

FOOD ALLERGIES

A DEEPER LOOK AT ALLERGIES AND CONCEPTS OF HEALTH

Brought to you by
William Pollak, DVM
Fairfield Animal Hospital
1115 E. Madison Ave
Fairfield, IA 52556

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One of the most important ingredients in maintaining optimum pet health is a diet of fresh wholesome varied nutrients combined for the species in mind. Vitamin and mineral supplementation will further add vitality and energy to your pet. On such a diet the energy, nutrients and intelligence consumed will allow for maximum stamina and overall health.

Diets fed that contain old, spoiled and inappropriate components create an environment where not only does the organ systems of the animal not function properly, but there is a continual attack on the body of poisons and what is called allergens or antigens. In this system, under continual attack, what would have been a harmless and even beneficial nutrient is implicated as a coconspirator in a cascade of events that turns the overstimulated "attack" mode of the animal, on the animal itself. This style of functioning is a cry for greater health and well being. It is an indication the system is not functioning as designed. This unnecessary and detrimental attack has very little to do with the food component. The food component (and there are probably many) is only the indicator that the attack mode is present and out of balance. Allergy in all its forms is a reflection of a system starving for higher nutrition, intelligence and health.

There is tendency to blame foods as being "bad" and producing allergy. In fact the overall quality of the diet results in the expression of health and vitality, or allergy and disease (the relative absence of health) especially in our pets. An appropriate diet for the individual is soothing, nourishing and a source of wellness, consisting of orderliness, intelligence and vital life energy. Fresh wholesome food substances offer only life supporting energy in a system functioning with enough intelligence to recognize it and extract it.

. The basis of disease is fear (making the sense of lack real), restriction on the other hand is necessary for individual life; the intellect functions through negation (not this or this or this...therefore must be that; process of distinguishing), the senses function only in narrow bands; amplifying specific vibratory inputs (light, sound, smell, taste and touch), again a necessary restriction. What distinguishes restriction from fear is unwellness (perceived notion of lack) in the background flavoring experience as opposed to Wellness in the background mixing with the sensory and emotional data of the individual nervous system.

Blaming particular foods as allergenic and causing disease, results from understanding health from a level blinded by the fear of disease. Almost nothing can be further from any concept of Wellness. Wellness is the experience and knowing all is WELL, to whatever extent the living system is capable of knowing or imagining. Any understanding of health that has at its basis avoidance in

any form is living in dis-ease. Health is freedom, joy and growth all mixed together in the eternal present. Living and trying to avoid this and that kind of food (or any environmental particle for that matter) for extended periods of time in the name of keeping disease away is far from health. Can anyone believe health is always being on your guard against all the possible foods that can do you or your pet "in"? This is living outwardly an internal war. War, in the sense of possibly losing something is grounded in fear. War as playing on opposing sides for the joy of excelling, or enjoying the battle for the thrill of seeing differences played out is indeed another story, hardly at all entrenched in disease.

Health is inclusive, ever including in it greater contrast and abundance of difference. Health is the simultaneous coexistence of opposites dancing the eternal dance of being a point and the field at the same time. Wellness is vitality and expands more and more within its ever growing territory of influence and interaction. Health is a mixture of a sense of freedom, joy and growth; seeing this overflowing in our pets naturally is an unmistakable reminder to us that it is our inheritance as well.

Our animal friends though localized in many lovely forms have not severed themselves from the non localized perspective. The animals are awake in their non physical value and in this area they seem to be ahead of us as humans who can only define ourselves as perceivers of sensory input alone; localized and alone in the garment of physicality.

Animals do not know disease as we know it. Our pets and all their animal cousins see restriction and innocently make adjustments to new conditions. It is this unmistakable tie to earth and her nature that we find so irresistibly refreshing by having the pets; big and small around us. They are a reminder and a support in redirecting our thoughts and emotions to the Wellness we forgot and they know so well.

Pets, still connected to universal life flow nurture us in soothing our emotional body, absorbing not only the love but the fears as well. Sometimes this can make them momentarily forget their wholeness but only in an effort to spread out the fears that we are emanating. This spreading out eases the knot of discomfort in a natural way. Animals can take on our discomforts; mentally, emotionally and physically, even taking them to the grave with them. The animal never sees or knows of the grave, for they almost always move innocently to the light of unconditional life upon release from the physical body well before their human counterparts.

It is sharing the respect of differences that drive the engine of constant creation among the forms of the living. Knowing, living and enhancing these differences is the stuff that Health is made of. The fears of a more localized habit of functioning are burnt in the fire of love/truth maintaining individuality for the rest to see.