

## Asthma and Glyconutrition

Glyconutrition (as some of these essential sugars are in mothers breast milk)- are essential to sustaining life and are supplied through the breast milk protecting newborns. The sugars involved with glyconutrition are present in surprising quantities for the baby - if they are in nature and in the body already - surely it makes sense giving us more of what we have can only make us stronger.

In England we didn't then resort to "green harvests", processed foods, chemical preservatives which destroy glyconutrition, however, our society depletes the soil, processes food for taste and convenience and introduces toxins that overwhelm our immune system. What little glyconutrition we do get, is simply not enough to do the job.

Fruits we eat, especially organic ones with more invaluable natural glycos in them are loaded with pectins (such as apple pectins) and are instrumental in providing glyconutrition.

It is, for that reason of previous farming techniques and better diets, "merry ole England" did not see the huge epidemics in so many categories of diseases as we do today:

Overactive Immune deficiencies include food allergies, pollen and grass allergies, asthma, eczema - many of them result from a severe lack of glyconutrition - the bodies net result with problems is to produce misguided inflammation. In short, because glyconutrition is lacking and not communicating effectively, our immune system over reacts to certain foreign substances in our body, which normally it should be able to easily handle. Without glyconutrition in proper supply, asthma and allergies produce exaggerated inflammatory responses - it is these responses, particularly with asthma which is costing lives and making life isufferable costing the National Health Service millions if not billions of pounds.

Other lifestyle sfactors like removing old carpets (dust mites) and negative ion (deionisers and a good balanced rich and fresh diet can also play a part in this healing mechanism,