

WellnessPlus

by DR. JESS
MD

QUICKIES

Asthma

WAIVER OF LIABILITY

This program offers health, wellness, fitness and nutritional information and is provided for informational purposes only. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have seen or heard in an educational program or read on this web site. The use of any information provided on this web site is solely at your own risk. Nothing stated or posted on this web site or available through any services offered by Dr. Jessica Peatross are intended to be, and must not be taken to be, the practice of medicine. Information provided on this web site DOES NOT create a doctor-patient relationship between you and any doctor affiliated with our web site. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Root cause reasons

1. Mold exposure-either currently or as a child
2. Abnormal or dominant TH2 immune system
3. Environmental toxicities in the home like dust, volatile organic compounds, flame retardants
4. Food allergies or sensitivities
5. Leaky gut or permeable gut membrane
6. Histamine intolerance
7. Stress and genetics

Solutions

1. Binders such as Carboxy, if mold is suspected
2. TH1 balancing herbs
3. Keep a home clean and use only nontoxic products
4. Look at removing carpet
5. Look into an ALCAT or MRT if food allergies are suspected
6. Look into stealth pathogens if leaky gut or histamine issues are suspected
7. Genetics aren't a life sentence so check your local environment!
8. Singulair, albuterol, claritin, Qvar, Advair or HERBS to decrease systemic inflammation such as quercetin, vitamin C, stinging nettles, CBD