

BODY HARMONY CHIROPRACTIC / 940-594-0795
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What is an allergy?

An allergy is an over exaggerated response by the immune system to a harmless stimulus. In a non-allergic person, there is no response to the same stimulus.

When a stimulus or substance enters the body through air, food, skin, etc, your body labels it as harmless or harmful. When the immune system labels a substance harmful, it sends signal to attack. When the immune system is in attack mode, the person may have varying symptoms such as sneezing, itchy eyes, hives, rashes, heavy mucous, etc.

In people with allergies, their immune systems have become hypersensitive. This can occur for a number of reasons. One reason can be that genetically you have received IgE antibodies (immune cells that give the label “harmful” or “harmless”) to a particular substance. IgE antibodies that have been passed down through families are usually the allergic reactions you notice in your child when they are very young. For example: When you first introduce your child to wool and they develop a rash, this would be reason to think that they have a genetic allergy to wool. On the other hand, say you have introduced your child to wool and there was no reaction the first time. After repeat exposure you notice a rash; these are the allergies that I want to address!



Why do so many people have allergies?

“I can’t function without my allergy medication!”, “My allergies are worse now than they’ve ever been!”, “My children have food allergies and asthma.”

These are common statements you will hear on the streets of America. Discussing allergy medication is so common that most people feel comfortable discussing this with complete strangers!

Why is it that everyone seems to be taking medication for allergies? Are all these people really allergic to their own environment?

Why do so many people have allergies? (cont.)

When the human body becomes overworked and un-replenished, this creates imbalance in the nervous system, endocrine (hormonal) system, immune system, digestive system, etc. At this point the normally very efficient immune system becomes hypersensitive to every little thing that enters the body. You can compare it to your state of mind when you are completely stressed, had very little sleep, and are hungry. In this state of mind, even the smallest trigger will set you on nerve and you will respond irrationally. Normally, this same trigger would hardly phase you and you could brush it off without it irritating you at all. This is the same way the immune system feels when you don't take care of yourself! When the immune system is run-down it creates an irrational response to stimuli that are harmless! The human body, when put under prolonged stress, becomes hypersensitive. So when the immune system is hypersensitive, you will experience symptoms of inflammation, sneezing, high mucous production, rashes, etc. The accepted chain of thought following these symptoms is to suppress them. If you mask these symptoms, then you took care of the problem right? Allergy medications are just masking your symptoms of a depressed immune system. *Believe it or not, allergies are NOT due to a lack of allergy medication!*

"ALLERGIES ARE NOT DUE TO A LACK OF ALLERGY MEDICATION!"

How can I get rid of my allergies naturally?

Here are some key ingredients to create a healthy, functional immune system:

- **Get regular adjustments!** Chiropractic adjustments of the spine naturally shift the nervous system into the parasympathetic state. This is the so-called "rest and digest" mode. In addition to this, adjustments enhance and support the immune system by eliminating any interference in the nervous system, allowing the body to heal itself.
- **Get REST!** Allow yourself 7-9 hours of sleep per night. (If you can't sleep due to insomnia, this is another topic in itself...ask your chiropractor what to do!)
- **Drink plenty of WATER!** Water is the life source of the human body. It cleanses the digestive system, helps move and clear the lymphatic system (system of immunity), cleanses the circulatory system and urinary system...and the list goes on! I can't emphasize this enough!
- **Exercise:** Moving your body helps to reduce stress, allows for movement of the lymphatic system, gives your energy, stimulates brain function, and detoxifies the body through sweating! The benefits of exercise are priceless. Workout at least 3 days a week, and more if you have a high stress life. (Ask your chiropractor for workouts suitable to your individual needs.)
- **Diet:** To sum things up you should: decrease/eliminate sugar and simple carbohydrates and increase intake of organic fruits and vegetables! Eat a balanced diet; eat protein with every meal.

Body Harmony
Chiropractic

2653 SAGEBRUSH DRIVE,
SUITE 230
FLOWER MOUND, TX 75022

PHONE:
940-594-0795

E-MAIL:
DRAMELIE@BODYHARMONYC
HIRO.COM

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Natural solutions to allergies (cont.)

- **Probiotics:** Your intestines are lined with billions of bacteria that help protect and maintain balance within the body. Stress, sugar, simple carbs, antibiotics, and medications disrupt this balance leaving your immune system very weak. Replenishing these good bacteria (Probiotics) helps strengthen the immune system among countless other benefits. (Ask your chiropractor about what Probiotics would be best for you.)
- **Essential Fatty Acids:** These are your omegas. Omega 3, 6, and 9 are good fats that your body needs for countless processes in the body to properly occur. EFAs also naturally provide anti-inflammatory properties throughout the entire body.
- **Adrenal support:** The adrenal glands are responsible for production of Cortisol and Adrenaline; aka the stress response hormones. With prolonged stress, the adrenal glands become worn down and burned out. To support them, ask your chiropractor about raw adrenal gland supplementation.
- **Multi-vitamin:** Taking a quality multi-vitamin is essential. Our over processed foods clearly lack the nutrients we need to live and function properly. A multi-vitamin will have antioxidants to fight harmful free radicals throughout the body.

-WRITTEN BY AMELIE BISKUP, D.C.

NOTE TO THE READER...

AT BODY HARMONY CHIROPRACTIC WE ARE INTERESTED IN HEALING THE BODY FROM THE INSIDE OUT.

STOP SUPPRESSING YOUR SYMPTOMS AND TAKE CARE OF THE CAUSE OF YOUR ALLERGIES!

ASK DR. AMELIE BISKUP HOW TO START ON YOUR NEW PATH OF AN ALLERGY-FREE LIFE!

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