



GET RID OF YOUR ALLERGIES!*

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February...March...April...*allergies!* Spring can be painful. Who feels well with itchy eyes, drippy nose, and all those sneezes? You can take drugs of course...but they only cover up the problem.

What would you say to reducing your allergic tendency so you almost forget it's there? What would you say to actually getting RID of your allergies? If this sounds too good to be true, keep reading! Here are 5 ways in which a Chinese medicine (or related) approach can help you reduce allergic symptoms and even stop them altogether.

What's the real problem? A healthy body can eat, drink, touch, or breathe almost anything that isn't specifically toxic. But some bodies react to commonplace things--molds, pollens, textiles, foods--as if they were poisons. Over-reacting signals confusion in the immune system, but what makes a body do that? Allergies tend to run in families--some part of the allergic response is in-born. But some is learned behavior, habits that encourage allergic responses. If a person can change those habits and strengthen the immune system, their allergic tendency will lessen.

Some habits can be changed by your decision--see "self-help" below. But some **habits-of-internal-energetic-balance are best modified by seeing a specialist in energy medicine, such as an acupuncturist.** Therefore, I recommend a two-pronged approach: see an acupuncturist who has experience in alleviating allergies, and change your lifestyle to support better immune-system health.

A confused immune system: From the point of view of Chinese medicine, a person who is allergic is expressing an inability to protect themselves from "outside invaders". One region of the "outside" is our skin and respiratory system. Attacks to this system are pretty direct as when we inhale pollens or pollutants, or touch substances that our body rejects. Respiratory allergies show up as hives or eczema, runny nose, post-nasal drip, red and itchy eyes, cough and sneeze, frequent almost-sore throat, repeated sinusitis, and of course, allergic asthma. The other region of the "outside" is our digestive system. Good digestion breaks foods into such tiny components that when they enter the bloodstream, the body sees them as building blocks, and puts them to work. But if digestion is inefficient, overly large molecules escape into the blood stream, and these provoke the immune system to attack. Depending on the person, such attacks may be felt in the respiratory system, on the skin, in the joints, in the brain (foggy thinking, headache, irritability, weepiness, sluggishness), or in the gut itself (diarrhea, constipation, cramps, gas...).

If the gut is in poor shape, or the diet is poor, a person may live with physical and emotional discomfort and *not even realize they are suffering from allergies!*

In Chinese medicine we say that a person with respiratory allergies has weak *Wei Qi*, the Qi that protects the outside. Most people with allergies also have weak Spleen health and inefficient digestion (the Chinese Organ translated as "Spleen" is in charge of digestion). With weak Spleens we often see Damp--for example, an excess of mucous in the lungs and nose. Many people with allergies also have weak Kidney Qi, and, if they are experiencing frustration, or a sense of congestion in their noses, chests, or belly, stagnant Liver energy.

1. Acupuncture: All the above problems can be addressed using acupuncture.

Acupuncture addresses the deep issues--that is, your *tendency to react to stress with allergies*. It may take some months or even a couple of years, but **with acupuncture** you can expect that **your allergic tendency will lessen as your energetic health improves.**

2. Herbs: Depending on your situation, your acupuncturist may wish to add herbs to her/his treatment. There are herbal combinations that provide symptom relief similar to that provided by

antihistamines, but meanwhile also include herbs to strengthen the Spleen, Lung, and Kidney energies, diminish Damp, and move Qi to avoid stagnation. In short, these combinations don't just stop runny noses, but actually address the underlying situation and help heal you.

3. Enzyme & Probiotic Therapy. Enzymes support chemical reactions, but are not themselves used up in the process--they are catalysts. We produce our own enzymes, but with age, illness, and if stressed by poor diet, we may run low. Lack of enzymes is a major reason why digestion becomes inefficient--so by adding enzymes, people can reduce their allergic tendency. I recommend enzyme supplementation with the Loomis© system to everyone trying to reduce their allergic tendency and improve their digestion. Probiotics are the microorganisms that live in our intestines and help digest our food—a probiotic supplement can much improve gut health.

4. Allergy Elimination: Several bioenergetic systems claim to actually *eliminate* allergies. Using the BioSET© system, I've cleared people of allergies to citrus, vinegar, garlic, pine trees, cats, dogs, and so on. One woman with pollen allergies had planned an outdoor wedding--in just a few sessions she was able to enjoy a happy day in the fields without drugs or sniffles. Allergy elimination techniques start from the perception that *if a substance weakens the body*, it will show up as a *weak muscle response*. Treatment includes strengthening weakened parts of the body, then tapping along the spinal nerve ganglia locations to “reset” the body with regard to the troublesome substance. This is followed by acupuncture on points known to reduce the allergic response. Patients can tell if the allergy is “cleared” immediately, because exposure will no longer cause a weak muscle response.

5. Self-Care. The first and probably most important task is simply to **live a regular life**. Eating well, getting enough sleep and sufficient exercise, enjoying laughter and play, and living by a schedule allows energy to move with ease and helps keep the immune system strong.

Diet is core to minimizing allergies because--remember--a healthy digestive system supports good Qi and a strong immune system. Choose supplements that are specifically helpful to people with allergies, like Vitamins B-6 & C, Quercetin, and others--look for “anti-allergy” combinations at supplement stores.

Construct your daily diet out of foods that keep you strong and minimize the allergic response. This is important even if your allergies are to pollens or antibiotics. This is because *all* living things are made of the *same fundamental building blocks*, and your sensitivity may be to one of those building blocks rather than to the whole substance. The allergy elimination systems find that once people are cleared for common substances such as proteins, minerals, and especially phenolics (the chemicals that give flavor and color to living things) their allergic responses to more complex substances such as pollens or foods are already much reduced.

People with allergies should avoid foods to which they know they are sensitive. Many may find that a trial of avoiding foods known to be highly allergenic is also helpful. The most allergenic foods are wheat (oats, barley, rye), soy, corn, peanuts, cow's milk, citrus, eggs, and shellfish. Just one week of avoidance should tell you if you are better in the absence of the test substance. If so, try allergy elimination and acupuncture, in hopes that you can return that food to your diet while minimizing your sensitivity response. Also avoid foods that weaken everyone, including sugar in all its forms (sodas, sweets, candy, chocolate, white flour products), alcohol, coffee, cola, diet foods (especially aspartame/ Nutra-Sweet©), margarine and other trans-fats, and foods that are excessively hot or cold (e.g., hot peppers, ice cream, ice).

You ask, so what *should* I eat? **Simple!: Eat lots of fresh vegetables, plus fresh fruit, fresh wholesome meats and fish, fresh nuts and seeds, and olive, grapeseed, and flaxseed oils--this is a diet that most people like and thrive on.** If you crave a grain, try rice, millet, amaranth, or quinoa.

Good luck...and Enjoy!