

Natural Health and Wellness Allergies

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Several seasons of the year seem to affect allergy victims more than others. Symptoms range from upper respiratory problems, with burning, tearing, swollen eyes and sinus congestion, to bronchial spasms with asthmatic episodes. Occasionally, there may even be skin reactions with itching, swelling and hives. There are even gastrointestinal symptoms with upper-GI upset and diarrhea in rare instances.

The cause of such aggravating events varies from person to person, although most allergists assume that a histamine response from the individual body's immune system reaction to "allergens" is the culprit. Everything from candida to leaky gut syndrome to inherited immune response is considered a culprit.

The real culprit in many allergies can be traced to the immune system and its invasion and affectation by foreign materials during infancy, namely the administration of immunizations before youngsters weigh 25 pounds and are able to handle invasion of their immune systems. We know that the DPT vaccine has been responsible for upper-respiratory infections and *otitis media* within days and often hours after its administration. High temperatures; runny noses; irritability; seizures; and pneumonia are not uncommon. The use of antibiotic therapy begins a seemingly endless cycle of trips to the pediatrician or family practitioner for repeated treatments; referral to an allergist; scratch testing; dietary restrictions; allergy shots; antihistamines, etc.

The antibiotics in our milk and commercial foods, along with the preservation and processing of these foods, may also contribute to the allergies we experience. Combine these with the pesticides, herbicides and chemical pollutants to which we are exposed in our industrialized world, and we see how the body reacts to it all.

As chiropractors, we try to emphasize to our patients that the body has an inherent ability to heal and repair when given the right opportunity. One opportunity, of course, is through vertebral subluxation correction. We can also discuss the reduction and elimination of dairy products and gluten; the detoxification of the liver and colon; improving digestive function through the use of digestive enzymes, and drinking plenty of water (reverse osmosis or microwater). "Plenty of water" means to take half of one's body weight and drink that number in ounces of water.

In addition, we mention the importance of taking 2,000mg of vitamin C and adding one-half to one teaspoon of raw honey to begin alkalizing the body, improving lymphatic drainage with the use of a rebounder, and the addition of natural antihistamines and adrenal extracts.

Negative ion emitter ozone air purifiers can also give relief to people by precipitating out most allergens, while placing ozone in the air and giving lungs access to more oxygen.

As natural health practitioners, we owe it to our patients to educate them on the ability of the body to heal, repair and rebuild.

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