



Michael Senoff's

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INTERVIEW SERIES

**Could Your Child's ADHD
Really Be Allergy-Related
And Completely Treatable?
And More With Dr. Doris Rapp**



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Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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Published by:

Michael Senoff
JS&M Sales & Marketing Inc.
4978 Gaylord Drive
San Diego, CA 92117
858-234-7851 Office
858-274-2579 Fax
Michael@michaelsenoff.com
<http://www.hardtfindseminars.com>

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Could Your Child's ADHD Really Be Allergy-Related And Completely Treatable? And More With Dr. Doris Rapp

As an allergist and pediatrician, Dr. Doris Rapp says traditional medicine mostly just looks for ways to treat problems, instead of figuring out what's causing them. But, she says, if someone had a nail in their shoe, you wouldn't just continuously put bigger and bigger Band-Aids on their wound. You would tell them to take the nail out of their shoe already. And that's what Dr. Rapp is trying to do with her practice.

So in this audio, you'll hear why she believes many of the symptoms lumped under ADHD are really allergy related, how to figure out what is triggering them, and how to stop the allergy attacks – along with many other ways our environment and the things we eat have an effect on our health.

You'll Also Hear...

- A quick test to see if a child's hyperactivity is food-allergy-related and the only known way to find (and eliminate) the food causing it
- A quick baking soda recipe that will stop allergy-related ADHD symptoms dead in their tracks
- The only air purifier she recommends – because it takes out 3,000 chemicals and actually works
- The scary side of buying a new house, a used mattress, or second-hand clothes
- Everyone knows the importance of buying organic food nowadays, but if you think it's simply out of your budget -- here are Dr. Rapp's top 4 ways you can afford it
- The most common allergens to look out for – and the surprising reactions they can cause (you'd probably never guess these are allergy reactions and not behavioral problems)
- The shocking study that shows most schools use chemicals that cause cancer and damage the nervous system – and what you can do about it

Dr. Rapp says although we can see ADHD, cancer, autism, etc. on the rise, no one seems to be paying attention to what's causing it. They're mostly concerned with how to treat them. Our environment is full of chemicals – they're in our food, mattresses, carpets, and even in the products we use to clean. And in this audio, you'll hear the relationship those chemicals have to your health, why you need to be concerned, and all about allergy-related

ADHD... so you can be more informed and start removing the nail from your shoe already.

Hi this is Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris We are so excited to have Dr. Doris Rapp with us today. She is the author of the best-selling book, "Is This Your Child?" And, "Is This Your Child's World?" And, "Our Toxic World, A, Wake-up Call." Dr. Rapp thank you so much for joining us.

Dr. Rapp I'm delighted to be here tonight.

Kris You have had tremendous experience in diagnosing all sorts of behavior problems in children and adults due to allergies an environmental toxins. And one of the things that I want to stir with today is the question of ADD and ADHD, which I'm sure you can tell us a lot about.

Dr. Rapp Number 1 is how can you tell if your child has it? Well, many times these children are hyperactive but there are some other things that tell you that this might be due to allergies. And that means it might be very easy to treat. You take a good look at them just before they get hyperactive. Do their ears get fiery red? Do their cheeks get fiery red? Do they get wiggly legs? Do they switch like a dime, all of the sudden they're out of sight and 3 minutes ago they were sweetest as pie. That is typical of ADHD children that are reacting. And if you immediately give them 1 to 2 teaspoons of baking soda and 1/2 glass or recorder but glass of water, you can put in some honey if you feel that they won't drink it, and that will help stop that kind of reaction, very, very quickly. Because sometimes he's allergic reactions when they've had a red dyed sugary pop or something that go on for hours and hours and hours and during that period time some of them become withdrawn and hide under the table. But

others become very aggressive, very hyperactive some of them hit and kick and write in a bizarre way, ripping the paper and things of that sort. What can you do about it? Well as I said you can give them the baking soda to help right away. But what you really have to do is figure out what caused it. What did they eat? What did they touch? What did they smell? That was different about 10 minutes 15 minutes to an hour before the change occurred. And if you start to do that you're going to figure out, oh it's only after he eats certain foods, it's only after he smells a certain perfume, or he smells a disinfect or deodorant, it's only if he gets into some place its molding are dusty. Dust, mold, foods, pollens, and chemicals can trigger off ADHD. In other words if the pollen count is high some children don't get hay fever asthma they get hyperactive. And people don't recognize it. And all too often parents think that they might have a bad, dumb, lazy, hyperactive child. When in essence they have a child with a list form of allergy. And many times the parents feel that they're inadequate in some way because they can control it for the school for the officials in various forms sort of play them and sort of indicate that it may be their fault, and they're not controlling these children well enough, there disciplining too firmly. Trust me if you have a lot of allergies in your family and you have allergic relatives and you have a child with allergies and that child has a behavior activity and or learning problem it could be due solely to an allergy. Now how do we hear rid of it? Very, very quickly and very easily and not spend a penny. The answer is to go into an LED for your diet. It's a diet that excludes milk, wheat, eggs, corn, ensure. And you could say where can I eat? And I say lots of meats and fruits and vegetables. You can still eat all you want and you just go off of these for a week. Now what happens? The first 2 or 3 days you try out maybe your double, have a headache or a bellyache and be very touchy. Because they actually have withdrawals symptoms. Their food addict and if they don't get their favorite food they are apt to have some certain symptoms. But by the fifth to the seventh day they

should be the best that they have ever been. Or the best they've been in ages. And you'll just say "It's a new kid in the whole body, I can't believe it he said he's going to go in clean up his room." There's an altogether difference in how they act. And then the second week you find out the answers. If your child is better at the end of the first week it means I'm question we that child has a food allergy. And then you add the foods back one at a time. One each morning on an empty stomach and watch to see what happens for the next hour. Most food reactions happen in an hour and most chemical reactions happen within seconds. So if you think your child is reacting to the spell of perfume it will happen in just a few seconds or a minute or two. Whereas if it's a food or dust or mold or pollen that's creating the hyperactivity, and they can all do it, then it means it'll happen probably in about 15 to 60 minutes. So the second week, add back the foods. The first day they get a lot of milk on an empty stomach. And the second day the sugar and the third day the bread and the fourth day eggs and you just add back to foods and see which ones causes what. And you're going to be very surprised because they do you add back for example the food coloring you may find that your child with the bed that night. Because food dyes in fruit juices and milk frequently cause (inaudible). And you'll find that different foods will affect different areas of the body.

Kris And so how quickly do you see a reaction? Once you add that the back usually.

Dr. Rapp Well it's usually 10 or 15 minutes to an hour now location lee you'll have delayed reactions. For example if apple juice is causing you to wet the bed you'll have apple juice during the day or in the evening and wet the bed that night. So that's a delayed reaction. Colitis, bowel problems are frequently delayed, there's what called abness ulcers in your mouth for delayed. And those may be delayed ago, 12 hours, 24, 48 hours after you eat them. The most common delayed food reaction is when you get recurrent ear infections or fluid behind eardrums

caused by milk or dairy. If you go off the milk and dairy for a week and then you have a lot of milk on an empty stomach and a causes ear problems, within 1 to 2 days you will have the classical otitis, which is fluid behind the eardrums and you wonder where it came from. And it was the milk that you binged on two days before. One other very important tip, the food that you crave the most with this is only if you have a food allergy, if you write down your five favorite foods and two favorite beverages and you have a food allergy you just wrote down whatever is causing your food allergies. And if you go off of those foods for a week and then add them add them back one at a time you'll quickly see what's going on.

Kris And you've seen that without exception?

Dr. Rapp Oh, it's very common, it very common. I've been in practice over 40 years and I can tell you I've seen thousands of patients that have the kind of trouble that I'm telling you about and the kinds of symptoms within the period of time. And as I've said if they have a reaction to food you giving them 1-2 teaspoons of baking soda it's not going to hurt them and enough water to dilute it, enough water so that they'll swallow it, a little honey if they won't drink it, and that'll help stop the reaction.

Kris That's fascinating, that writing down the several foods. You know I can name mine right off the bat.

Dr. Rapp You can have an allergy to a food and gain weight much too quickly. And when you cut the dairy and wheat you'll find that all of the sudden just go off one for a week and you may find you've lost every 10 pounds in a week. It's amazing how allergies cause you to retain food. And you'll have the sudden weight gains of 5-10 pounds in a weekend and you'll say, "What's going on? I didn't eat that much this weekend." It's not how much you eat but how sensitive you are to it and what kind of effect it has on you that determines whether you react to it or

not. But many people have figured out their allergies the way that I've told you.

Kris Is that why so many people crave ice cream? You mentioned stopping ice cream and a lot of people get really upset about that.

Dr. Rapp Okay, let me tell you something about it. When you crave dairy, you absolutely love all dairy food, that's when you are sensitive about it. If you had a lot of formula problem as an infant you're probably allergic to milk and you're probably still allergic to milk as you grow older. And milk tends to cause a lot of ear infections and it causes a lot of abdominal complaints, it causes a lot of asthma. Most people do not realize that allergies can affect absolutely any the area of the body. It can cause bladder to go into spasms so you wet the bed. It can cause your blood vessels to spasm so that you have high blood pressure or an irregular heartbeat. And it can cause specific areas of your brain to be affected. So I have children, for example write before they eat or write after an hour later, if they eat a food which they are allergic in the area of the brain that's affected that has to do with writing they can't write their name. Try, you'll see. Have children write before birthday party and after an hour at the birthday party, you'll find some of them that are allergic to the junk foods and the foods that they really love can't write. And it means that area of the brain has been effective. Other children it's they're frontal lobe. The forehead area of the brain that's affected. And so they will totally lose control if they eat certain foods. And these aren't bad kids, these are kids that have an allergy that hasn't been recognized. Many times will be put on terribly powerful drugs, they might have an allergy causing hyperactivity at the age of 3 in 4 there sometimes put on some of these drugs that haven't been checked for children and they finding that the children have heart attacks, strokes, and actually die from some of these drugs that are so powerful. It's amazing to me what is going on. They should never be put on a drug unless tried their diet first.

For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris Why aren't Physicians, I mean you think that this is the first thing that they would know about and tell people about, what's the big gap there?

Dr. Rapp I don't know what the problem is because I've been touting this since I found out about it. I was a traditional allergist just and a well-trained pediatrician, giving the board exams in pediatrics and allergies. And when I first heard about some of this I said it's absolutely ridiculous, there's absolutely no way that that area of the body can be affected by food. And I was just trying that way. And unfortunately there still training the doctors in the same way. There are doctors that believe that foods can cause asthma. Or that foods can cause congestion or chronic sinus problem or chronic constipation. I try to write books that are actually very simple. It just says this is how you can tell if your child's reacting by looking at them. This is how you can figure out if its dust mold: or food or chemicals. And this is what you can do on a short term basis that expensive, here's what gonna crash a little more money, here's what my question a little more money. For example, some children it isn't a food and all causing hyperactivity, they are hyperactive because they got into dust, they went into a mold the place that smelled to mold, for they smelled the chemical. And nobody puts two and two together, and I keep saying watch your child, your child's perfect and all of the sudden they're out of sight, why? What did they eat? What if they are or what did the touch? What did they smell? And if you can figure out the cause, then if you think it's the food you can try the diet. If you think it's and dust or mold or pollen or a chemical there's an air purifying wishing that I recommend very highly, it's called the Austin. But this air

purifier, they all take out about the same amount of dust mold and pollen. The takeout about 99.4%. The difference is the chemicals. Austin Air purifier, it takes out 3000 different chemicals. And chemicals are a terrible problem right now in our world. Because it's in our here, in our food, and are water, it's in our bodies. And is just one reason why we have so much cancer, diabetes, thyroid disease. Why we have so many hyperactivity behaviors disorder children. Why we have so much autism. These chemicals had really messed up our world, in most people aren't even thinking about it they don't take the blood and these children to find out if they have a normal level of chemicals. And then saying where were they exposed to that chemical? You can live in a house where they used a powerful (inaudible) like chlordane before 1988, it's still got chlordane in that house now. And that chemical we know causes cancer. We know everyone says that why does everybody had cancer now. It's because nobody's paying attention to what causes it. The emphasis is this all on how am I going to treat it? And they treated and you seem fine and then it comes back. Why does it come back? Because you're still sleeping on the same address that contains the chemicals that causes the cancer. You've still got the same synthetic carpet that causes the cancer. And so I wrote a whole book on this called, "Our Toxic World, a Wake-up Call." And it will tell you what is causing this diabetes, thyroid disease epidemic, cancer epidemic that we have. We have to start to think about why is some of the sick? Where are they win this it? In what could be causing the trouble? Remember if you have a nail in your shoe causing a sore and your foot the answer isn't a band aid, somebody has to say dammit let's take out the nail. And a lot of medicine is common sense. They should be educating in schools and what I'm telling you right now. People should start to realize the importance of what they eat and they drink and they smell. The importance of the clothes but they wear. For example, when you wear dry cleaned clothes all a time you increase tremendously your chances of getting cancer. Because the chemicals that they use in dry

cleaning causes cancer. You never want to put freshly dry cleaned clothes on, because it causes cancer. You wonder where you Don gets cancer and. He gave cancers for the same reasons you get cancer you feeding him food with (inaudible), you are using a flea spray on him or a flea collar that has a chemical that causes cancer. And my steering too much?

Kris Yeah, well known cure reminding me. Because I used a flea collar many, many years ago and then just recently I came across something that mentioned what that's actually emitting in your environment. It was terrifying, I couldn't believe a sale that.

Dr. Rapp Well this is the problem is that there isn't enough awareness. 20 years ago I had flea collars on my dogs and I gave them flea baths. 35 years ago and worked in a veterinary hospital and I was actually using the chemicals on the dogs and washing them with them in cleaning them off with it. And clean and the cages with a phenyl solution. These pine said Dick cleaning solutions, the nice smelling cleaning solutions they contain phenyl which causes cancer. In fact, the chemicals we use around our house for cleaning things and disinfecting, I don't want to mention the name, the most common one that you can think of, cause's cancer and they can't use it to the clean the cages of animals when you're doing medical research. You can't use it because the animals will develop cancer. Why in the Hell isn't everybody pulled this? Why are they allowed to continue to put it out on the market? Why isn't the government protecting us? I haven't got the answers, all I can say is I have a big mouth, I write books and I try to tell people what it is as causing these terrible illnesses because I think too many people have lifetime of just hardship and agony and financial problems and medical problems because they didn't realize that certain things can make them sick. And they weren't told by anybody don't use that pesticide in your house or the pesticide around your house for that (inaudible) on your lawn. Because your children will have a six fold increase chance of developing leukemia of the

lymphoma by the age of 7 years. Don't go near chemicals if you're pregnant ladies for the first 3 months because there's a 70% chance of you having a miscarriage, a stillborn, or a defective baby. These are things that ought to be common knowledge. That we ought to be teaching in schools so that at least the people can make an informed decision, and do I want to get near that are don't I want to get near that.

Kris To me I have great concerns about the kinds of foods that were serving our children. It's almost the first time in human history, you know, that we've had this kind of chemicals assault really. I've been spending time lunchroom medley of school and it was a very interesting there's just one little guy that's very hyper and never stops touching other kids and poking other kids. And I look to his much and it was like oh my goodness, it a Twinkie, it was a chocolate pudding, it was some kind of chip thing.

Dr. Rapp I'm going to make a suggestion. If you want to find out which kids are in the class are having the problems, have a party. On Valentine's Day on Halloween. Have them write their name before and then have them have their junk foods and the party foods and had them write their name an hour later. If the frontal lobe, the forehead and area is affected they will be out of sight hyperactive or crawling under the furniture and hiding in getting very upset if you try to touch them. Becoming angry, crying, moody. If it however effects the brain that has to do with writing then they won't be able to write their name in hour. And if you see that there's a dramatic change then the parents ought to be informed about the fact that maybe their child has a food allergy. And they might want to go off of all of the junk food for a week. And then early in the morning, particularly on a weekend when they can see what's going on having them give on an empty stomach 8 sugar cubes. In the next they have them give ice cream, and next they give them give a red dyed sugared liquid. They'll see what happens to their child. Because the child's whole future may depend on that parent figuring out that what sets the child off. And that little boy that's out of

control he's going to do something hurt somebody or hurt himself and he's going to get in trouble, to win the bad boy and you're going to have psychological problems within 3-5 years because this kid is not acting like the other children.

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Kris So what is the mechanism, what's happening when you're getting these kind of severe behavior reactions to foods and things? What's happening there in the brain?

Dr. Rapp Chemicals are being released in your brain and these chemicals cause you to act in a different way. And I think that the problem is that we have all these chemicals in our food, in our air, in our water, in our clothing, and in our homes. And we have to start saying enough already I'm gonna buy cotton clothes, I'm going to get a water purifier so my water is clean, I'm going to fit in air purifier so I can clean up the air, and I'm going to buy organic food. And you're going to say it can't afford organic food. And I'm going to say oh yes you can. Let me tell you, you grow your own food. You talk to neighbors and have a community garden in the area where you live. And everybody does the work and everybody shares the crowd. You go to a farmer that's organic and say, "I'm willing to help you when you're planning and when you're weeding and when you're picking the crop until giving part of the crop." In the fourth thing that you can do is join an organic co-op and work there half the day a week so that you can buy the things at a discount. There are things that you can do.

Kris So Dr. Rapp for parents that are trying to think about okay think about trying this idea about the food diet. What are some of the common allergens that cause hyperactivity?

Dr. Rapp That two most common bar none are sugar and red dyes. You can put 3 drops the food coloring under the tongue, you know the one use on holidays for decorating cookies, put it under

tongue 3 drops. And if your child is allergic to it within a few minutes your child's going to go hyper and in been baking soda if that happens. Try to avoid sugar for about 5 days and give them 8 sugar cubes on an empty stomach with clear water and you will see a dramatic effect. But the thing that people don't understand is sometimes it's milk, ice cream, whipped cream. Sometimes it's eggs, sometimes it's bread, sometimes it's chocolate, sometimes its corn. Dextrose corn syrup is what (inaudible) and sometimes it's preservatives that cause it. Now these could be any food in any individual and that's when I say just start to keep records. My child was fine and 1/2 hour ago and he just ate 3 things and now look at him he's all over the place. And many times they get aggressive and sometimes they crawl in dark corners and they don't want to be taxed. They say nobody loves them and you go in touch them and then pull away and you feel hurt. That's the way some people react. And I might add that's the same way some adults react. And so your honey might be lovey and kissy one day and then I stay we don't want that person to get anywhere near you. If you get very, very touchy about that and that to mean usually indicates there having an allergic reaction to something they ate or touched or smelled. (Inaudible)

Kris And so Dr. Rapp if people want to find out more information when done should give them your website so that they can find out all of the wonderful resources that you had there.

Dr. Rapp My website is drrapp.com. There's all kinds of tips on there and all kinds of things. There are studies showing that 60-70% and schools in this country used chemicals in the schools that damage the brain, and every system and cause cancer. Why would you send your child to a school that's using a disinfectant deodorant material, substances in a school that damage their brain and nervous system? Well, and nobody would. But again the parents have no idea they spend their whole life trying to protect their children and raise them the best they can and keep them away from things that are harmful and then they send

them into a school where they're giving them genetically engineered no and were there clean bathrooms with toxic substances, that are known to cause all kinds of problems, if anybody bothers to look into it. I have a whole book on this that really tells it the way it is. It's called, "Is This Your Child's World?" And the other thing that I have is very valuable and it's a 70 minute DVD and it actually shows real children how they act and how they write, how their writing. And it shows how dust, mold, Poland, foods, and chemicals can affect children and adults. And these two things I guarantee will help you protect your family and your child. Most in the medical profession are not going to rule out allergies as a cause of your illnesses. And the thing that astounds me is that allergies are so much more than hay fever and asthma and itchy skin. Arthritis, you look on my website and you're going is a woman that develops arthritis from eating bread and we figured out it was the yeast in the bread the caused it. You'll see another young man who was suicidal during the pollen and the mold season. You can become depressed from eating certain foods. You can have chronic headaches, chronic bellyache, you can have problems and how you walk and you talk all from foods and high you behave. Or from chemicals are dust or mold or pollen. And this is what wine DVD shows, that all of these things can cause any area of your body to be sick and not function properly. And the answer isn't to take one pill after another in in your insurance pays for it. You want to get well, figure out what the nails are in your shoes that are making a sick and take them out. If you read my books all on his own without seeing anybody you're going to be able too frequently figure out exactly was making you sick and you'd take it away from you if you can get away from it. If it's a food you don't need it, if it's your perfume you stop using it whatever it is and you do better and you add it back and you get worse you got an answer. Either you stop going near it or you're going to be sick unless you get treatment from somebody that knows how to treat foods in chemical sensitivities. And there aren't a lot of those around, you have to find a specialist in

environmental medicine. Let me give you one other tip if you have a pest in your house like mosquitoes for cockroaches and you want to get rid of them there's a whole book that you can get for nothing. It's called, "The Best Control.com" there is a free book on safe pest control. And the other thing I want to tell you is I'd be very cautious about vaccines, I'm sure most people are and if you read the book by Sherry Tenpenny, "Say No to Vaccines." She gives you all the facts and figures and for many, many years vaccines seems safe and I must say and a lot of people might disagree with me and but I definitely feel there a factor in some of the many children's autism. I'd be very careful of them myself.

Kris What they think about the Dan Protocol for autism?

Dr. Rapp Well I think that helps many patients. There's no doubt about it and they will help the metabolic things and all of the other factors. But sometimes it's nothing but a food. I've seen children that have gone on a milk or dairy free diet and in one week there autism is going. Why is and that means them first before anything else that's expensive and a whole bunch of lab test and all that stuff? Go off of whole milk and dairy for week and then go off of wheat products for a week. These are simple things that you can do in one week that can give you an answer and it won't cost you a pending

Kris And now can people go back to eating these foods? Or is this a lifetime thing?

Dr. Rapp There are ways that you can do that. Saying that you're allergic to Grapes. Every time you need a great use well of and you had all kinds of problems which you don't end up in hospital you're just uncomfortable and you don't look so great. Well, if you want a Grapes I would go off of Grapes for a month and then I would start in grates. I would have a half of a grape 4 days later I would have a whole grape 4 days after that I'd have 2 grapes 4 days after that I'd have 8 Grapes 4 days after that 16 grapes.

In other words you build it up slowly. If you raise it too fast you have trouble again you have to stop again for about a month and you have to go up slowly. Now if you can treat yourself for many food allergies by eating them for me every 4 days, it's called the rotation food diet. If you get my book you can figure out how to do a. Incidentally they're playing very toxic chemicals in mattresses is now say you must be very careful if you buy a new mattress that it does not contain flame retardant that cause cancer. There's a long name was put in same retardants and when they were passing the law they didn't have enough sense to say you can't use toxic things. Name that chemicals and mattresses now that can definitely cause cancer.

Kris Is that true for flame retardant sleepwear for children also?

Dr. Rapp I wouldn't go near flame retardant anything. There's no doubt and we have so much flame retardant chemicals around that newborn babies now have 287 toxic chemicals in their blood.

Kris Scary stuff but you know it sounds like there's a lot of hope too. There's a lot people can do.

Dr. Rapp Oh, if you know what's causing the problem in you avoid it you can get off and drugs. People take seizure medicines and heart medicines for years because they never stop what's causing it. I've known people that have heart attacks and they figured out that it was chocolate. (Inaudible) they could stop taking the heart medicine. It can sometimes be coffee. In fact, coffee and tea are 2 of the most common causes of chronic explained (inaudible). But it was frequently linked to the coffee that they're drinking every day. But if they stop coffee for a week they will be irritable and miserable for the first 3-4 days went by the end of the first week though feel better than they felt in 20 years. In the listeners that are listening there are many of them that never really feel good. They haven't felt good for so long they've forgotten how well they can feel. If they just went off of coffee for a week, it isn't going to hurt them that they will need

somebody around and that is tender and loving for the first 4 days and forgiving because they're going to be bitchy. After the first 4 days know feel better and better and better. And then if they drink a cup of coffee they'll see how much they change in how bad it is for their body. I've got one thing to say the apple doesn't fall far from the tree. If your child's allergic to milk, wheat, or dust, pollen or whatever it is there are other members of the family than the same problem that they may have different symptoms. Put them on the rotation diet. Do the diet in and environmental control on the whole family and you'll usually find that several members of the family will be improved. And then you found that the food and you'll find what food is the problem. And they traced some food allergies to, milk and dairy products for 5 generations. With 5 generations having asthma or epilepsy or some crazy things. There's a lot of good stuff out there it's just a shame that so many people don't know that there's so many wonderful ways to diagnose and treat allergies and take care of them.

Kris Thank you Dr. Rapp we look forward to talking to soon.

Dr. Rapp Anytime.

That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).