

Clients with Allergies:  
Helping avoid and improve the negative  
degenerative cycle

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## Course Structure

Part 1: Basic Anatomy and Physiology involved in the allergic reaction.

Part 2: Relationships of Allergies and emotions

Part 3: Functional disruption of the body

Part 4: Solutions to the Degenerative reactions of allergies

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Allergy: The Immune system response to a protein molecule or allergen that the body believes is harmful causing an antigen (considered an enemy to the body) reaction to that item.

This response may be in any cell in the body and may cause a cascade of inflammation known to most as an Allergy reaction.

## Part 1

### Basic Anatomy and Physiology Involved in the Allergic Reaction

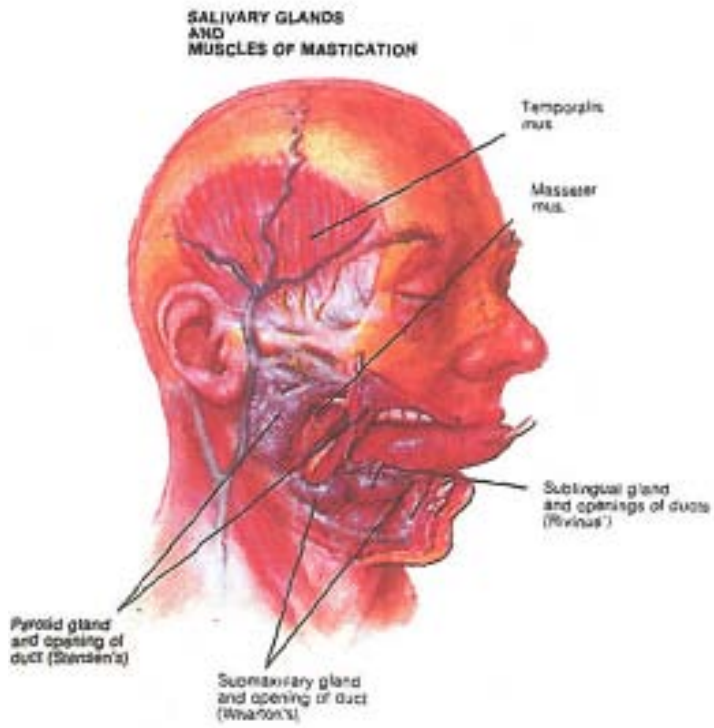
There are some things to understand about allergies we need to discuss first:

The term Opsin is a class of protein, which often produces a photoreceptor activity through the eye, with a DNA response. Not all types are optic, and in the case of the involvement of a gene it may be involved in foods or airborne allergens and even an outside toxin. The involvement from the DNA currently weaken in the body cause a response or the involvement from the allergen. With this further exposure to that allergen the already. Weakened DNA cannot handle the item as it should either as a useful item or as a toxin and the inflammation and allergy cascade begins. We will go into this in more detail later in this report.

Pancreas deals with hormones, which aid in the proper digestion of foods helping to decrease allergies. When the pancreas is stressed allergies may become more prominent.

Amino Acid deficiency from Amylase which is produced in saliva and pancreatic juice is the catalyst for hydrolysis of starch to sugar it is needed in the digestive process to break down carbohydrates (part of the Hydrolase enzymes) and it is part of the chain reaction for the digestion of carbohydrates that are used to produce energy, bile and fatty acids. A lacking of this enzyme may cause allergy issues as well as acidosis.

Saliva is controlled by the parotid glands (the largest is in front and below of the ear), submandibular (submaxillary) gland in the lower jaw, and sublingual glands under the tongue. These are controlled by the preganglionic parasympathetic nerve fibers leaving the central nervous system. If these are compromised or pinched, by spinal subluxation or any other form of damage or contamination the saliva production will be disturbed and disrupt the digestive process, before it ever starts the chain of breakdown in the stomach and intestine.



Picture from the Johns Hopkins Atlas of Human Functional Anatomy

Hormones:

Epinephrine (not the shot but in natural form) is secreted in response to low blood sugar levels but in synthetic form it is used to open the airways but it can cause increased cardiac output at the same time. This is triggered by the hypothalamus to the sympathetic nervous system to the adrenals, which produce the epinephrine hormone.

Thymosin fraction 5 from the Thymus Hormone helps improve the immune response to allergies by the development of the white blood cells since the T-cell, which is needed for allergins, is produced in red bone marrow but matures in the thymus.

Although some metals may cause allergic responses when in the system others minerals may be used in natural form to help with allergy responses.

The second Chakra may be linked to allergies as well as muscle spasms, frailty, sexual imbalance, etc. Because of this weakness in the auric field and imbalances in the chakra may cause as many problems as the problems of allergies interfering with the chakra. The third Chakra may also be linked to allergies as well as digestive, mental and nervous exhaustion, gallstones, diabetes, heart problems.

Which came first emotional stress or the allergy? We often don't know but as one is helped often the other is.

But as you are already seeing we are not just looking at one thing called "allergies" but at many starting with: Hypothalamus, Sympathetic and Parasympathetic Nervous System, Autonomic Nervous System, Adrenals, Thymus, Pancreas, Liver, DNA, Imune System, Phlegm, Antigens, Allergies, Epinephrine, Inflammation, Pantothenic Acid, Vitamin C, Thymosin (Fraction 5), Bone Marrow (red), T-Cells, Protein digestion, Enzymes including Hydrolaze,

Amino acids of Amylase, Bromelaid, Papain, Preganglion, Lithium, Molybedum, Vitamin B-3 (Niacin) B-4 (Niacinamide), Co enzymes, Vitamin E, Digestion, Histamine Cascade, Serratiopeptidas, Protease, Heavy Metal Toxicity, Pathogens, and HYDRATION because good quality water is essential. This is quite a bit more than just working to help a client with an allergy.

## Part 2

### Relationships of Allergies and Emotions

There are a few terms and things, which may help before we farther into this class. First we need to understand WHY allergies happen.

We need to understand that allergy reactions, which I believed were unusual or undiagnosed in earlier years, have now over 12 million sufferers. This statistic comes from FAAN (Food Allergy and Anaphylaxis Network). This has gone into epidemic proportions; we now need to figure out both why and what we can do about it's affects for our clients.

The ALLERGY REACTION can be easily explained with the action of the histamine cascade. Histamine receptor cells cause the allergy reaction. Now why... The body has a reaction to something, which it finds to be foreign, not foreign to others outside of that person, but foreign to them, this may be fungal (mold, mildew), bacterial, food, any type of protein molecule or even an emotional trigger. It can happen in a matter of a few minutes or up to a couple hours. In my case the food triggers, which cause anaphylactic shock, trigger in 6 to 8 hours where the green peppers, which caused hives, were instantaneous.

So lets look at the event: Antigen (enemy) is sensed, it causes the immune system to handle it by using the white blood cells. These white blood cells increase to combine and produce antibodies (immunoglobulin), which are made in the B-cells (B-lymphocytes) of the lymph nodes and the antibodies now attach to the white blood cells (basophile) and mast cells to fight the allergens. Mast cells trigger histamine cells, which produce the histamine, which now makes the inflammation, which the body stores into its memory. After the first time reaction (memory) is done the body will automatically respond. This response to the antigen (enemy) will produce an automatic "allergy cascade" reaction to happen and IF the histamine is released all over the body rather than just to a specific region; we now have anaphylaxis (anaphylactic shock).

Why does the antigen affect the body? Because histamine dilates blood vessels and makes vessel walls abnormally permeable. It stimulates the mucous production and binds to nerve endings.

Before we talk about how to help our client lets first discuss some of the types of allergy symptoms, because what most visualize, as an allergy may very likely be only a VERY small portion of it's potential reactions.

Build up of phlegm, this begins part of the confusion since most think this means in the sinuses only; and while this is a very uncomfortable result due to the number of sinuses we have throughout the front of the face alone, it is by no means the only location, because the sinuses are all over the head and neck region even behind the head. This sinus issue causes all kinds of symptoms from the occasional drip to the constant run, bad breath and tickles in the throat causing a irritating cough or clearing of the throat. The other location that must be understood with phlegm is in the digestive track.

Upset stomach; with a buildup of phlegm. Because we also have an increase capability of phlegm in the digestive track it is not abnormal for digestive issues such as: Nausea, vomiting, irritation of the gastrointestinal lining, abdominal cramping, or diarrhea. Add to this the inflammation issues and you can see why digestion is so affected by allergies. This does not include enzyme, toxin or pathogen complications.

Histamine cascade commonly thought of as runny nose, sneezing, congestion, swelling of the lining of the nose are another type of the more common complaints of allergies, and because the inflamed tissue make the region more susceptible to bacterial and viral complications even the side effect of polyps can occur. Long term allergies often leave a horizontal line below the bridge of the

nose due to “the allergy salute” rubbing the nose with the heel of the hand and pushing the tissue up.

Itchy or red eyes and dry eyes are another easily explained side effect of the drying, irritation and inflammation of the tissue, eyes tend to dry due to the increase of mucous buildup, however runny eyes with a thick mucous build up is the opposite extreme and can be so much that upon waking the eye can be crusted shut. To prevent bruising of the skin, a warm compress should be used to soften this and remove it.

Dark allergy circles may happen around the eyes due to the soft tissue bruising from rubbing dry itchy eyes, and many people do this without thinking of the consequences. They itch so they rub.

Over wet or dry mouth, and tingling of the mouth may also happen. While dry mouth is not an uncommon side effect since the body is using the liquids improperly we also may have problems with the increase of mucous which may also make it possible for some to have a more abundant thick mucous saliva due to allergy issues. This can cause saliva to congeal on the lips, cause more spitting while talking and even cause a problem with swallowing due to the tick consistency, especially at night when lying horizontal.

Swelling of the tongue or throat (esophagus) When the thickened saliva combines with the complication of a swollen throat, it is easier to see how choking can happen. Reduced airflow can also cause problems when added to several other complications such as decrease in oxygen to the brain or even passing out.

Fuzzy brain or brain fatigue is another very common complaint of allergy sufferers. When one has not experienced this it is hard to imagine that a simple allergy can disrupt clear thought, but if you stop to remember how difficult it is to think when suffering a head

cold you can empathize with these people who go through this most of their lives.

Drop in Blood Pressure, cardiovascular issues. The vessel dilating may cause complication in the pumping of the blood.

Varicose veins may result or be complicated by stress to the blood vessels; this may cause small ruptures especially in the face around the nose and cheeks.

Red/pink flushed skin, Rash, hives and other skin conditions; including eczema (caused by the histamine binding to the nerve endings) cause embarrassment and self esteem issues. Coverage with make-up is often not an option since these people often are allergic to items within those compounds. Chemicals, perfumes, and lanolin, which is a wool-based product, may be a drawing card to the general public to smell good or soften the skin, but for these allergy sufferers they are a nightmare.

Exhaustion or overall body fatigue and weakened muscles are typical symptoms, and prescription drugs often compound these issues.

Respiratory issues; lungs, difficulty in breathing, bronchial spasms, asthma add on to the already thickening of mucous.

Yellowing eyes sometimes happen when there are liver complications and liver stress should always be suspected with allergy issues. Often when people do cleansing of the liver allergies will improve.

Irritability, mood swings and anger. Food allergies may be an extreme trigger for quick emotional flares. Items like MSG may trigger sever violent outbreaks within minutes of consuming. Remember the digestive track and the brain are always connected.

Loss of consciousness or Death are extreme cases of anaphylactic shock but can happen when the air cannot get through the bronchial or esophagus, combine vascular swelling and there is not always time to call 911.

## Part 3

### Functional disruption of the body

Allergies in my youth were an acceptation and not the rule. We all knew of the “allergy kid” the one that could not participate in anything because it would make them deathly sick. They were thought of as strange, or freaks of nature and were often teased by the other students, who felt that mommy was protecting them and surely they could not be as bad as they were made out to be. Rarely did any one ever ‘see’ an allergic reaction and so the myth of allergies went on.

Our parents knew even less about allergies, why they happened or why some child would have these symptoms while no one else in the family was bothered. This child with the strange phenomena was classified as the ‘sick kid’ of the family and thought of as an outcast and rarity; they prevented participation or sat out of many activities. Many parents spoke of the children as sickly and pale and believed that with activity and sunshine the child would be better. Often the parents of these children were held to blame.

It was no wonder the way we viewed these people in our youth. But, the reality of allergies began to be much more wide spread by our teenage years and into young adulthood. Allergy clinics and allergy testing became much more discussed and wide spread. The question became ‘are allergies more discussed and labeled now or is the problem becoming more wide spread?’

I myself fit into the sickly category, it seemed I was always running around with sniffles and a runny nose, but the only terminology was colds and hay fever during the spring months. Allergy problems were only used as a label for the person who might go into anaphylactic shock. By the time I was in college I had developed other symptoms; throwing up each morning, headaches every day, monthly cluster (or as they thought migraine headaches), upset stomachs daily and of course the constant “cold”.

When these “symptoms” finally took my voice into a whisper, okay I’ll call it what it was, constant laryngitis, I was steered to an allergist. Not by my family physician, but by a 6-foot girl friend, at my College, who worked at an ENT office. She threatened to pick me up physically and walk me into the office of a neighboring allergist. At 5’2” and 115 lb that was a threat she was willing to fulfill. I am thankful now for her browbeating because it gave me the time I needed until I could rectify the problems through alternative health means.

To my dismay, I was now labeled as one of those “allergy kids” and went through years of skin tests, allergy shots and pills. And although these did remove the symptoms the result was a fuzzy sluggish head, dry eyes and constant tiredness. I like most allergy people lived like this for 25 years, ranging from 2 to 4 allergy shots per week until my system changed upon pregnancy and the best approach became daily pills. What did not change was having allergies. Tons and tons of allergies according to the experts I was allergic to everything but air. But, this therapy did not do what I wanted; make me better and able to get off the pharmaceutical candy. For that there was no probable expectation of improvement. As the wording went LIVE WITH IT.

After years of “living with it” and many other things my body was wore out. I could not eat anything, which did not cause some type of reaction. Green peppers caused hives, beef, wheat, eggs, vegetables stomach aches, cheese, milk and dairy of any kind phlegm, migraines and bees, crab, pistachios would result in anaphylactic shock. So as to be expected and I walked around caring a bee kit so that I had a syringe in case I needed it. I used stronger “candy” when the other no longer worked and I survived. But I did not get any better, I needed a miracle and to understand why this was happening.

In 1998 I found part of my answer, and now with this class I hope to help you to find yours. To help you to help your clients get off the candy, be able to eat the foods that should be healthy for them and to reclaim their life and clear their fuzzy cotton-ball brains.

So, what did I find? Biofeedback and stress reduction. Something so simple added to the knowledge of how the body works and how the body can clean up allowed my own body the ability to break the destructive degenerative condition I was in and to improve. Did all the allergies disappear never to return again? No, and I'll try to help you understand why in this class.

There are all types of complications of allergies, toxins within foods using preservatives and food coloring. Monosodium Glutamate (MSG) may cause the MSG Symptom complex (1995 FDA Commissioned Report) showing that the Sodium Salt of glutamic acid may spike the blood plasma levels of glutamate and may even cause problems to the areas of the brain outside of the blood-brain barrier. The study on MSG done by Dr. John Olney in the 1970's showed allergy issues, brain and weight issues, among other problems when MSG was tested on lab rats. Even exotic foods that our bodies are unfamiliar with have been added to our diets and being viewed by our bodies can sometimes trigger an allergy reaction.

A friend of ours has an autistic child who is much worse with improper food combinations. However, given even one bite of food with MSG in it the child becomes violent. This was seen at a Chinese restaurant where they asked the waiter if they used MSG, they were told they do not. The order was placed the food received and the 8-years old child had eaten only two bites when at he got up and started throwing chairs, food, plates and utensils and yelling and screaming uncontrollably. When the staff approached and were confronted by the upset parents, who were attempting to restrain the child, they denied that they used MSG, until the

parents explained the episode. They quickly apologized and admitted they did not know it would make a difference, but that separating MSG cooking from non-MSG was time-consuming so they did not admit to using it to enhance flavor of the food.

When mercury is put into the body by amalgams, vaccinations or injected in fish the mercury can kill the friendly bacteria in the G.I. tract. If the bacteria is a bit more hardy Dr. Higgins states that “they may undergo another alteration (pleomorphic change) such that they are more resistant to mercury. Altered intestinal bacteria almost digest your food properly, but not quite. The resultant *almost* properly digested foods are absorbed into the bloodstream; while almost the right shape and form, they do not fool the immune system. Your immune system is especially programmed to attack anything that does not look right. In these cases, the immune system’s attack on almost properly digested proteins can produce a reaction referred to as an allergic reaction. Many people report an improvement in their allergies after amalgam removal. Perhaps the resultant increase in properly digested protein and decrease of altered protein after mercury removal is part of the reason.”

Emotional stressors which trigger an allergy memory, cigarette smoke, dust mites, pollens, and other airborne allergens such as mold and mildew. Chemicals used in home and commercial buildings; such as items used within home walls (treated wood, glue) and even carpet, as well as cleaning supplies and many other aerosols add to our toxins. Makeup, deodorant, perfumes and other items we apply to our skin. Pesticides in the air, on and in our food and water all have changed our food from healthy to toxic. Genetically modified foods, including wheat, which has been blended with grass, to make it hardier in cold weather, cause another toxic issue.

A recent article was published on the Internet warning people about checking the date of their pancake mixes, as well as other

mixes with flour products. It seems that the flour and gluten became out of date and allowed for a build up of some type of mold, which caused a severe anaphylaxis reaction. This gave a very good warning, be sure to watch dates.

Some specialists suggest with food allergies that you cut back on an item such as strawberries and start with only one and if that causes an itch or rash to do just a piece of one, until you find the amount that does not cause the reaction. After you can maintain that amount start to increase by a berry a day, or sections of a berry over 3 or so times a day. Normally, this trouble would not be an issue, but with a raw food, which the body needs, a nutrient for it is one way to attempt to get this neutralization.

The question of a food allergy should be looked at a different way. Is it not possible that the allergy to a food is the bodies way to rid the body of the noxious substance or toxins that have infiltrated the body. And since enzymes are very active agents, it makes since that they work to do just that. So if we clean out the toxins, the body will no longer have to have this reaction and it can utilize the good foods in the proper way.

Predisposition, miasmatic issued of past generations and emotional damage as well as changes and weaknesses of our DNA have caused worse reaction each generation. And even cold weather, which typically kills off airborne items, is not as helpful as in the past due to the warm insulated homes we now live in.

We now also have to look at chemicals and metals, which we ingest, from foods, as well as those we have added intentionally to our mouth. With the addition of fluoride to the water supply and in dental visits and the use of mercury, and copper in our amalgams the immune system is being compromised and bombarded with a continual addition of these toxic metals both on a daily breakdown

from our fillings and from our showers, drinking water and hygiene products.

One area of comparison needs to be addressed although; both may be treated in similar ways, with slight differences. That is the difference between Allergy (immune system response) and Intolerance (enzyme deficiency) of foods. Many reactions are similar with upset stomachs, diarrhea, and other intestinal issues and even the mucous and brain issues the cause is due to the intolerance of the food from missing enzymes in the diet. If the enzymes are available often the response goes away, however some things like cow milk may not ever be easily tolerated do to the bodies ability to break down the particles.

Drugs are the normal therapy by the medical field: Antihistamines prohibit binding of the histamine to the receptors. Many may go through the blood brain barrier causing additional brain fatigue or sleepiness and dried out membranes. Adrenalin (Epinephrine) is used to stop anaphylaxis. Although this may help the symptoms the problem does not go away and with the immune system compromised the body tends to degenerate faster.

Those who suffer with anaphylaxis will often carry epinephrine shots (bee kits) for fear that the next reaction will be one that must be dealt with immediately before they pass out and are not able to get to a hospital. Minor reactions to bees may progress with the cascade effect and the emotions of fear now adds into the mix increasing the adrenal production should they be concerned or actually have something happen. This is a different type of emotional connection, but serious complication none-the-less.

Immune system must work harder to compensate for allergy systems this is the normal response of the body but it causes a cascading degeneration of the full immune system, including the thymus, bone marrow, lymph nodes, spleen, tonsils, adenoids,

peyer's patch 1/3 small intestine (illium) by the Cecum. But, these are not the only areas affected, since each and every item in this list has a reaction to other parts of the body. It's no wonder that the body gets tired when we fight the battle of life-long allergies.

So, what do we do about any or all of this?

By dealing with the issues of the body and mind we can allow the body to begin the healing process. Although, those of us in the alternative medical field can never suggest removal of medications, often when the body begins this healing process the client no longer has the symptoms, which were the cause of needing the prescriptions. Because the symptoms decrease many times the client, with the physicians input, reduces or even remove the prescription use.

In conventional medicine there has been no way to heal the body of allergies short of abstaining from the item or items, which caused the response. Allergy medications, both over the counter and prescription allopathic drugs hid the symptoms at best, but in the alternative health field ways are being discovered which allow the person to heal from the inside out. In a way this is actually the way the body IS healing.

As the person degenerated and allergy problems became more severe it went from interior problems to exterior problems. Liver to lymph and blood, brain and digestion to the external symptoms of diarrhea and vomiting, sneezing, coughing, rashes, etc. Removal of the allergen through the processes of elimination. Most of these resulted in discomfort, which slowly progressed, and often so slowly that the person forgot what it use to be like. This said, it only makes since that to cure the body one must reverse this process and go from the outside in and bottom to top.

In is also amazed at how much better they feel, over a short period of time. Often they even remember when the old problem first started when actually confronted with that symptom. If you took the time to record how they were feeling before the healing process began they will find it interesting latter. Because within a short time (usually a few months) they forget how bad they were and now only realize how bad they are now. But, if reminded of the old symptomology that they were having it brings it back to the mind especially if it was logged at each improvement. Preferably, have them do this themselves, taking any chance of liability of “healing” off you, since you did none of the healing, they had to do it themselves, once they no longer ‘owned’ the condition.

## Part 4

### Solutions to the Degenerative reactions of allergies

How can we help our clients? There are many modalities to help and truly none are new, they all center from the same thing. ENERGY. Whether one works with acupuncture helping the energy and meridian flow, the hands on techniques of the Reiki master, the power of prayer, massage, body works, chiropractic or even biofeedback. Each and every form mentioned deal with the energy flow of the body. If we are able to help rebalance this energy and distress the body then the body is given the tools it needs to repair itself from virtually any destruction. How fast depends on the level of damage, the removal of the toxins, the mindset of the party, the skill of the therapist and the desire to have it happen.

Using the biofeedback devices give us a way to speed up the rebalancing help, but it still is limited by the desire and mindset of the party. We cannot wish someone better and expect it to happen if they themselves do not want it. Often this is an unconscious desire because they are receiving a positive reward for owning their illness, which outweighs the results of improvement of health.

But no matter how you help with allergies remember the list we discussed earlier: Hypothalamus, Sympathetic and Parasympathetic Nervous System, Autonomic Nervous System, Adrenals, Thymus, Pancreas, Liver, DNA, Imune System, Phlegm, Antigens, Allergies, Epinephrine, Inflammation, Pantothenic Acid, Vitamin C, Thymosin (Fraction 5), Bone Marrow (red), T-Cells, Protein digestion, Enzymes including Hydrolase, Amino acids of Amylase, Bromelaid, Papain, Preganglion, Lithium, Molybedum, Vitamin B-3 (Niacin) B-4 (Niacinamide), Co enzymes, Vitamin E, Digestion, Histamine Cascade, Serratiopeptidas, Protease, Heavy Metal Toxicity, Pathogens, and HYDRATION because good quality water is essential. This is quite a bit more than just working to help a client with an allergy and we have not even discussed the complications of emotions in this list.

The emotional tangent of allergies is a HUGE factor. If one had a bad experience while eating a food the mind may put that into the memories and it may react as an allergy. Say for instance a dog bit them and now every time they are around a dog they feel ill. Or they were eating popcorn at the fair and between that and all the other food and the rides they became ill, if you add to it a bad incident such as being hit by their best friend they may have a reaction to popcorn from now on. Maybe they were eating a hamburger when they found out that their favorite Grandpa just died, the emotion of the trauma and loss at an early age may link to the emotion of the sadness and grief and now as an adult they are sick each time they smell or taste beef. Emotions may control or lives if we are not able to control them.

I have met many who believe that all allergy issues are emotional connections. And while I do believe that allergies and emotions are linked there is an underlying issue that first must be addressed. If the body is too toxic, and the organs are too weak to repair themselves then even working on the allergies through emotional therapy may very likely not be enough.

So what can we do? Well let's start with the body and figure out how to help it repair itself.

The autonomic nervous system (ANS), which is involved in the Sympathetic, Parasympathetic and Vagus nerve systems and the CNS are all involved in how the body can function. These must be looked at. Since the spine is linked to this we must look at the framework of the body before looking at the organs themselves. What good is it to fix the engine of the car if the body, frame and tires are not there to hold the engine? We discussed the CNS earlier when discussing the Saliva flow, the body works together as a smooth flowing unit, emotional, spiritual and physical.

Often times the spine has been compromised since birth, breach births, long strenuous deliveries, even a gentle birth can start the spine stressed, and rarely is an infant looked at by a chiropractor or other means such as essential oils being used which may help de-stress the muscle and spine. Essential oil such as Valor is known to help with this issue.

We know that the immune system is what triggers the allergy response, so obviously one of the areas we need to address is the immune system. What can we do to help in this area?

First we need to make sure the body can eliminate the toxins it has stored up, from the bottom up. Making sure the Kidney is functioning well, and then the liver; these are needed for the fluids of the body. But we must also look at the excretion of the solids so the Colon, Large intestine and the small intestine must be checked. Since the liver also recycles the blood and fluids from the intestines we think of this as the common joint. From here we look upward and then outward. Spleen for the filtering of the blood, stomach for the storage of the food and breakdown, adding in the pancreas for the enzymes necessary in proper digestion and since the lack of these enzymes also causes more allergy issues. And since the pancreas is classified as part of the endocrine system we add to that the pituitary, pineal, hypothalamus, thyroid, adrenals, and reproductive glands. Following this the respiratory system of the lungs and heart and then our immune system of the thymus, lymph nodes, and for those who still have them the tonsils, adenoids and appendix. Last but not least the skin, classified as the third kidney for the filtration of sweat and removal of toxins.

As you can see the body requires the whole system working to perfection for health to be maintained. One portion works with another and all intertwine in some way or another. Whether it is the chemicals and hormones that are produced for an organ to

work properly or the nutrition that an organ breaks down for others to absorb for their proper function.

Once you have helped the liver do not be surprised if you are already seeing signs of improvement in the allergies and often in vision. When this is worked on then we look at making sure that the body is receiving the nutrients it needs to help the immune system and replenish the depleted storage of the body.

You may need to look at adding vitamin C, and Pantothenic Acid to your diet. But one of the most important things to increase is water. Check into the quality and the quantity of the clients' intake of water, because without proper hydration the body cannot clean itself. If they are still not improving then check into the enzyme process that the body must do for hydration and oxidation. If the body is not able to utilize the water into the blood then the body again cannot do its job. This again is often compromised with the toxins of mercury and fluoride which breakdown the enzymes before they can be used.

Amino Acid deficiency from Bromelain, which breaks down protein and is used in the digestion and absorption of nutrients, as well as improving the immune system by improving antibiotic absorption and uncovering the membranes of antigens so the system can attack the antigens. Bromelain also helps reduce swelling, including epinephrine caused pulmonary swelling.

Amino Acid Papain breaks down protein and degrades fats and carbohydrates. It is also a digestive aid to protein rich foods and helps with inflammation. It has been found to help with allergies.

Amino Acid Serratiopeptidase (Serratia Protease) helps break down protein, fight inflammation, stimulate immune activity, reduce sputum viscosity (thick phlegm), and allergies.

We've discussed the difference of an allergy vs. an intolerance now let's discuss addiction. Addictions to drugs, alcohol, or tobacco all may be linked to allergies and not just to an emotional dependency. If an addiction is just from emotions than breaking the emotional connection may be difficult but once the client understands the desire it can be obtained. However, if there is an allergy to something within the product in which the body is responding the job of stopping dependency and use may be much more difficult to correct.

One of the strange side effects that the body has to severe allergies is a craving to that allergin. The memory cells, which prepare the body to attack the allergin, also cause a reaction to desire the item, coupled with the bodies need for the nutrient, which has been lacking by not using the item, we can become our own worst enemies; using the items we should be avoiding. This often happens with addictions, and is one of the prime reasons that the addict cannot stay away from the item it craves. If we are able to differentiate between the physical allergin and the emotional craving we can often help the person break the addictive cycle in a very short time. On that same thought if someone has no allergy to an addiction we can sometimes amplify an allergin to cause just enough of an allergic reaction to make them remove the positive euphoric feeling that the emotional lift causes, making it much less of a positive desired effect.

When we are helping the body to rid an allergic emotional response Louise Hay has many suggestions in her book *Heal Your Body*; we have to look at "Who are you allergic to? Denying your own power." The new affirmation is "The world is safe and friendly. I am safe. I am at peace with life." This varies slightly for issues of Hay Fever. Now we look at "Emotional congestion. Fear of the calendar. A belief in persecution. Guilt." The affirmation is "I am one with All of Life. I am safe at all times." With Hives look at "Small, hidden fears. Mountains out of

molehills” and for the affirmation “ I bring peace to every corner of my life.” If the major problem is Itching then “Desires that go against the grain. Unsatisfied. Remorse. Itching to get out or get away.” And the affirmation “ I am at peace just where I am. I accept my good, knowing all my needs and desires will be fulfilled.” She goes into many other links to emotions depending on the symptom that they are having. If it is digestive, headache, muscle spasms, or any other type you can reference her books to achieve the desired result and see her suggestions. Often times just listening to what they say or how they react will tell you what they are harboring.

There are studies, which show that large doses of vitamin C may reduce the antibody-allergen binding and diminish allergic symptoms. However, if someone has or may have kidney stones or problem with diarrhea vitamin C is not the recommended course of action.

Some reports say that eating honeycomb that comes from the area where you live can relieve symptoms of the allergies, but the view is that by chewing a little of the honeycomb you may be able to desensitize yourself to the local pollens. The hope is that your body will gradually build up a tolerance by ingesting small amounts of the pollen. Others believe that the injection of honey can actually cause an allergic reaction.

As to herbal treatments for allergies some think that stinging nettle may be helpful against hay fever. It is a very popular herb in Germany used for hives and allergic type skin reactions.

Old fashion chicken soup has been a wives tale for years that it helps with colds and other sinus type issues. There have been numerous studies over the years that show it has an ability to improve the flow of mucus through the nasal passages. Sounds like this is one of the areas where mom knew best.

Many children who have allergies also show signs of ear problems and ear infections, one of the natural remedies found by a Finnish physician doing a double-blind, placebo-controlled study was that chewing gum, found in health food stores, that has Xylitol in it reduced ear infections. Known also as birch sugar since it comes from birch trees it is also found in strawberries, raspberries, and plums. But, the kids that chewed two pieces of that gum five times a day had 40 percent fewer ear infections. The explanation in the People's Pharmacy was "Our finding is best explained by the efficacy of xylitol in reducing the growth of *S pneumoniae* and thus preventing the attack of acute otitis media caused by pneumococci. Pneumococci are the major cause of acute otitis media, causing about 30% or more of such attacks."

Lithium found in water, soil and seaweed helps with food allergy mood swings.

Molybdenum is found in cereal grains/whole grains, fruits, sunflower seeds, dark green-leafy vegetables, lean meats, organ meats (liver, kidney, sweetbreads), shellfish, lima beans, lentils, green beans, potatoes, spinach, peas and other legumes. Molybdenum helps to detoxify sulfite, which may cause allergy reactions, however Molybdenum can pull copper from the system so you need to replace copper.

Vitamin B-3 Niacin and B-4 Niacinamide (part of the coenzyme NAD and NADP) come from beef liver, brewer's yeast, leafy vegetables, whole grains (except corn), tea, coffee, chicken (white meat), dried beans/peas, fortified cereals, halibut, peanut butter, peanuts, port/ham, potatoes, salmon, soybeans, swordfish, tuna, and turkey. This vitamin helps with production of some hormones and blood sugar regulation and helps in the reduction of allergy reactions.

Vitamin E (Tocopherol) is eight substances including, alpha-tocopherol, beta-tocopherol, delta-tocopherol, and gamma-tocopherol. It is found in almonds, asparagus, avocados, brazil nuts, broccoli, canola oil, corn, corn oil/margarine, cottonseed oil. Fortified cereals, hazelnuts (filberts), peanuts/oil, safflower nuts/oil, soybean oil, spinach, sunflower seeds, walnuts, wheat germ and oil, wheat germ oil. Promotes red-blood-cell formation and vitamin-C recycling and immunity and allergies. One of it's other benefits is that it helps as an antioxidant against free radicals in the body which often are involved in those fighting allergies. The deficiency of this may make red blood cells fragile.

The second Chakra may be linked to allergies as well as muscle spasms, frailty, sexual imbalance, etc. Because of this weakness in the auric field and imbalances in the chakra may cause as many problems as the problems of allergies interfering with the chakra. Which came first emotional stress or the allergy? We often don't know but as one is helped often the other is.

Even oils may help to restrengthen this chakra and they include the following: Rosemary, rose, ylang-ylang, juniper, sandalwood, jasmine. Because stones and crystals also have healing properties certain ones may help strengthen the chakra also, they include: Amber, citrine, topaz, moonstone, fire agate, orange spinel, fire opal.

The third Chakra may also be linked to allergies as well as digestive, mental and nervous exhaustion, gallstones, diabetes, heart problems. Oils of Juniper, vetiver, lavender, bergamot, and rosemary may be helpful. Stones and crystals: Citrine, amber, tiger's eye, peridot, yellow tourmaline, yellow topaz, watermelon tourmaline are the frequencies that may help.

Essential Oils have many which work well for allergy issues and you need to look at the symptoms to find the best for the client,

however any within the Aster and Ragweed family such as Arnica, Chamomile, and Echinacea should be watched until you verify that there is no allergic response. Since Echinacea is in MANY items to sooth the throat, this is an interesting concept. If someone has an allergy to specific oil, again it is often because the body needs the detoxifying effect that the oil provides, so start slowly using it. By placing a drops on a cotton ball and placing it in the toe of the shoe the body can bring it into the tissue in an area which does not react as easily as the soft tissue in many other areas. By being in the feet, the smell is also kept away from the olfactory nerves because the senses are also a wonderful way for oil to be taken into the body but can be a bit to quick on a sensitive oil.

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In class Study Case  
For Emotional/Physical  
Worksheet

Technician: \_\_\_\_\_

Client Case Study <i>(list rectifications and mark how many times you did each therapy)</i>	
Client Name:	
Date:	
Emotional Complaints:	1. 2. 3.
What are the clients top physical complaints	1. 2. 3.
Physical Complaints: which of these are involved with allergies?	1. 2. 3.
Allergies list top 3 complaints	1. 2. 3.
What links in emotional link do you suspect?	1. 2. 3.
How much water do they drink?	

Do they eat or drink alternative sugar products?	
Three therapies did you choose:	1.
	2.
	3.
Why did you make the choices you did for therapy?	
What repetitive issues did you find in the areas above?	