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# Allergies

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By correcting your subluxations, chiropractors help you adapt better to the stresses in your environment, including those relating to allergies.

- **Your Immune System: Keeping You You**

Your immune system keeps you 100% natural, organic, unadulterated you! It recognizes and destroys anything that's not supposed to be in you: bacteria, viri, pollutants, dust, pollen, drugs, tumors, dead pieces of your own cells, and even artificial hearts and donor organs. (Metal and plastic, however, don't trigger an immune reaction.)

- **Immunological Diseases**

A healthy immune system means high resistance to disease and infection, better ability to deal with stress, and greater health and well-being.

Many things influence how well your immune system functions: your nerves and hormones, your diet, your genes and your emotions.<sup>1-3</sup>

An unhealthy immune system may fail to recognize or remove abnormal cells (such as cancers) and may not protect you from infection. Conversely, it may overreact to foreign substances (bee stings, penicillin, foods or drugs) or become depressed (as in AIDS) or even attack you (as happens in autoimmune disorders)!

- **Allergens & Allergies**

The most common immune system disorder is the allergy. Allergies occur when the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.



**Chiropractic  
brings out  
the best in me!**



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**EWALL**

Allergies do not necessarily have to be a life sentence.



### • What Causes Allergies?

The incidence of allergies and related disorders (skin conditions and asthma) is rising all over the world,

yet the cause of this increase remains a mystery to most medical researchers.<sup>4</sup>

There is mounting evidence that the cause of this rise is the increasing number of childhood vaccinations:

*Vaccination lays the foundation for auto-immune diseases and other disorders of the immune system such as rheumatoid arthritis, rheumatic fever, lupus erythematosus, scleroderma.... Our contemporary 'epidemic' of allergies has at least some of its roots in the practice of vaccination.*<sup>5</sup>

*[Childhood vaccinations are responsible for] allergies and immune system abnormalities: food allergies (wheat and milk especially), arthritis, lupus, celiac disease, pernicious anemia.... Respiratory problems: asthma and SIDS (due to vagus nerve palsy)....*<sup>6</sup>

### • The Medical Approach

Orthodox medicine has no cure for allergies, only treatment of symptoms. According to the late Robert Mendelsohn, MD: *You can depend on most doctors to largely ignore the cause ... unfortunately, their treatment is often worse than the disease, especially since the relatively safe folk-measures of yesteryear have been replaced by the sophisticated, dangerous drugs of modern medicine.*<sup>7</sup>



There is increasing evidence that a major cause of allergies is childhood vaccinations.

Since runny eyes, irritation, redness, fullness in the sinuses and other allergy symptoms are caused by histamines,<sup>8</sup> antihistamines are often prescribed to dry mucous membranes. However, antihistamines can cause serious heart problems<sup>9</sup> and should not be used with alcohol, sedatives or tranquilizers. Also, steroid nasal sprays can damage the cilia in the nose and upper respiratory tract and affect the adrenal gland.

### • Breast-feeding

Clinical observations have shown that breast-fed babies have fewer allergy problems than formula-fed babies. Formula-fed babies also have a higher incidence of severe infections.<sup>10-11</sup> Breast-fed babies appear to have healthier immune systems, healthier nervous systems and protection from many future health conditions. Study after study shows that breast milk is the perfect food for human infants.

### • The Chiropractic Approach

Allergy sufferers have praised chiropractic care for over a century. Chiropractic care is not a treatment for allergies however. The goal of chiropractic care is to locate and correct a serious type of spine and nervous system stress called the subluxation. By

releasing stress on the nervous system, chiropractic permits the immune system to function more effectively—something all allergy sufferers need. Noted health researcher Dr. Kurt Donsback reflects the opinion of many natural healers:

*A healthy body is capable of neutralizing these toxic substances and a body which has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating all the allergens.*<sup>12</sup>

### • Research

One review of patients at a chiropractic college clinic found that pediatric patients commonly had complaints of allergy, ear infection, sinus problems, bed-wetting, respiratory problems and gastrointestinal problems. Complete or substantial improvement occurred in 61.6%.<sup>13</sup>

In another study 360 patients with allergies, skin conditions and asthma were divided into six groups. Of the group receiving spinal care, 88% showed improvement in skin itching and 72% showed improvement in skin condition. In addition, allergies improved in 70% of the spinal care group.<sup>14</sup>

### • Case History

One case history of a seven-year-old boy who suffered from chronic colds, allergies and asthma since the age of five months describes what many parents have discovered about chiropractic care. He was on the prescription drugs Alavert™ for allergies and Albuterol™ for asthma. He missed one to two days a month of school due to his symptoms and needed monthly visits to his MD.

The boy was adjusted to correct vertebral subluxations in his cervical, thoracic and lumbosacral spine. Within two weeks of initiating chiropractic care, he was able to discontinue his allergy and asthma medications and the use of his nebulizer. In the past school year, the boy has not missed any days of school due to illness.<sup>15</sup>

Your nervous and immune systems are interrelated and the health of one affects the health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by subluxations, helped people adapt better to all the stresses in their environment, including those relating to allergies.<sup>16-18</sup>



A healthy immune system does not overreact to the environment.