



Red & WhiteTM
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What is Allergy Elimination & Why Should I Try It?

It is widely acknowledged in the medical community that allergies and sensitivities cause a downward spiral of worsening health. Over a lifetime the inflammation that occurs as a result of massive quantities of histamine and other inflammatory chemicals (produced by the body in its attempt to rid itself of the offending allergens) causes numerous disease symptoms. These include sinus congestion, tearing of the eyes, nasal discharge, large amounts of mucus (causing bronchial tubes to constrict, triggering coughing and wheezing), gastrointestinal symptoms, headaches, depression, anxiety, memory problems, chronic urinary tract infections, yeast infections, and general systemic inflammation. Other conditions, including rheumatoid arthritis and irritable bowel syndrome, are exacerbated by allergies and sensitivities.¹ Antihistamines are the typical medical solution for allergic reactions, but they merely mask the symptoms. The inflammation resulting from allergic reactions continues to adversely affect the immune system, producing, among other things, heightened reaction to allergens and greater susceptibility to virus and bacterial infections and yeast (fungus) infestations.

It is estimated that 40-50% of Americans currently suffer from allergies and sensitivities, and the numbers appear to be growing. "The shocking truth is that there are hardly any diseases or conditions in which allergic factors are not involved directly or indirectly."² Some of the more common allergy symptoms include fatigue, frequent headaches, postnasal drainage or sneezing, frequent colds, recurrent or chronic sinus infections, recurrent yeast infections, dizziness, itching/watering eyes, dark circles under the eyes, recurrent ear infections, recurrent cough or bronchitis, asthma, eczema/skin rashes, ADD/ADHD, fibromyalgia, arthritis, candida, autism, lupus, chemical sensitivities, celiac disease, and indigestion/bloating/diarrhea/constipation. Most who suffer from mild inflammatory reactions are not aware that they are affected by food or environmental allergens which may be weakening their immune systems, making them more susceptible to various common diseases including cancer, heart disease, and chronic breathing problems.

The irony of this situation is that no one need be impacted by any kind of allergens or the resulting inflammatory diseases. There is a non-chemical solution to allergy-related health problems if one acts early enough to eliminate the original (first cause) allergies. In 1983 Dr. Davi S. Nambudripad, D.C., O.M.D., Ph.D., discovered a non-invasive, non-chemical, and permanent solution to allergies. The technique is called N.A.E.T., or Nambudripad Allergy Elimination Therapy. Jill Morian, at Red & White Holistic Health Center, Inc., utilizes the technology developed by Dr. Nambudripad in her acupuncture treatments. Treatment for the 15 to 20 most virulent allergens generally results in patients experiencing dramatic improvement in their quality of life. Those whose allergies are serious or long-standing may require a number of additional treatments to eliminate all corollary impacting allergies.

So, how is it that allergies can be so devastating to the body? "An allergy is an abnormal, adverse physical reaction of the body to certain substances known as allergens (or antigens). These substances can be toxic (exhaust fumes or other petrochemicals) or nontoxic (pollens or food) and allergy sufferers will react to quantities that are harmless to most people. When exposed to allergens, allergic individuals develop an excess of an antibody called immunoglobulin E (IgE). The IgE antibodies react with allergens to release histamines and other chemicals from cell tissues that produce allergic symptoms. In

¹ Steven F. Hotze, M.D., *Hormones, Health and Happiness*, Forest Publishing, Houston, TX., 2005.

² Davi S. Nambudripad, DC, Lac, PhD, *Say Good-Bye to ADD and ADHD*, Delta Publishing Co., Buena Park, CA, 1999, p.30.

other words, the immune system mistakenly identifies harmless substances as dangerous invaders and activates antibodies to defend the body.”³ It is the persistent and continuous overreaction of the body to allergens that eventually wears down the immune system. But this need not be the end of the story. The NAET allergy elimination therapy teaches the body to react properly to all allergens for which the patient is successfully treated. Instead of masking symptoms, NAET goes to the root or first causes of the inflammatory allergic reactions and eliminates them as causal factors.

The Process:

During a patient’s first visit, he or she will be tested for 20 of the most common foods as potential allergens as well as any that the patient may report as particularly distressing. Everyone knows that there are environmental allergens that impact us, but many don’t realize that critical food allergies must be eliminated before we can expect significant improvement in symptoms related to environmental factors or chronic inflammatory-related diseases. We can treat for arthritis, fibromyalgia, and other health conditions, but it is essential that certain food allergies and sensitivities be treated first in order to ensure that inflammatory reactions from those foods do not continue to adversely affect the immune system. After determining the patient’s allergies and sensitivities, we will help him or her devise the proper treatment plan.

Testing:

The test for allergies and sensitivities relies on the body’s own muscular system to indicate which allergens are impacting it. The ingenious technique is called *muscle testing*, a technique familiar to chiropractors as Applied Kinesiology. The patient holds a small vial of a substance that may produce an allergic reaction while the practitioner tests the strength of certain muscles. The patient then extends his other arm perpendicular to the body and she pushes down on the arm. If the arm is moved downward easily the patient is probably allergic or sensitive to the substance being held in the other hand. Applied Kinesiology is a well tested and validated technique described at length in Michael Hawkings, M.D., *Power vs Force*.

Treatment:

The treatment is nearly as easy and non-invasive. The patient sits on the side of the massage table facing away from the practitioner while holding the vial of allergen in one hand. She then places special vials (internal combinations) in the other hand, one at a time, while massaging the muscles on either side of the spine. After this procedure the practitioner distributes all the vials in the patient’s two hands and has him or her lie back on the table. Finally, she inserts eight acupuncture needles at different sites on the arms and legs: one at each hand, one at each foot, one on each ankle, and one near each elbow.

With the needles in place and the vials in the two hands, the patient is required to lie quietly on the table in the treatment room for approximately 30 minutes. At the end of this quiet time the needles are removed and the vials retrieved.

Following the treatment, the patient must avoid all contact with the allergen(s) for which he or she was treated for 25 hours. Any contact with the allergen(s) during this 25-hour period will nullify the treatment. In many cases, at the end of this interval the patient will be entirely and permanently free of allergy reactivity for that allergen.

³ Ellen W. Cutler, DC, *Winning the War against Asthma & Allergies*, Delmar Publishers, Boston, 1997, p.3.