

Immunity Gone Wrong October 2005

“It’s just my allergies.” “Every year, I get these allergies and there’s nothing I can do about it.” We hear it every year around this time, like it should be a normal part of life and it’s really not causing any harm. Contrary to the popular belief, allergies are not caused by allergens such as pollens, house mites, dust or other such substances. While it is true that these types of things trigger allergic symptoms, the underlying cause is a malfunctioning immune system. The allergen simply triggers an incorrect immune system response. In a sense, the immune system identifies the harmless allergen as an invader and tries to kill it. The allergic symptoms many of us are so familiar with, runny noses, watery eyes, etc., are direct signs of our immune systems trying to kill these harmless substances. This type of immunological chaos cannot be separated from the stress put on our immune systems from infections (in many cases sub-clinical infections). Many auto-immune diseases can be viewed as a severe form of allergy where the immune system attacks its owner. The immune system gone wrong.

To be quite honest, there really isn’t anything you can do about it if all you’re doing is chasing symptoms. You take antihistamines to suppress the symptoms. Would you simply turn your fire alarm off, if your house was on fire? This would eliminate that annoying sound [symptom] but it does not eliminate the real cause of the problem...the house is on fire! As a last resort, you try the allergy shots. However, allergy shots [as well as vaccines], try to trick the immune system and can have further implications. Tricking the immune system is not a good thing. Allergy shots seem to be more effective against allergy triggers that float in the air, including Tree pollens, Grass pollens, Weed pollens, and Cat dander. But, according to the American College of Allergy, Asthma and Immunology, when it comes to other types of allergy triggers -- such as food allergies and skin reactions -- there is not enough research to support allergy shots. In starting allergy shot treatments, you have to go thru the skin tests and then you start the immunotherapy [allergy shots] which can take several years to complete and are only effective for a few years. The real question you need to be asking yourself is, *“Why am I so reactive to my environment?” ...” What*

is it about my immune system that causes me to over-react to these triggers?".

The best place to start is by getting some basic testing to determine your state of optimal health. For example, you want to make sure you're getting enough protein. What does protein have to do with it? One reason is that the battle against germs/allergens/invaders is a protein-based battle, because the immune system utilizes many protein-based substances to fight off the invasion. The immune system rapidly produces more protein-based substances to defend the body. If you are already protein deficient, your immune system will have a hard time winning the battle. Good foundational testing will determine your nutrient and mineral deficiencies. By correcting these deficiencies through proper diet and supplementation, your immune system will have the tools to function properly, it won't over-react and it will have the ammunition to properly fight off invaders.

In the mean time, there are several things you can do to help get you through the "allergy season". Air filters are a great way to reduce your exposure to the allergen. By getting a good HEPA filter air purifier and at least keep it in your bedroom at night when sleeping [be sure to keep the door shut]. A better night sleep means more efficient repair cycles. Ozone producing machines also are of great benefit. Many patients have tried these and reported a safe haven in their home. The reasoning behind ozone is the production of O₃ sometimes called activated oxygen. This is very similar to the smell after lightning strikes, nature's method of cleaning the air. Most of these machines have an ionizer attached to them, to help with dust particles. Place the ozone machine at the air-condition return so the activated oxygen can be circulated through every room in the house.

Dairy products are usually a big culprit in the field of allergies. Sometimes, even a little bit can set off a big reaction. Normally, dairy may not bother you...but during "allergy season", it can create an overload effect which sets your immune system into high gear. Concerning children, a study in *Pediatric-Allergy-Immunology*, August, 1994, stated that "Formula-fed babies, at the age of three months, were secreting low levels of serum antibodies to bovine proteins contained in their formula...most formula fed infants developed symptoms of ALLERGIC rejection to cow milk proteins before one month of age.

About 50-70% experienced rashes or other skin symptoms, 50-60% gastrointestinal symptoms, and 20-30% respiratory symptoms. The recommended therapy is to avoid cow's milk.“ We see similar reactions in adults as well.

If you just want to get through allergy season and have sensitivities to food. Then testing for increased sensitivities may be in order. There are simple to extensive blood tests that check for delayed hypersensitivities. These lab tests are available through the office and go for as little as \$265.00 .

There are many good and natural products out there for the symptomatic relief of seasonal allergies. One of those products is “D-Hist” by Orthomolecular. A good dosage to start with is 6 per day for a 150lb adult. Some of our patients with severe allergies have found that doubling that dose works better for them. We have used this product for many years and even at the double dose have found no adverse reactions. Another great product is Vitamin C. Vitamin C is a natural antihistamine. Try 8000-10,000mg of Vitamin C when you have a flare-up. Make sure you have no contraindications to vitamin C. We have also had very good responses with Sino Lung and Antronex.

Many patients have very good results with acupuncture. We will often use a Electro Meridian Imaging (EMI) machine to assist patients. The EMI machine measures the energy flowing through the acupuncture meridians. Treatment is then initiated to improve the balance of energy. Treatment with acupuncture may use, electrical stimulation, cold laser, small seeds placed at acupuncture points on the ears, or needle acupuncture. Acupuncture often helps with very stuffy noses that have not responded to natural or drug therapy, sometimes immediately. Needles are very small (you could put FIVE through a needle that is used to draw blood). Most patients say it is painless or like a mosquito bite. If this is a concern, stop by the office and see what they look like, if you're still “chicken” there is always painless cold laser.

We encourage you to try these natural products, eliminate dairy and incorporate an air purification system in your home. These are proven,

natural methods for the symptomatic relief of allergies without the side-effects. However, wouldn't it be better to stop these problems before they become more serious? Wouldn't it be better to scientifically/objectively find out exactly what was causing the problem to begin with? The best thing to do is to set up a consult with a doctor who focuses on nutritional metabolic analysis...we will do testing to determine how healthy you really are, what diseases you have, and what problems are just beginning.

Feeling well and being healthy are within your reach...contact our office today.

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