

Alternative Allergy Treatments II

The allergy season is upon us, and every day another patient walks into my office complaining of a runny nose, sneezing, hives, asthma or hay fever. Conventional medical therapies are focused on treating the symptoms of allergies or avoiding the causative allergen, but do nothing to treat the cause of the problem. Last month, I highlighted some of the most promising alternative and complementary therapies in the treatment of allergies. Nutritional supplementation, dietary modification, visual imagery, herbs, homeopathy, chiropractic and aromatherapy all show promise in helping to strengthen the body to fight the war against allergies. All of these wholistic treatments focus on restoring homeostasis to the body so that it does not overreact with a hypersensitivity reaction to an allergen. These allergens can be introduced to the body through breathing, eating, or touch, and set off a hyper-immune response, causing allergy symptoms. The question that still remains is why do certain people have these hypersensitive reactions to substances that are harmless to others?

One of the most promising alternative therapies that holds many potential answers to allergy treatment is Nambudripad's Allergy Elimination Technique (NAET). Named after Dr. Devi Nambudripad, this technique combines Kinesiology, Chiropractic and Acupuncture to not only treat the symptoms of allergies but to permanently desensitize the body's inappropriate hypersensitive reactions to allergens. Practitioners who use NAET say that the system works 80 to 90 percent of the time and that their patients are ecstatic with the results. NAET works on the premise that every substance in the universe, whether it be pollen, foods, pet dander or pollution, carries with it an inherent energy field. Human beings also possess energy fields that travel along pathways in the body called meridians. It is necessary for proper function that the energy fields of our bodies and environment are in harmony with one another. Allergies are caused by energy blockages in the body, which occur when the body comes in contact with an allergen and the body's energy field clashes with that of the allergen. According to NAET theory, when energy flows freely along the meridians, allergic reaction is not possible. The NAET theory states that for some reason or another, the brain and nervous system have developed patterns or responses that are inappropriate, and interprets a harmless substance's energy field as harmful. This inappropriate response causes blockages in the vital energy flow of the body, which in turn, results in a weakening of the immune system and body functions. An allergy is then created, and the body becomes unbalanced and symptoms appear. NAET clears these energy blockages by reprogramming the nervous system to allow substances that used to interfere with energy flow to be beneficial.

In order for the reprogramming to occur, the NAET practitioner must first identify what substances actually cause the energy blockages.