

Allergies

What is an allergy?

The word allergy comes from the amalgamation of Greek words *a'llos* (meaning altered or other) and *e'rgon* (meaning work or action). (1)
Dr Clement Von PerQuet, an Austrian pediatrician, created the word allergy; it originally referred to an allergic person as someone who reacted to things other people did not react to. (1)

More specifically describing what may happen in the body?

- Immediate (Type I) or anaphylaxis resulting from IgE antibodies created in response to a foreign substance, occurs instantly or within 30 minutes (3)
- Cytotoxic (Type II) hypersensitivity is a response to the antigens on cells that the immune system views as foreign, ex. Blood transfusions of the wrong blood type. IgG and IgM mediated, generally occurs within a few hours of exposure (3)
- Immune Complex (Type III) 3-8 hours (3)
- Cell-mediated (Type IV) take 12-48 hours to show up, mediated by T cells (3)

What Organs are associated with allergy?

- Gut: Intact intestinal barrier, healthy villi, lymphatic movement, Peyer's patches, and bacterial layer are essential to a functioning gut. IgA is formed in the mucosal layer of the gut; it is responsible for protecting the intercellular space and marking substances that are not supposed to pass the intestinal barrier. Decreased IgA results in "Leaky Gut", toxins, bacteria and allergens not being marked as such in the gut, increased degranulation of mast cells thus increase in allergic symptoms (7)
- Adrenals: Monitor by blood pressure, Systolic blood pressure (the first number) should be 10 points higher when standing than when lying down. To support: B vitamins, Vitamin C, Coenzyme A, L-Tyrosine, Glandulars, Mineral balance, stress management, Licorice, Syberian Ginseng (be careful if you have high blood pressure or hypoglycemia), & astragalus.

- Liver/ Gall Bladder: Liver Gall bladder flush, coffee enema with bowel flora replacement. Amino acids 1500mg QD, L-Cysteine or N-acetylcysteine start with 500mg work up to 1000mg, inositol, niacinamide, GABA 1500mg QD, glutathione 3000-10000mg QD, L-methionine 1000mg QD, Pantothenic acid 300mg QD, B vitamins, Enzymes, Alpha Lipoic Acid 200mg QD
- Spleen: L-Carnitine, Acidophilus, Co-Q-10 100 mg QD, EFA 5 gm QD, Mushroom mix, Quercetin, Bromelain, pycnogenol, shark liver oil, Zinc 50-80 mg QD, vitamin A 5,000 units a day, garlic, barley, kelp, germanium.

What does it look like when you are suffering from allergies?

- Sneezing
- Watery, itchy, or swollen eyes
- Stuffy or runny nose
- Skin rashes or hives
- Stomach pains or cramps
- Nausea
- Bloating feeling
- Throat troubles
- Swallowing difficulties (all 2, 3)

What do hidden allergies look like?

- Itching, flushing, burning, blistering of the skin
- Fatigue, dizziness, numbness
- Blurred vision, headaches, mental depression, poor concentration, behavioral changes
- Palpitations or skipped heart beats
- Sweating
- Slight to severe muscle stiffness
- Aches
- Redness and swelling of joints
- Excessive hunger, compulsive eating, or great thirst
- Compulsive smoking
- Stammering, stuttering, or hoarseness

- Health problems like arthritis, colitis, dermatitis, hypertension, migraines, obesity, alcoholism, epilepsy, colic, hives, urethral or bladder disorders, reading or writing disorders, gastrointestinal disturbances or psoriasis
- Also see hand out from Dr Williams and Klinghardt (1,2,3,4)

How to diagnose allergies

1. Blood work: Immunodiffusion tests, agglutination tests, anti-body titer screening, Enzyme-linked immunosorbent assay (ELISA), (3)

Recommended labs: Immunosciences 1-800-950-4686 and Biotechnologies 1-800-553-5472

2. History your opportunity to uncover the facts:

- A. Always ask if there is a history of any one in the family having allergies, allergies tend to be inherited. If Grandma or Mom had allergies to figs it can show up as a hidden allergy in your patient; this information will save you time and effort in narrowing down allergens. (8)
- B. When did the symptoms first occur, often you will see they have been there for years if not you need to look at what has been happening recently for your patient. Examples eating the same food in large quantities, psychological trauma while eating, etc. (8)
- C. What is the frequency of attacks and when they occur? (8)
- D. Time of day the allergies occur. (8)

3. Genetic roles: Lectin Reactions
4. Coca pulse/ Chapman points
5. Autonomic Response Testing (ART)
6. Food challenge: Do not eat the suspected allergenic food for 5 days (minimum) to 2 weeks (optimal). *Then challenge the patient by eating a lot of the suspected allergenic food with each meal if you get an unpleasant

reaction STOP that is a positive test. For 3 more days do not eat the suspected food but watch for symptoms, which may arise from delayed allergy reactions.

**Please note the patient may experience with drawl symptoms support or refer accordingly. (4)*

What are the most common allergens?

- Animal proteins: especially eggs and milk, beef, & pork (3,4)
- Fruits: citrus (3,4), Strawberries
- Grains: wheat, oats, corn (3,4)
- Nuts: soy, peanut (3,4)
- Seafood: shrimp, and most shellfish (3,4)
- Coffee (4)
- Sugar (4)
- Bananas (4)
- Hormone preparations (3)
- Artificial sweeteners, Sweet 'N' Low (saccharine), Equal (Aspartame)(4)
- Onions & Garlic (4)
- Cigarettes (4)

How to treat an allergy:

1. Elimination: careful reworking of the patients diet to eliminate all exposure to the allergen. Food diary is helpful to ensure no hidden exposure is taking place
2. Correct any Autonomic Nervous System dysfunction with Neural Therapy, check for scars in affected areas and over corresponding organs
3. Organ support,
 - A. Gut: identify any traumatic influences, parasites, toxic exposures, and treat accordingly. Repair damage, essential fatty acids, butyrate or butyric acid, folic acid, bowel flora (I prefer the colon implant to get more bugs there alive), apple pectin, Aloe Vera, Slippery Elm, fiber, etc.
 - B. Liver / gall bladder: see above

- C. Adrenals:
- D. Mucus membranes:

4. Adequate essential fatty acids to decrease inflammation and enhance repair of cell walls
 - A. Increase consumption of fish and raw plant oils
 - B. Decrease intake of saturated fats
 - C. 3-10 grams a day of EPA and DHA, for at least 12 weeks to repair inflammation damage (Aslan et al, 1992)
5. Enzymatic support to support digestive process
6. Hydration is essential for basic chemical reactions to take place in the body. It is vital to mineral processing; kidney function, hormone transportation, etc. Drink at least eight 12 oz glasses of pure water a day. Check blood work for normal values in: BUN, hemoglobin, hematocrit, protein, albumin, creatinine, sodium and potassium. (10)
7. Rotation Diet: allowing the body to not be overwhelmed by the same foods all the time. Sally Rockwell 206-547-7696 or email Sr@DrSallyRockwell.com
8. NAET: includes elimination for 48 hours and desensitization via activating acupuncture points while holding a sample of the allergen.
9. Acupressure: See hand-out for self treatment guide
10. Herbs: Aloe Vera (6), Reishi Mushroom (6), Nettle (6) Eye Bright (6)
11. Homeopathy: PHP-Resources has the individual and food combo products available.
12. Biotics products: Histoplex, Bio-Immunozyme, Forte plus, Cytozyme Thy and or IAG, Immuno-gG, ADHS or Cytozyme AD, Intenzyme Forte before meals, NutriClear, Homeopathic tinctures for the various toxicities
13. Psychological dialog and support, Applied Psycho-Neurobiology, always be careful of the environment in which you choose to eat to avoid creating allergic reactions.
14. Essential oils: Lavender and Roman chamomile (5)

Resources

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3. Black, Jacquelyn. Microbiology Principles and Applications. Prentice Hall, Englewood Cliffs, New Jersey, 1993, pp510-534.
4. Williams & Klinghardt, Autonomic Response Testing I, American Academy of Neural Therapy, 1996, pp. 56-66.
5. Compiled by Essential Science Publishing. PDR People's Desk Reference for Essential Oils. 1999, pp.240.
6. Mindell, Earl. Earl Mindell's Herb Bible. Simon & Schuster Inc., New York, 1992, pp 218.
7. Werthmann, Konrad. Successful Treatments for allergies and chronic disorders. Semmekweis-Verlag, pp23-29.
8. Nambudiprad, Devi. Say Goodbye to Illness. Delta Publishing Co., Buena Park, CA, 1993, pp50-54, 73,196.
9. Gach, Micheal. Acupressure's Potent Points a Guide to Self-Care for Common Ailments. Bantam Books, New York, Toronto, London, Sydney, and Auckland, 1990, pp26-30.
10. Overton, David. Functional & Nutritional Blood Chemistry What the Numbers Really Mean. 2000, pp 61-69.

Notes: