

Free Yourself from Allergies!

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Class Overview

We will explore:

- The hereditary connection to allergies
- The difference between “active” and “hidden” allergies
- How allergies develop and how they can contribute to other health problems
- How intestinal imbalances can contribute to allergy development
- *Chiropractic Non-Invasive Desensitization*: a natural and effective approach to healing allergies (description and demonstrations)

What is an Allergy?

- Allergy: a biological hypersensitivity in certain individuals to substances which, in similar amounts and circumstances, do not have an effect on others.

In other words, an allergy is *an unusual or exaggerated response to certain substances*.

- Allergen: a substance capable of producing an allergic reaction. (can be anything!)
- “One person’s food in another person’s poison.”
-- Hippocrates (460–377 BC)

Where does the term “allergy” come from?

- Term “allergy” was coined in 1906 by Austrian pediatrician Clements Von Pirquet (1874-1929)
 - worked with children with TB
 - studied the immune system
 - developed the scratch test for TB, the forerunner of today’s allergy scratch testing
- *Allos* (altered) + *Ergion* (action or reactivity) =
Altered Reactivity

Two Types of Allergies

ACTIVE Allergies...

Cause very visible, uncomfortable allergic reactions including hives, rashes, swelling, wheezing, runny eyes, runny nose, etc.



HIDDEN Allergies...

Cause few *visible* allergic reactions.

Patients complain of poor function of body and/or mind including fatigue, anxiety, mental fogginess, back pain, arthritis, malaise, etc. and don't know the reason why.

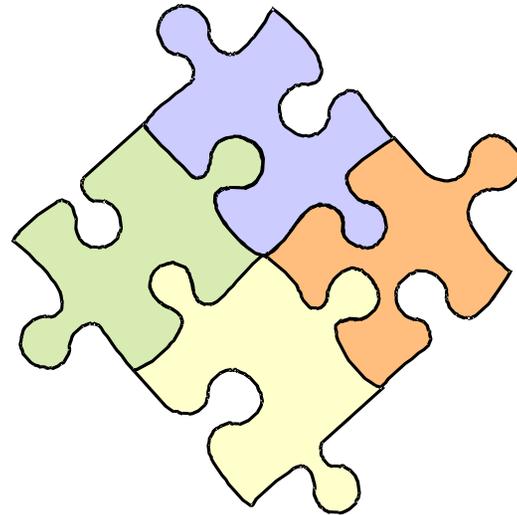


FACT: Most allergy sufferers have **both** types.

What Causes Allergies?

The tendency to develop an allergy is inherited.

But, allergies to specific substances are not necessarily genetically passed on.



Piecing together the allergy puzzle...

What Causes Allergies? (cont.)

Neither of my parents has allergies and I've had them all my life! Why?



Possible causes of childhood allergies:

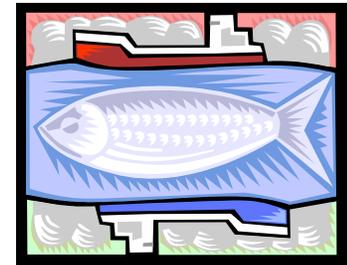
- Parents may have had an illness or condition that altered the child's genetic expression
- Mom may have been exposed to radiation, chemicals or drugs while pregnant
- Proteins in maternal bloodstream pass through placenta – sensitivities can develop while fetus is in the womb

What Causes Allergies? (cont.)

Neither of my parents has allergies and I've only just developed them as an adult! Why?

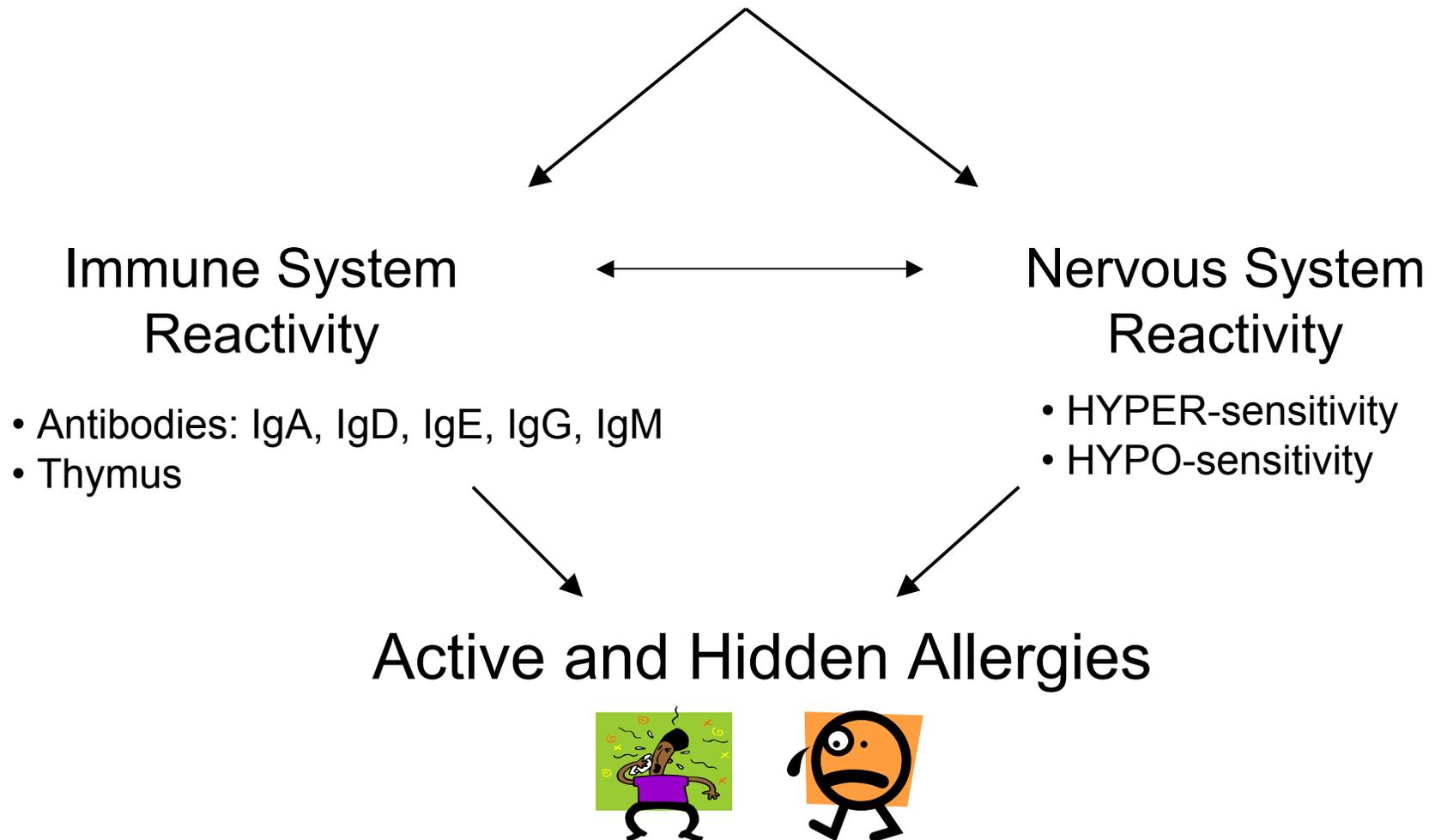
Possible causes of adult onset allergies:

- Exposure to environmental toxins and chemicals
 - ex: mercury in fish, food additives and preservatives, air and water pollution
- Parasites
 - 85% of all patients test positive for parasites
 - local sources: restaurants, water, improperly cooked meats, improperly washed vegetables
- Major illnesses
- Severe reactions to drugs
- Exposure to radiation



Summary of the BIG PICTURE on allergies

Insults to the body (parasites, pollution, heavy metals) cause...



Immune System Reactivity

- B-cells: primarily in the lymph nodes and bone marrow. Create antibodies at first sign of invasion by antigen
- T-cells: recognize and change antigens into form easily neutralized by antibodies
- Antibodies: called immunoglobulins, are of five general types: IgA, IgD, IgE, IgG, IgM
- Whenever an allergen is encountered, sensitized cells release a flood of natural body subtonics → Histamine and Allergy Mediators
- Excess of these substances expands blood vessels → causes inflammation (runny nose, itchy eyes, hives, diarrhea, etc.)

Immune System Reactivity (cont.)

IgE Mediated Allergy

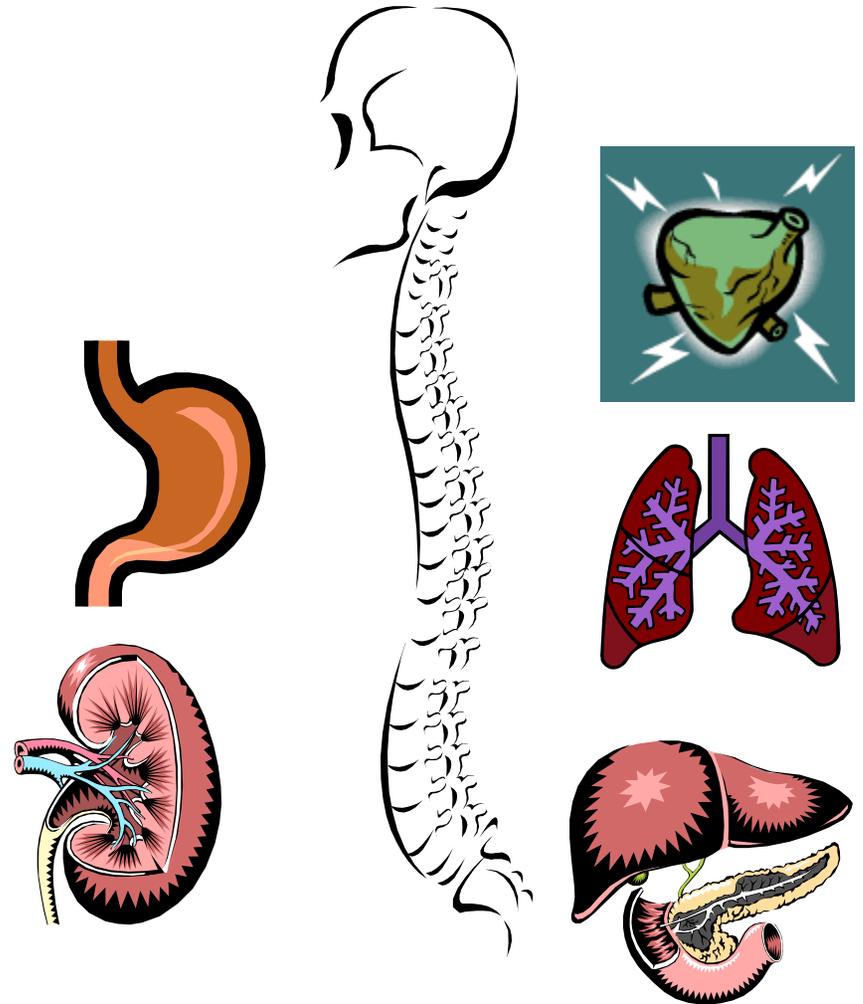
- Food
- Dust
- Pollen
- Animal Dander
- Mold
- Insect Stings and Bites

Non-IgE Mediated Allergy

- Chemicals
- Drugs
- Food Addictions
- Caffeine
- Physical Factors (cold, heat, infection, exercise, motion)

Nervous System Reactivity

1. Sensory nerve fibers conduct messages to and from the spinal cord and brain
2. Insults to the body (parasites, pollution, heavy metals) can cause sensory nerve fibers to become dull.
3. Dulled sensory nerve fibers do not function up to capacity.
4. They can become HYPO- or HYPER-sensitive, causing altered reactivity, or allergies.



The Gut Connection to Allergies

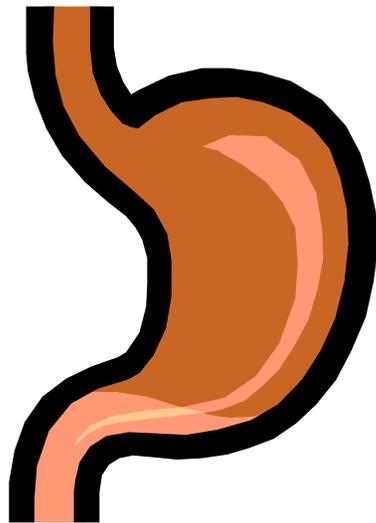
An underfunctioning nervous system leads to...

↳ poor salivary production in mouth, which leads to...

↳ low HCl secretion in stomach which leads to an...

↳ imbalance of pH in small intestine, which leads to...

↳ **fermentation**, which creates...



↳ a perfect medium (like a petri dish) for parasites, yeast and pathogens to grow, which in turn leads to...

↳ increased gut permeability (large, undigested proteins pass through gut membrane), leading to...

↳ **altered reactivity** to foods (immune system treats undigested proteins as antigens) and poor absorption of nutrients

...and the Allergy Connection to Organ Stress and Pathology

↳ poor absorption of nutrients leads to...

↳ poor quality of cellular regeneration and repair, leading to...

- joint degeneration
- weak ligaments
- weak endocrine function
- weak immune function
- impaired detoxification (overburdened liver)
- increased stress on nervous system



Symptoms and Sources of Select Food Allergies

Diarrhea and Gastric Distress

- Wheat and gluten-containing foods
- Oats
- Barley
- Rye
- Raw meats
- Pineapple juice
- Citrus juices
- Milk,
- Beer
- Gin
- Whiskey

Migraine Headaches

- MSG
- Salt (commercial iodized salt)
- Cheese (yellow)
- Chocolate
- Wheat
- Coca Cola
- Ham
- Milk products
- Beer
- Wine
- Brandy
- Scotch
- Caffeine
- Refined sugar

Symptoms and Sources of Select Food Allergies, cont.

Eczema

- Dairy products
- Soy products

Hives and Itching

- Chocolate
- Strawberries
- Oranges
- Tomatoes

Swelling

- Honey
- Egg whites
- Shellfish
- Bee stings

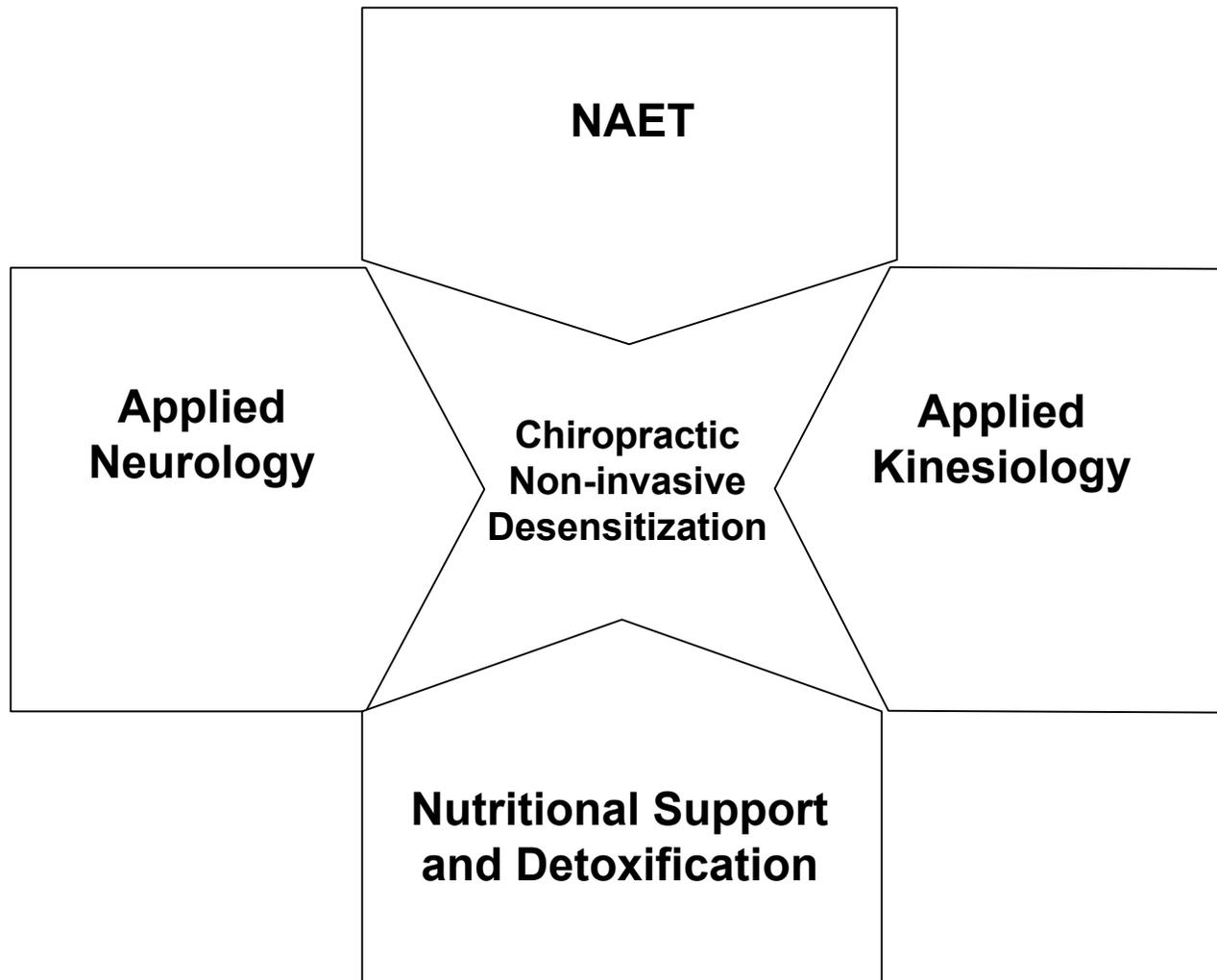
Sinus and Nasal Congestion

- Dairy products
- Meats
- Chocolate
- Sauerkraut
- Wine
- Beer

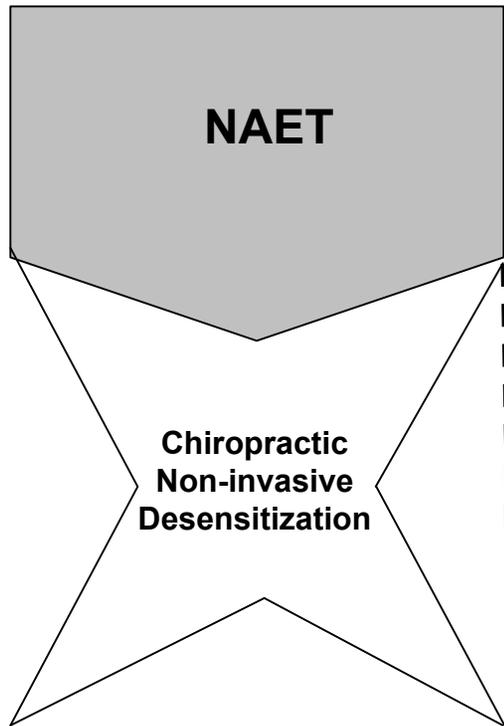
Asthma

- All foods mentioned, plus allergies to pollens, grasses, molds
- Chemical sensitivity

Chiropractic Non-Invasive Desensitization: 4 Integrated Components for Healing Allergies Naturally



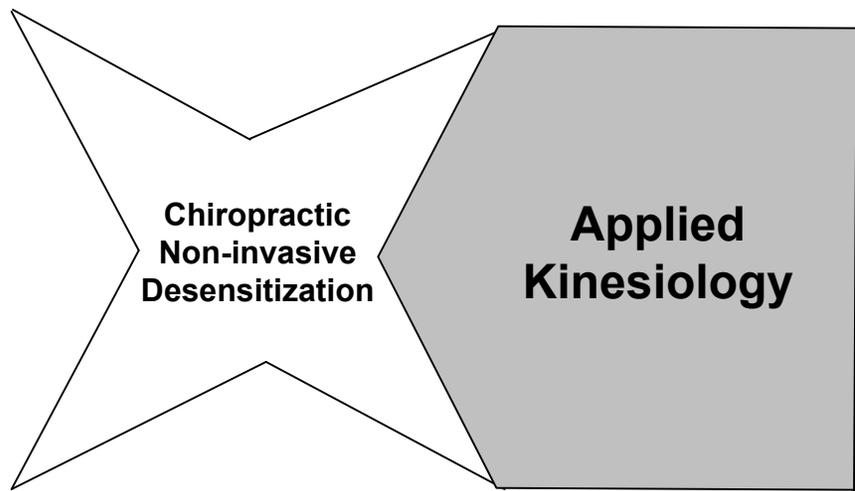
NAET



NAET (Nambudripad's Allergy Elimination Techniques):

- NAET was discovered by Dr. Devi S. Nambudripad in 1983.
- NAET is a non-invasive, drug free solution used to eliminate allergies of all types and intensities.
- NAET is a blend of selective energy balancing, testing and treatment procedures from acupressure, chiropractic, nutritional, and kinesiological disciplines of medicine.
- One allergen is treated at a time. Basic essential nutrients are treated during the first few visits. Chemicals and environmental allergens are treated after completing about ten basic essential nutrients. Each patient's length of treatment differs based on the health of their immune and nervous systems.

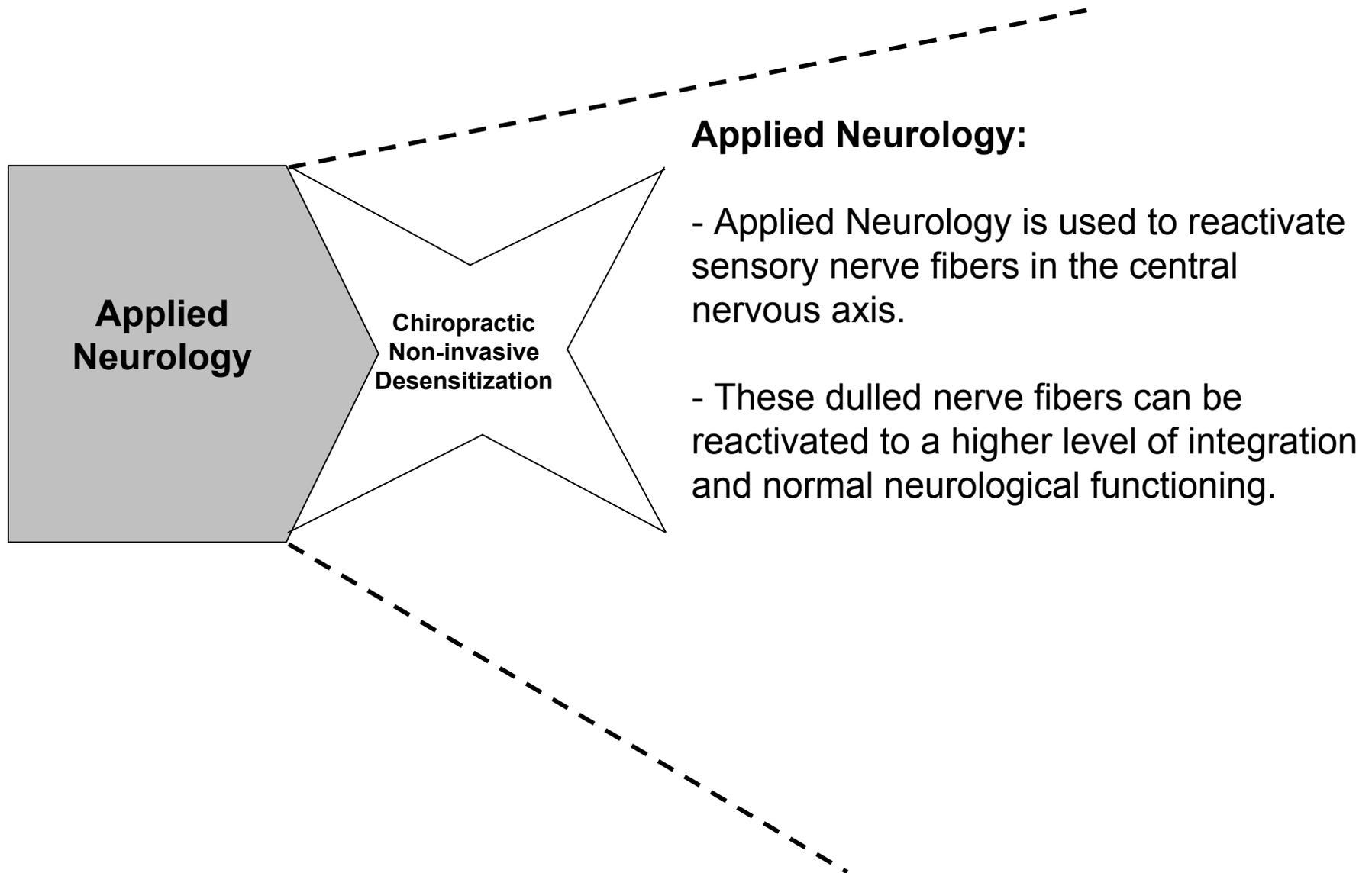
Applied Kinesiology



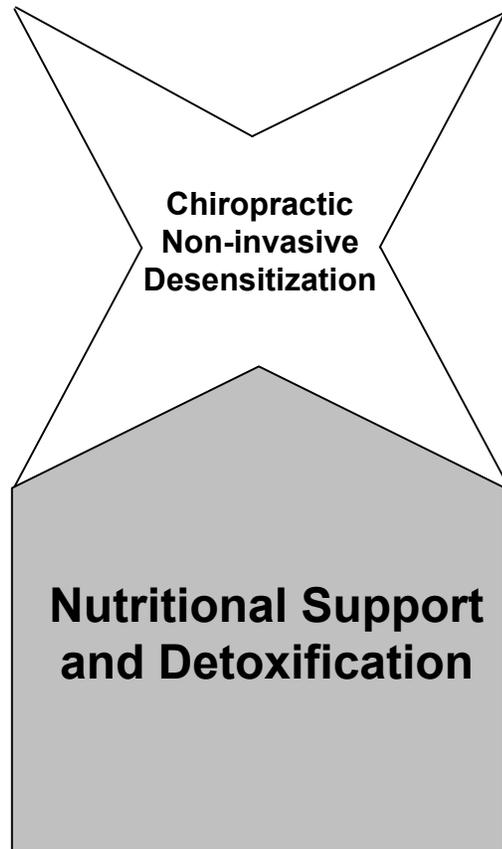
Applied Kinesiology (A.K.)

- Applied Kinesiology (A.K.) is a system using muscle testing to get feedback on neurological function.
- The methodology is concerned primarily with neuromuscular function as it relates to the structural, chemical and mental physiologic regulatory mechanisms.
- A.K., which originated within the chiropractic profession, is an approach to clinical practice, with multidisciplinary applications.

Applied Neurology



Nutritional Support and Detoxification



Nutritional Support and Detoxification Includes:

- Enzymes to improve digestion and balance pH
- Herbs and nutrients to restore liver function (Phase I and Phase II detoxification pathways)
- Omega 3 Fatty Acids to protect cellular membranes while going through detoxification
- Low Level Laser therapy to drain toxins from the liver

Low Level Laser Therapy

The low level laser clears neurological disorganization and helps eliminate allergies by:

- regenerating nerves
- draining the lymphatic system
- draining toxins from organs
- increasing nutrition to the area
- increasing oxygenation to the area