

ALLERGIES

When you hear the word ‘allergy’, perhaps you think of immediate airway reactions such as hayfever, sinusitis or asthma – responses to airborne allergens. While these are very common symptoms, there are many problems for which allergy is a hidden cause. These might include the following, among others, and triggers can include foods and chemicals.

- Skin conditions: Eczema, hives, psoriasis
- Headaches, including migraine
- Inflammatory type arthritis
- Digestive disturbance: irritable bowel (colitis)
- Nervous system problems: anxiety, insomnia, hyperactivity, depression
- Recurrent infection: ear infections and bladder infections
- Generalized muscle pain: fibromyalgia, rheumatism

Treating Allergy with Acupuncture:

Much use has been made of acupuncture for the treatment of allergy. But this has consisted only of treating the symptoms of allergy, such as sinus congestion or headache, as opposed to the allergy itself. Herbs have been used in the same way, which is not very different from the use of medications.

Recently, a new concept has emerged which promotes the abatement of specific hyper-sensitivity, allergy, or intolerance. In addition to common airborne allergens like pollen, dust, and mold, we may work with food allergy, which is often an unrecognized contributor to illness. The same may be said of chemical contact, chemical fumes, and medications.

Desensitizing...with Acupuncture?

As remarkable as this idea seems, the basic principle is simple: acupuncture stimulation is given while the patient is in contact with a sample of an allergy-causing substance. Only one allergen can be treated per session, so a person may need several visits if they have a number of sensitivities.

I have already seen this revolutionary technique benefit inflammatory arthritis, headache, anxiety attacks, asthma, irritable bowel, and other problems.

Muscle-Response Testing

Allergic reactions are often immediate, but they are sometimes delayed by hours or even days. How can we discover what someone’s sensitivities are?

In the muscle-response method, allergy-causing substances are identified with changes in muscle strength, occurring when one is in contact with a sample of the allergen. This is a type of 'Bio-Kinesiology'. While it may seem unscientific compared with laboratory tests, we have seen very helpful information obtained this way.

Even without a desensitizing process, there can be much benefit from identification of allergens so they can be avoided. If you have a problem which may be due to allergy, I would be glad to speak with you about this new method.

Herbal Approaches

Herb formulas can have substantial anti-histamine effect if the active components are concentrated. Herbs generally have fewer side-effects than drugs. Our office has access to professional grade products.