

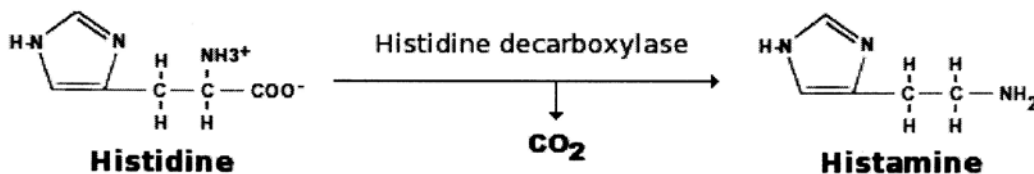
Paul T. Spriester, D.C., DIBAK
Health Bulletin/Newsletter-5
April 26, 2010
973-334-6053 or paulspriester.com

Its that time of year again as most of us know when the trees are budding and plants start growing and our car, decks, sidewalks, and windows are covered with yellow pollen. This marks the start of the “Allergy Season” for those of us who suffer with this problem.

So what is an allergy? An allergy can be defined as an altered reaction of body tissues to a specific substance, in this case pollen (allergen), which in the nonsensitive person will, in similar amounts, produce no effect. This therefore is essentially an antibody-antigen reaction and may be due to a release of histamine from an injury to cells of our bodies. The symptoms that are caused will depend on the tissues (cells effected), this can be seen as a rash eczema, effect our nose and sinus such as allergic rhinitis, and hay fever accompanied by itchy eyes and sneezing. It may effect our lungs such as bronchial asthma, our skin such as urticaria or hives, it may create digestive problems and in its most severe could be life threatening in the form of what is know as anaphylaxis. Other less common symptoms can effect the brain (brain fog), general tension and fatigue all maybe signs of allergies.

Allergies of any sort have a group of common dominators the first was described Carl Pfeiffer, Ph.D., M.D., in his book, “Mental and Elemental Nutrients” and that is sugar handling problems as functional hypoglycemia. The next factor is overrun adrenal gland that is know as functional hypoadrenia and finally is stomachs that cannot secrete sufficient quantities of hydrochloric acid know as hypochlorhydria acid. The symptoms of hypoadrenia are getting light headed when stand up quickly or eye being light sensitive, and hypochlorhydria symptoms are heartburn, bloating, belching and flatulence.

Now what can you do to correct and treat you allergies? The first line of defense you might think is to take antihistamines but this just suppresses the symptoms. The next thing you might do is go to an allergist and gets allergy shots. This sometimes helps by building up your tolerance to the irritant. If you choose this traditional method you will be required to have allergy testing which can be the skin scratch, RAST, and the ELISA, these tests will show want you are allergic to and the degree of intolerance. These tests measure different immunoglobulins such as IgG or IgE etc., but this will not solve your problems.



(Over)

You may be thinking what can chiropractic and applied kinesiology do for my allergies? Well the answer to the question is plenty. Let me explain. Through Applied Kinesiology muscle testing we can first screen to see if your symptoms have allergies as their source. This is simply done by testing a strong muscle and then tasting a tablet of the amino acid Histidine, which will cause a strong indicator muscle to weaken. This confirms some sort of allergy is present. We can then test foods or samples dust and pollens from your home and yard to identify what you react to.

Once the offending agents are identified and AK off shoot system called Nambudripad Allergy Elimination Technique (NAET) is used to treat and correct the allergy. This method uses muscle testing and the meridian system to find the Associate Point on the spinal column that relate the offending agent when it is located the muscle weakness is eliminated. This point with the allergen in contact with the patient is tapped for a prescribed time and this is followed by a series of additional points on the hand and feet associated to the large intestine and liver. This is done with each offending agent and it a few day the person usually experiences improvement and elimination of their symptoms.

We then add nutritional support of the weaken organ systems as example Standard Process Laboratory products such as Betaine HCL for the stomach acid, Drenatrophin to help the adrenal gland, Pancreatrophin for the sugar handling system and finally Antronex which acts as an anti-histamine with no side effects. This combination of AK and chiropractic care will usually correct and allow your body to heal and no longer have any allergic symptoms.

Call us for an appointment if you are sick and tired of being sick and tired.

Sincerely,

Paul T. Sprieser, D.C., DIBAK