Shockingly simple all-natural allergy cures...
Send your sniffles and sneezes packing today!

You don’t need to see a pollen report to know allergy season is here—just step outside and be prepared to duck all the sneezing and wheezing.

And if you happen to be one of those sniffly, leaky-eyed sneezers yourself, I’m sure you’re already wondering when allergy season will end this year.

First, the bad news: Don’t hold your breath (although the allergies might already be doing that for you). Allergy season now starts earlier, ends later and lasts up to one month longer than it did back in the 1990s, depending on where you live.

I know people who are actually MOVING just to get some relief!

Now, the good news: you CAN win the battle against hay fever, and you can do it without relying on meds or a moving van. In fact, I’ve got three answers for you today, any one of which could end the sniffling and sneezing for good and have you feeling better, seeing clearer, and breathing easier than you have in years.

And I’m going to start with...

Nature’s own antihistamine!

Just the word “antihistamine” is enough to make some people tired, and for good reason: These meds can knock you out, and leave you feeling like crap when you (eventually) wake up.

Even some of the so-called non-drowsy formulas have drowsiness as a side effect (try to figure that one out!)—and if you somehow manage to keep awake, these meds can leave you fighting off dizziness, dry mouth, and more.

But you don’t have to choose between perpetual sinus problems and a mouth so dry it feels like you’re chewing on cotton balls, because nature’s own antihistamine has proven to work as well as some of the world’s best-selling allergy meds!

It’s called butterbur, and if that name sounds familiar, you must be a longtime reader. I first told you about this stuff’s ability to fight off hay fever a full decade ago—but back then, you couldn’t find the stuff in stores here if you tried.

Today, it’s cheap and readily available—and it’s got some rock-solid research to back it up.
In one study published in *BMJ* back in 2002, researchers put 61 patients suffering from the misery of allergies onto butterbur, and another 64 onto cetirizine (Zyrtec). Two weeks later, the patients on butterbur improved every bit as much as those on the drug.

Cetirizine is supposedly a non-drowsy drug, but eight of the 64 patients who took it in the study experienced it anyway (what’d I tell you?), versus no one in the butterbur group.

In another study, published in 2005, butterbur proved to be every bit as effective as the drug fexofenadine (Allegra), and then some.

Nothing like going toe-to-toe with the big guys... and winning!

One important note here: Butterbur can contain natural pyrrolizidine alkaloids that are toxic to the liver. A quality supplement will be certified free of them, and will say so on the label—so choose yours carefully.

In addition, you’ll need to take small doses of butterbur three or four times a day, as opposed to once or twice a day for most allergy meds—but that’s a pretty small tradeoff for all-natural non-drowsy relief.

Of course, like any other cure, butterbur won’t work for everyone in all cases. And if you find you need a little more help beating your own seasonal sniffles, turn to what I call...

**The “raw” cure for allergies and asthma!**

It’s no secret... the Amish and other farm-based communities just don’t get allergies and asthma at anything close to the same rate as us.

One new study out of Switzerland finds that nearly 12 percent of non-farm kids suffer from hay fever, versus just 0.6 percent of the Amish there, and 3.1 percent of kids from non-Amish farms.

Amish kids also have half the rate of asthma, with children from non-Amish farms also breathing much easier than non-farm kids.

Think there’s something in the water on those Swiss farms? Think again: We see the same thing here and everywhere else... and it’s not the water.

**It’s the milk!**

Many farmers and almost all of the Amish start each day with a tall glass...
of nature’s best cure for allergies and asthma: farm-fresh raw milk.

One study last year found that kids who drink raw milk have **HALF** the risk of hay fever and a **41 percent lower risk** of asthma than children forced to gulp down pasteurized supermarket swill.

That study even identified the specific whey proteins that can supercharge your immune system against allergies and asthma: BSA and alpha-lactalbumin.

You won’t find either of those in supermarket milk, not even the organic stuff, because pasteurization kills just about everything in the milk that’s worth having. If you want the benefits—*if you want to breathe better than you have in years*—you’ll need to find a farmer who can sell you the real stuff.

Along with curing your own asthma and allergies as well as those of your children and grandchildren, raw milk can help balance your gut, turbocharge your immune system, and slash your risk of diseases including heart disease and diabetes.

It can even cure autism!

And if despite your best efforts you can’t get your hands on raw milk, you’ve still got options, including...

**The natural cure that’ll drive your doctor nuts!**

Mention homeopathy to your doctor, and he’ll act is if you just brought up witchcraft and magic spells.

You’re better off not even mentioning it all.

But this isn’t witchcraft. Despite what you’ve heard from the mainstream, there are literally **hundreds of studies that back homeopathic remedies** for some of our most common modern ailments.

Back in 1991, three Dutch medical professors—none of whom were homeopaths, by the way—looked at 107 controlled trials involving homeopathy. They were stunned when they found that 81 of them showed those remedies to be effective, including **five out of five studies on homeopathic hay fever treatments**.

That was published in *BMJ*, generally not known as friendly territory for witchcraft and magic spells.

A study published in 2000 involved 50 patients randomly assigned to either a homeopathic remedy for hay fever or a placebo. Those who got the homeopathic remedy not only beat the placebo... they enjoyed improvements in nasal airflow **similar to what’s seen in patients given steroids!**

That wasn’t exactly what the researchers behind that one were expecting, either.

“We conclude that this study has failed to confirm our original hypothesis that homoeopathy is a placebo,” the authors dourly noted at the time, also in *BMJ*.

Translation: “This stuff works, even if we don’t like having to admit it.”

That’s not all.
In a 1986 study published in *Lancet*, researchers gave 144 hay fever patients taking allergy meds either a placebo or a homeopathic remedy, and told them they could keep taking their allergy meds as needed during the trial period. Not only did the homeopathic patients show greater improvement, but they also used **half as many allergy pills** as those on the placebo.

The trick here is to avoid the off-the-shelf homeopathic treatments you’ll find in Wally World and the chain pharmacies, because those are every bit as useless as your doctor says they are. Go see the “witch doctor” in person instead—visit a skilled and experienced homeopathic doctor who can tailor your treatment to your symptoms.

One thing to note here: Homeopathic treatments can actually cause hay fever symptoms to get worse for a brief period, usually a few days or a week. Homeopaths call it a “healing crisis” or “aggravation of symptoms.”

Bear with it. It’ll be worth your while.

But before you start messing around with any of this, there’s one simple step you can take tonight that could dramatically slash your allergy symptoms or even eliminate them altogether:

**THROW OUT YOUR PILLOW!**

Pillows are basically sacks full of dust mites, dead skin, old germs, dry spit, boogers, mold, fungi and quite possibly a few life forms unknown to science. The longer you’ve had yours, the more microscopic monstrosities you’ll find living in (and on) it.

And odds are, some of them could be the real cause of your allergy symptoms.

Get rid of that dirty old pillow, especially if your symptoms tend to be worst when you first wake up, and treat yourself to a new one.

It could be cheapest, easiest, and quickest cure for allergies of all.

**Placebos: How docs are using fake medicine to shut you up**

“Shut up, take this pill, and DON’T call me in the morning.”

Sound familiar?

With half of all American doctors prescribing placebos instead of an actual drug to their patients there’s a really good chance it does. And apparently, according to a study published in the medical journal *BMJ* docs aren’t at all shy about admitting it since they readily confessed the fact to researchers conducting a survey on the subject.

American docs aren’t alone in their placebo prescribing habits either: Similar surveys in other countries like the UK, Denmark, Sweden, and New Zealand found that the practice seems to be global.

In other words: Doctors tell you they’re giving you one thing, and then
they prescribe you another. And they’re not just prescribing harmless sugar pills—they’re doling out headache medicines (aspirin), vitamin pills, and very often antibiotics and sedatives. Imagine being given a sedative without knowing it! Does something seem wrong with this picture?

Franklin G. Miller, one of the authors of the study and the director of a research ethics programs at the National Institutes of Health, said the study should give doctors “pause” about whether they are engaging in “deception” with their patients. I say...

Forget pausing—it should be a brakes squealing, full stop, red-flag waving offense

Once the trust between doctor and patient is compromised, forget it. It’s not just that the patient won’t believe his doc when it comes to drugs—he won’t believe him when it comes to anything. Good luck coaxing a patient into lifestyle changes when he thinks you’re a fraud.

The problem is, the solution being proposed by medical ethicists is almost as bad as the problem itself. Instead of suggesting that doctors stop prescribing placebos altogether, these nut jobs want doctors to actually tell their patients what they’re doing!

The very essence of a placebo is that the patient believes it to be an actual drug, and then the power of suggestion and positive thinking do the rest. What patient would take a placebo, knowing that it’s a placebo?

Doctors argue that many “conditions” such as fibromyalgia are merely psychosomatic. So the question is, is it better to pass out doses of colored aspirin rather than pumping their patients full of useless drugs with more serious side effects?

One doctor said that sometimes doctors use placebos as a fallback in situations where patients insist something is wrong, and yet the doctor can’t find the source of the ailment. They’re using placebos to treat what Miller calls “difficult patients.”

That’s right—they think you’re “difficult” so here’s a phony pill to shut you up

There are a lot of folks who will tell you that the placebo issue isn’t black and white. The heck it isn’t. Anyone who could be cured by a placebo—as in, they’re not sick in the first place—deserves some straight talk. But such lengthy appointments could make doctors late for their afternoon golf games.

So how do we solve this problem? Simple. The first solution is for doctors to stop prescribing placebos in the first place.

Second, your doctor should take the time to learn what’s at the root of your problem, instead of simply throwing pills at you—placebo or otherwise.

That’s why, if you’re not already, you should see one of the doctors registered with the American College for Advancement in Medicine. You can check them out online at www.acam.org.
Finding solutions for heart disease and prostate cancer in a nutshell

Finding an excuse to eat walnuts every day is not hard...starting, of course, with the fact that they’re delicious. But, it turns out, the benefits of eating walnuts go way beyond pleasing your palette.

Studies have shown that these tasty nuts are good for your heart since they help improve blood vessel elasticity and help prevent plaque accumulation. They also help lower C-reactive protein, the independent inflammation marker that’s gaining acceptance as a marker of heart diseases.

But according to a study presented at the 239th National Meeting of the American Chemical Society (ACS), walnuts could also be able to fight prostate cancer.

Researchers added walnuts to the diet of mice that had been programmed to develop prostate cancer. After two months of eating the equivalent of 14 shelled nuts per day, the walnut-eating mice developed cancers that were 50 percent smaller, and that grew 30 percent slower than those mice who didn’t eat the walnuts.

These positive results could be due to the fact that walnuts can help reduce the levels of two risk factors for prostate cancer: elevated levels of endothelin and low levels of insulin-like growth factor-1 (IGF-1).

Prostate cancer patients are known to have elevated levels of endothelin, a substance known to increase the inflammation of blood vessels. One study found that eating walnuts can lower the level of endothelin in the blood. The study reported at the National Meeting of the American Chemical Society demonstrated the real-life benefit of lowering those endothelin levels with walnuts.

**From brains to bones**
**walnuts pack a health wallop**

**Brain booster:** The high omega-3 content of walnuts makes them the perfect brain-boosting snack. Because your brain is primarily made up of structural fat, you need the omega-3 fat that you get from sources like walnuts, flaxseed, and cold-water fish in order to help support healthy function.

**Sleep solution:** Not many people know this, but walnuts have a bio-available form of melatonin, the hormone that’s involved in regulating sleep. According to a study published in Nutrition, eating walnuts can triple your blood level of melatonin.

**Bone breakthrough:** Walnuts contain alpha linolenic acid, a specific type of omega-3 fat that helps reduce bone loss. In fact, a small study of just 10 adults, published in Nutrition, Metabolism and Cardiovascular Diseases, showed that eating just four walnuts per day for three weeks significantly boosted the blood levels of ALA. Even more encouraging, the beneficial effects lasted for weeks after the subjects stopped eating the walnuts.

Keep in mind that these nuts are high in calories, so I’d try to stick to 1-2 oz per day. The 14 nuts used in the study fits perfectly into that limit.
One of the best ways to get your ration of walnuts is to put them on your salad. You can buy them by the pound, and if you keep them refrigerated in a plastic bag, they’ll last for years. Of course, if you know what’s good for you, they won’t be around that long!

My advice? Bottoms up to fight everything from diabetes to cancer

Go ahead, have a beer! What better way to toast the many benefits of alcohol?

Researchers from UCLA’s David Geffen School of Medicine found that people who drink in moderation are less likely to suffer from the kinds of physical disabilities that can limit your independence later in life...25 percent less likely, in fact.

One of the study co-authors explained that daily consumption of at least one drink helps unleash alcohol’s preventative benefits.

In another study, researchers from the Medical University of South Carolina found that having one or two drinks per day lowered the risk of cardiovascular disease by 38 percent. And if wine is your drink of choice, you’ll receive even more benefits. According to this study, the wine drinkers experienced a 70-percent decrease in cardiovascular events.

I’ve told you about lots of studies that proved the health plusses of tipping a daily glass or two—benefits like an increased resistance to heart disease and certain cancers. There was even a study that concluded that a daily alcoholic drink may stave off age-related mental decline in women 70 and older.

Drive off dementia with this breakfast drink

This is the kind of research that must drive the health Nazis in this country up the wall. But the fact is, the evidence of all of these studies can’t be ignored. Alcohol can be good for you. Just like coffee, another much-maligned beverage. But according to research, coffee can slash your risk of Alzheimer’s by two-thirds.

The study, published in the Journal of Alzheimer’s Disease, found that drinking three to five cups of coffee could reduce your risk of developing Alzheimer’s or dementia by as much as 65 percent!

And another study published in the journal Stroke found that women who drank four or more cups of coffee a day were 20-percent less likely to suffer from a stroke than women who drank less than one cup per month. You’d think that would be great news, but the study’s senior author, Rob van Dam, just couldn’t bring himself to fully break with the mainstream’s hatred of coffee.

He said, “The results are reassuring in that coffee consumption does not seem harmful for stroke risk.” No kidding...because it actually reduces the risk!

Fill UP your mug...watch your diabetes risk go DOWN

Coffee is jammed full of antioxidants, it slices the risk of liver cancer
in half, and it cuts down on the risk of type II diabetes by as much as 50 percent. All this, and it still does a tidy job of perking you up, focusing your mind, and relieving stress. That’s one busy cup of liquid!

For all you true coffee drinkers out there who are wondering...we’re talking about regular coffee here, not decaffeinated. The good stuff. The high-octane java. This study specifically pointed out that it’s good, ol’ caffeinated coffee that’s yielding these results.

And of course, be sure to drink it black.

Raising a mug to health,

William Campbell Douglass II, M.D.

p.s. Oh, and one more thing gals. Beer is not just for the guys. In fact, it turns out that women who enjoy regular suds are not only more fun they’re healthier to boot!

According to at least one study, beer might be able to help build your bones and it may even help stave off osteoporosis. (Hint...it’s likely the silicon content in beer that I’ve been reporting on for years, that makes it so bone friendly. But according to researchers you get the most silicon bang for your buck if you order up an India pale ale... often called an IPA.)

And ladies if you’re worried about that dreaded beer gut don’t bother. Spanish researchers say that not only were the drinkers of the golden brews that they tested less likely to suffer from diabetes and heart disease they also had lower levels of body fat, were less likely to gain weight, and some even lost weight during the study!

The key appears to be what the beer drinkers tended to naturally pair their brews with, which, in this case was the kind of low carb and low sugar diet that I’ve been preaching to you for years.

So next time someone tries to tell you it’s unladylike to toss back a beer, pour yourself another tall one and tell ‘em they’ve got a lot to learn. And if you’d like to learn more about the good things beer...and coffee...can do for you why not take a spin around my archives at www.DouglassReport.com? You’ll find lots more food for thought to ponder over a hot mug or a cold brew.