. Cheskin, M.D., Associate Professor, Johns Hopkins Bloomberg School of Public Health and School of Medicine “As I was reading this book I kept thinking about ‘Amazing Grace,’ where after enlightenment a person was no longer blind. The song speaks of finding the spirit of the Lord. I felt much the same way

when reading *The Allergy Solution*, that I was blind and now I can see. Dr. Leo Galland and Jonathan Galland open our eyes to the invisible and offer insight and knowledge with very practical solutions that can change lives. • Lloyd Saberski, M.D., Faculty, Yale University School of Medicine • “In *The Allergy Solution*, Dr. Leo Galland and Jonathan Galland provide a hands-on, easy-to-implement plan that balances your immune system and helps you break free of miserable symptoms that hold your health and weight hostage. Don’t miss this one!” • JJ Virgin, C.N.S., New York Times best-selling author of *The Virgin Diet*

--This text refers to an alternate Paperback edition.

Leo Galland, M.D., a board-certified internist, is recognized as the world leader in integrated medicine. Educated at Harvard University and NYU School of Medicine, he won the Linus Pauling Award for his trailblazing vision that created a new way to practice medicine for thousands of doctors. Dr. Galland has been featured in *The New York Times*, *The Wall Street Journal*, *Self*, and *Men’s Fitness* and has appeared on the *TODAY* show, *Good Morning America*, *The Dr. Oz Show*, PBS, CNN, and Fox. He is the author of *The Fat Resistance Diet*, *Power Healing*, and *Superimmunity for Kids*, and the director of the Foundation for Integrated Medicine. Website: [drgalland.com](http://drgalland.com)

Jonathan Galland, J.D., a leader in integrated health education, writes for the *Huffington Post* and *MindBodyGreen*. Jonathan created over 100 recipes for *The Fat Resistance Diet*, featured in *Fitness*, *Woman’s World*, on *The Dr. Oz Show*, and in *The Washington Post*. He has appeared on *Martha Stewart Living Radio* and given dozens of radio interviews. He is CEO of [pilladvised.com](http://pilladvised.com), which brings together integrated medicine and environmental health.

I was one of the people born in the 50s when breastfeeding was unfashionable, and got a double whammy from being born Cesarean birth. The tipping point was getting a root canal at age 15: I’ve battled allergies ever since (now 60). I learned that taking drugs did NOT treat the cause and only created more health problems. For example, if you take steroids or antihistamine, you may get temporary relief, but you could become obese and get osteoporosis--worse than the allergies! I love this book because the good doctor covers all the ROOTS (causes) of this issue, including FOOD (which is a huge factor in my case). He discusses how almost every symptom you have can be related to allergies, which even mimic diseases. (My question here is: Are all diseases, at their root, allergies caused by all the new chemicals and food toxins?) He teaches you how to journal every day to uncover the food or environmental issue that is causing your symptoms, something I’ve found useful for years. He points out that allergies are increasing dramatically due to our way of

farming (just wish he'd mentioned GMOs!), and stresses the importance of ORGANIC (pay now or pay later). He provides a power cleanse with simple soup and smoothie recipes, and a guide for slowly reintroducing new foods to discover which ones you're allergic to (in three stages). Though I have read several HUNDRED books on health, which is my passion (even written and published a couple myself) I found this a worthwhile read as I learned new tidbits, including the following: WHY we should make ours a "shoe-less house," details about "third hand" smoke, the curative power of flavonoids and which foods have them, the vicious cycle of allergies and weight gain (exacerbated by allergy drugs), the power of adinopectin to decrease allergies and weight, the allergy link to eating fast foods, and much more. There is even a separate chapter on rhinitis and a separate one on asthma. And of course, there is a separate chapter on the gut microbes, a current very popular topic. A favorite chapter of mine is "Are Allergies Making you Fat?" Each chapter has at least one case study and at the end of every chapter is a summary. Susan Schenck, award-winning author of The Live Food Factor and several other books

The story is familiar to so many of us: You feel ill. Maybe things came on dramatically, maybe slowly, but your declining health is interfering with your otherwise amazing life. Nothing you've tried on your own has fixed it, so you go to a doctor, who orders tests - maybe a lot of them. For most people, this is where they get their answers. But for many, the tests come back with nothing remarkable; you're sent home with instructions to "reduce stress" or "wait to see if it goes away." But you do, and it doesn't. So you go to another doctor. And another. And another. You see countless specialists, you stay up all night reading studies and doing research to try to figure things out on your own, you try goofy woo-woo things that you know won't work because you're so desperate you need to try something - anything. The lack of answers makes you wonder if you're just lazy, or defective, or a hypochondriac. But no matter what you do, no matter how much you try to convince yourself you'll be fine, you don't feel better. The information in this book allows people with difficult-to-diagnose illnesses take action on their own, both to understand what might be causing their condition and to address it decisively. Not everyone's undiagnosed problems are associated with non-IgE allergy, but many, many are - and if yours is, you'll finally find some relief. And if allergy is not related to your problem, well - all you've lost is a bit of time and a few days of adjusted diet, and you'll have ruled out one more thing that will bring you a step closer to someday finding a solution to your problem. Well-researched, well-cited, well-written, and easy to understand, I hope this information helps you in the same way it has helped me.

The gist of Dr. Galland's solution is to start with an elimination diet, easier said than done. If you have a latex allergy (and who doesn't these days) he says to leave avocado and banana out of the 3-Day Power Wash smoothie. Well, a smoothie of strawberries, tea, greens, and chia seeds is a bit grim. But the science behind all the allergens in our lives reveals unexpected facts: garden tomatoes and ragweed season coincide to tip some people over the edge into full-blown misery, birch pollen and apples team up too. He describes the trade-offs of medication vs eliminating allergens AND when to foods to which we're only sensitive, not truly allergic. A very good compendium of allergy facts, with some solutions, not exactly "The" solution.

I think this breaks down the issues contributing to asthma and allergy very well and I think it will be very helpful to many. I have some reservations about the power wash. It's all liquid and by day 2 I was a mess. And there's no protein! Except for advocado and chia seeds. I worried about that and felt kind of spacey (oolong tea is not coffee) so on day 2 I added chicken and rice, reasoning that I'm unlikely to be allergic to them. But today, as on the other days, I really don't feel any better. I'm still wheezing. I'll keep trying and maybe switch out the rice and chicken for lamb and sweet potatoes. And I'm going to stick with it to learn if any foods produce reactions. But it could be my issue is more environmental. The information on supplements and gut is also excellent.

I bought this book for my wife, she absolutely loved it. If you are an allergy sufferer, get this book, it will help you deal with the problem.

Good basic info, you may have to tweak advice for your own situation though.

Love this book!

An eye opener, a game changer, a grat book.

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