



FOOD ALLERGY – A HIDDEN CAUSE OF ILLNESS

People often associate the word ‘allergy’ with airway reactions like hayfever or asthma. These common symptoms, triggered by **airborne allergens** such as pollen, dust, or mold, are only a small fraction of the allergy spectrum. There are many more problems for which hyper-sensitivity to **food allergens** may be a hidden factor.

Skin conditions: eczema, hives, rashes

Headaches, including migraine

Arthritis and other joint pain

Digestive disturbance: irritable bowel, colitis, diarrhea, etc

Nervous system problems: anxiety, insomnia, hyperactivity

Recurrent infection: sinus and ear infections, bladder infections, and others

Generalized muscle pain: fibromyalgia, rheumatism

IDENTIFYING HIDDEN ALLERGIES BY MUSCLE-RESPONSE TESTING

Allergic reactions are sometimes immediate and therefore easy to detect, but they are sometimes delayed by hours or even days. How can we discover a person’s sensitivities?

In the muscle-response method, allergy-causing substances are identified with changes in muscle strength. This is a type of **‘Bio-Kinesiology’**, where contact with an allergen makes a person go weak. While it may seem unscientific compared with laboratory tests, helpful clues are quickly obtained this way. The most common offenders are egg, milk, wheat, corn, and soy; but a person can become allergic to any food at any time.

Avoidance of an allergen is obviously the first therapeutic measure. Sometimes avoidance is not completely successful because the immune system has confused the allergen with a tissue in the body, resulting in an auto-immune condition – with potential for degeneration of the affected organ.

TREATING FOOD ALLERGY ... WITH ACUPUNCTURE?

Acupuncture may be used to address symptoms related to food allergy in many areas, as shown in the list above.

Acupuncture may also be used to reduce specific hyper-sensitivities. As with bio-kinesiology, the patient is in contact with a sample of an allergenic food, chemical, or airborne substance. At the same time, acupuncture stimulation is applied, which reduces severity of the reaction to that allergen. A similar method uses an electronic pulse of a certain waveform and frequency. During the last 15 years, I have seen this approach help many people with many different health challenges.