

Conclusion: According to the results of this investigation, one has to consider the possibility that a chronic interference of the nerves due to a vertebral subluxation may have a significant effect upon the immune system in patients with allergies.

Source: JMPT, Yasuhiko Takeda, D.C. Bio, Shouji Arai, D.C. Bio, Hideaki Touichi,

In a study published in Today's Chiropractic November/December 2000, 47 patients were placed under observation for

2 years. These patients had persistent asthma due to allergies.

Care given to these patients consisted of specific spinal adjustments.

The majority started with 3 visits a week. The results were positive for ALL the patients.

The majority noticed symptomatic relief and

a decline in the use of medication for the asthma attacks. At the same time, ALL reported maintained improvement 2 years after the study was completed!

A comparative study was carried out regarding the Health of children who had grown up under chiropractic care y those children under aopathic care. The results showed that 96.5% of the "chiropractic" children did not have asthma, whereas 95% of the "alopathic" children did suffer from asthma. It was concluded that the immune system of those children under regular chiropractic adjustments is more capable of fighting against allergens.

Fuente: van Breda JM. A Comparative Study Of The Health Status Of Children Raised Under The Health Care Models Of Chiropractic And Allopathic Medicine. J Chiro Res 1989; 5:101-3

Plaza Balduino I de Bélgica s/n, Local B
L'Alfas del Pi, Alicante Tel: (+34) 965 889 303
Email: info@centroquiropacticonilsson.com
www.centroquiropacticonilsson.com



Nilsson Chiropractic Centre

Chiropractic Newsletter n°1 January 2009



What is an Allergy?

An allergy is an exaggerated immune reaction to certain substances that would normally be inoffensive. Said substance is called "**alergen**", and the symptoms they provoke are called "**allergic reactions**". When we are allergic to something the immune system falsely creates the notion that this substance is dangerous for our body. By attempting to protect the body, the immune system produces **antibodies IgE** to fight the allergen. These antibodies cause some cells to free chemical mediators in the blood; one of which is called **histamine**. Histamine acts on the eyes, nose, throat, lungs, skin or gastrointestinal system, causing typical reactive symptoms. Following exposure to the same allergen will produce another response from the same antibodies. This means that each time you come into contact with the allergen, a allergic reaction occurs.

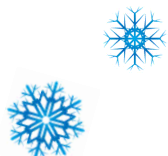
An allergic reaction can be light, like a nasal drip, or severe, such as difficulty breathing. Asthma attacks are often due to an allergic reaction to something inhaled. Some types of allergies produce more than one symptom; in rare cases an allergic reaction can be extremely serious - this type of reaction is called **anaphylactic shock**.

Associated symptoms with anaphylactic shock include breathing and swallowing difficulties, swollen lips, tongue, throat or other areas of the body, dizziness or loss of consciousness. Anaphylactic shock is very



Do your eyes, itch, your nose drip? Do you sneeze or have rashes? The enemy known as Allergy has returned! And the only thing you can think of is getting into bed and forgetting about the world. Yes, it's true: allergies can be a huge problem especially in spring.

Allergies can stop you doing the things you like, decrease your motivation and energy, alter your sleep pattern and cause you to take time off work or miss class. But this doesn't mean that YOU have to put up with it again. In this month's newsletter you can learn about the mechanism for allergies, their different causes and symptoms, and above all, how Chiropractic can offer you an alternative to make your immune system stronger.



rare and usually happens moments after exposure to the allergen in question.

ALLERGENS

There are a wide variety of things that can cause an allergic reaction. The most common allergens are the following:

Food: (milk or lactose, eggs, soya, peanuts, hazelnuts, shellfish). It is more common in babies and disappears with age. Symptoms normally associated with food are not serious and include stuffiness, diarrhea, etc.

Insect Bites: In this instance it is the poison which is the allergen. They can be serious and can cause anaphylactic shock.

Medication: The antibiotics used for infections are the ones that cause the most allergic reactions. Also over the counter drugs (for example aspirin) can cause allergic reaction.

Airborn Allergens: include pets, housedust, dust, pollen and mould.

Chemicals: are detergents or other household products, pesticides, dyes... These provoke skin reactions.



INNATE AND ACQUIRED

Since the beginnings of traditional medicine, we have heard that the cause of all health problems, all disease or illness comes from the outside. According to this old-fashioned concept, external factors such as parasites, germs, bacteria, chemical elements and other organisms enter the body and alter its function. The focus has always been the following: "The cause comes from the OUTSIDE and affects the INSIDE". Thereby traditional medicine in its attempt to eliminate the enemy, still searches for an outside solution. Each solution offered up by traditional medicine is carefully elaborated OUTSIDE our body (as in medication, vaccines, injection...), and then administered INSIDE to modify, annihilate, dominate, stimulate, inhibit the disease from INSIDE. **But this principle has become obsolete!**

Think of your children: they spend every day in school or playschool with other children the same age. Sometimes microbes "float" around in the air. Some children get ill, others don't. Does this mean that the microbes only attack certain children, or is it because those children don't have a sufficiently strong immune system and therefore the problem comes from WITHIN, due to a under functioning immune system? The philosophy of Chiropractic is the following: since its birth in 1895, Chiropractic has declared that the **cause of any**

disease or illness comes from WITHIN, due to an internal imbalance in the organs or body systems, leading to bad adaptation to the external factors.

Therefore, the cure must be from INSIDE OUT!! If we re-establish the internal balance, the body will recuperate 100% its adaptation capabilities and heal itself. As far as allergies are concerned, traditional medicine advises to keep as far away from the allergens as possible. When this is not possible, a variety of medication is prescribed, such as **antihistamines, corticosteroids, or cromolyn sodium**, which act upon the H1 receptors by blocking the histamine effects, and therefore relieving the main symptoms of the allergy, such as sneezing, conjunctivitis, nasal drip, etc.

According to the thought behind chiropractic, **the nervous system needs to be activated**, as the chief system of the body, the nervous system controls and co-ordinates all body functions. An interference within the nervous system, or a **subluxation**, affects the immune system, which in turn leads to a loss in the body's capacity to fight against allergens. Chiropractic adjustments eliminate the subluxations, thereby re-establishing the internal balance, so that the body can heal itself. **With Chiropractic, healing comes from INSIDE TO THE OUTSIDE**

Remission and long-term Symptomatic Relief for patients with Allergies and Crohn's after spinal adjustments to reduce Vertebral Subluxations.

Methods: 41 patients suffering from allergies and Crohn's disease were divided into two groups: the control group consisted of 17 patients, and the second group 34 patients. All continued with their medication during the study. The experimental group received regular spinal adjustments to establish internal balance in the body. The second group or control group did not receive chiropractic care.

Results: Of the 17 patients that received chiropractic adjustments, 12 showed long term remission and stabilization of their symptoms, and of those, 9 had definite relief. It was noted that subluxations were the common link amongst the patients with allergies and/or Crohn's disease.