

# SHEPPARD CHIROPRACTIC

## Allergies

A healthy immune system means high resistance to disease and infection, an enhanced ability to deal with environmental stresses, and greater health and well-being. The immune system is one of the most complicated, sensitive, and mysterious systems in the body. It is influenced by our neurological and hormonal systems, by our diet, and even by emotional and mental stress. Science's understanding of it is in its infancy, yet many believe it holds the ultimate key to life and health.



Thus we can see that if the immune system were to malfunction we could be in very serious trouble. The most common disorder of the immune system is one that is a lot less frightening: the allergy.

Substances that cause an allergic reaction are called allergens. An allergic reaction (sensitivity) occurs when the immune system overreacts to an allergen and produces too many neutralizing chemicals (especially histamines) to counteract it. Some examples of allergens are dust; pollen; medicines; dog or cat dander; dairy; soaps; detergents and other kitchen chemicals; and even foods like strawberries or chocolate (heaven forbid!).

A common example of an allergy is hayfever. Although most people who breathe ragweed pollen aren't bothered by the microscopic bits of plants that constitute pollen, some have an immune system that overreacts to it. The runny eyes, irritated mucus membranes, redness, pounding in the head, fullness in the sinuses - are produced by the neutralizing chemicals.

The cause of allergies and immune system disease has not been conclusively determined. However, there are those who attribute the proliferation of allergies and other immune system diseases to the mass vaccination campaigns of the past few decades.

Medicine has no cure for allergies, only treatment. According to Robert Mendelsohn, M.D "You can depend on most doctors to largely ignore the cause and instead rush madly to treatment." Unfortunately, the treatment is often worse than the disease, especially since the relatively safe folk-measures of yesteryear have been replaced by the sophisticated, dangerous drugs of modern medicine.

Overreaction to allergens causes the body to release the chemical histamine (as well as other chemicals) that cause inflammation

and other symptoms. Antihistamines are often prescribed to counter these effects. In most cases the antihistamines dry up the nasal passages and decrease the discomfort from itching, but do not correct the immune system overreaction.

Antihistamines, steroid hormones, and long-term desensitization all carry significant negative side effects.

Regarding allergy shots (desensitization), Dr. Mendelsohn states, "Although millions of patients have received the shots over the past 60 years, there are no, good, long-term studies to determine possible neurologic or other consequences of this treatment." Also mentioned was "a striking incidence of positive 'rheumatoid factors' in allergic children receiving shots." Clinical studies have shown that breast fed babies have fewer allergy problems than formula-fed babies. Although chiropractic is not a treatment for diseases, allergies included, it does, by permitting the nervous system to function with less stress, permit the immune system to function more effectively - and this is something all allergy sufferers need.

Many studies have revealed the effect of a healthy nervous system on immune system health. Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University, measured the immune systems of

people under chiropractic care as compared to those in the general population and those with cancer and other serious diseases.

His study found that chiropractic patients have a 200% greater immune competence than people who had not received chiropractic care. Allergies can make people's lives miserable. The standard medical approach may give short-term relief but is controversial and dangerous, and its long-term effects are untested. Common sense tells us to explore the safest, most natural means of dealing with problems before resorting to more extreme measures. A two-fold approach to allergies is often recommended: first, the avoidance of those substances that cause severe reactions and, second, correction of the basic cause - a malfunctioning immune system.

As one authority states, " 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."

***For more information please  
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