

# Allergy & Sinus

An allergy can be considered as a condition in which the body has a susceptibility to a substance that is harmless in similar amounts to the majority of the persons. It is estimated that 10% of the population of the United States suffers from some form of allergy.

An allergy can be so severe it is life threatening or mild enough to be merely irritating.

An allergy can manifest itself as colitis or other digestive disturbance, commonly considered food allergy. The allergy can be manifested in the eyes and nose as hay fever, in the bronchi as asthma, or anywhere on the skin as a type of skin allergy. A person can suffer from severe, debilitating headaches or rapid heartbeat the result of allergy.

The major problem in allergy treatment today is that most treatment is symptomatic in nature, designed to gain relief of symptoms. The real answer to an allergic reaction is to find the basic underlying cause which makes the body over-react to normal substances.

The simplistic approach – determining what an individual is allergic to by various testing methods, then eliminating that item from the individual's diet and environment is similar to deciding to live in a cave as a hermit because you don't get along with people.

Many treatments for symptomatic relief actually make the basic underlying cause of the problem more severe.

Nasal sprays, which are used for decongesting the mucous membranes, work temporarily; however, they themselves irritate the mucous membranes. When the effect wears off it leaves the membranes more irritated, to swell worse the next time. The use of the spray causes an increased need for future medication.

Steroid medications, which are used to supplement the inactive adrenal gland, simply cause a further depletion of the adrenal gland. Longtime use of this therapy makes a patient very resistant, or non-responsive, to natural health care.

If allergies develop, it is important to seek a natural correction of the problem before permanent damage is done by medication.

The chiropractic approach to allergy is to discover why the body is incapable of fighting off the adverse environmental factor. Through applied kinesiology testing in chiropractic, we are capable of determining exactly which factor is at

fault in the body's protective mechanism, and can direct treatment to that causative factor.

## Adrenal Insufficiency

The adrenal gland secretes hormones which are anti-inflammatory and pro-inflammatory in nature. In other words, these hormones give the body the ability to keep inflammation in check. An allergic response is excessive inflammatory reaction to a stimulus. House dust, specific foods, pollens, etc., in the normally functioning body do not cause inflammation. In the individual with an adrenal insufficiency, the body is fighting a war with inflammation when there is no invading force.

The adrenal glands help protect the body from stress. If your doctor determines that you have an adrenal insufficiency, it becomes extremely necessary for you to eliminate all possible forms of stress to your body. This is similar to putting an injured arm in a sling while it repairs. The reduction of stress gives your adrenal glands time to repair, and helps them to react normally to your allergens. It is not always possible to eliminate all forms of stress; however, since stress is cumulative, the more phases you can eliminate the better off you will be.

Stress can be placed into four categories:

1. **Physical.** This form of stress comes from overworking, lack of sleep, injury, fighting an infection, etc. Most physical forms of stress are controllable.
2. **Chemical.** Any poison is obviously a chemical stress to the body. There are, however, many insidious types of chemical stress, such as food additives, foods so highly refined that they are out of balance with nature (e.g., white flour, white sugar), and stimulants such as alcohol, caffeine products, chocolate, etc.
3. **Thermal.** Becoming chilled or over heated is extremely hard for the adrenal gland to fight. There is more problem with this during the fall and spring, when people don't think it is as chilly outside as it is. There is a tendency to quickly run outside to hang a few things on the line, or for a child playing ball to become sweaty, take off his sweater, and to chill as he walks home.
4. **Emotional.** Emotional turnoff always causes the adrenal gland to react. It is not always possible to eliminate all emotional stresses, but an individual who has allergies should try to come to an emotional balance with himself.

The most important thing about the four factors of stress as outlined above is that they are all cumulative. Because they are cumulative, you should control each factor as well as you possibly can. An individual may be able to handle one factor of stress with no problem whatsoever, a second factor of stress with only a minor problem. However, when a third factor of stress is introduced, the adrenal is the state of complete insufficiency, and cannot function.

Consider the individual who slips off his diet and eats a piece of cake. Ordinarily this dietary indiscretion causes no problem. The next morning, while still in a state of mild adrenal insufficiency, he becomes chilled. Chilling causes the adrenal to become a little more insufficient; the combined effects of the chilling and the dietary indiscretion prevent the lymphatic system from fighting off a cold, which could probably have been thrown off by his body with the help of the adrenals if they had not been somewhat depleted by the cake the day before. For relief of the cold symptoms, the individual takes some "over-the-counter" medications, such as aspirin, a decongestant, etc. The medications act as a chemical stress to the body, further depleting the adrenal glands. They are now ready to be triggered into complete adrenal insufficiency. The next day, the individual has a moderate argument with his boss. The argument is not strong enough to have caused problems three days prior, before the cake was eaten; now, in a continued state of stress, the adrenals are forced into acute exhaustion, placing the individual in an acute stage of allergy.

Continual stress to the adrenal glands gives them no opportunity to repair and rebuild.

### **Acid-Alkaline Imbalance**

Acid-alkaline imbalance is a common contributing factor to allergies, especially those allergies associated with food. Your doctor, using applied kinesiology methods, will test your nerve system through different muscles to determine if you have an acid-alkaline imbalance. You may be given nutritional supplements to help bring this balance back.

### **Nerve Control**

Nerves control the entire body, and are closely associated with the adrenal glandular function and acid-alkaline control. Again, your chiropractor will use the muscles of your body to determine nerve function and return it to proper control of the glands, systems and structures.

There has never been a more effective method for the long-term cure of allergies. You must remember, however, that the cure comes from within your own body. Your doctor can return your body to normal control in most instances. The outlook is not as favorable when there has been long-term use of certain drugs. Since the cure comes from within your own body, it is absolutely necessary for you to follow all the procedures prescribed by your doctor – especially the elimination of as much stress as possible.

## **WHAT IS SINUSITIS?**

Sinusitis is an inflammation of the mucous membrane of the one or more of the eight nasal sinuses.

The sinuses are a part of nature's intricate "pollution control" system designed to keep foreign substances from entering your lungs, where they can endanger your health. . . even your life. This system is like a series of progressively finer screens, starting with the hair just inside the nostrils, which filters out the larger particles, and going through a complex maze of channels which include the moist sinus cavities as a vital part of the function.

That is why keeping the sinuses open and clear of infection is so essential to your overall good health, to say nothing of preventing the misery and pain which are common symptoms of sinusitis.

## **SYMPTOMS OF SINUSITIS**

Symptoms of sinusitis are numerous, and many are common to other disease conditions. Most victims complain of three or more of the following:

1. Forehead, cheeks or face tender to the touch.
2. Toothache-like pain.
3. Bad breath.
4. Dull, deep-seated ache over the eyes.
5. Chills, followed by fever.
6. Increased nasal secretion accompanied by pus, especially right after getting up in the morning.
7. Ringing in the ears.
8. Pain near the ears.
9. Sharp pain between the eyes.
10. A feeling of general illness and general aches and pains.
11. Facial swelling around the eyes, sometimes with no pain.
12. Loss of appetite, loss of weights.
13. General irritable or miserable feeling.
14. Inability to sleep the night through.
15. Persistent mental depression; feeling low all the time.
16. Nasal passages often clogged as with a head cold.

## **CHRONIC SUFFERERS**

Sinusitis can be either chronic or acute. A tendency to head colds that hang on and on is a major symptom of chronic sinusitis. Pain is often less intense than in acute conditions and may be merely annoying, but unless corrected completely, chronic sinusitis may stay with the victim and give him a generally "dragged out" feeling, even through the major symptoms come and go.

## **ACUTE ATTACKS**

Acute sinusitis attacks often follow a cold or sudden temperature change. In acute attacks, pain and tenderness are usually severe and accompanied by fever. Repeated acute attacks can cause alterations in the sinus membrane and end up in a chronic condition.

## WHAT TO DO ABOUT SINUS TROUBLE

Good general health habits – rest, exercise, diet – are essential in preventing sinus attacks. It will also help to avoid abrupt temperature changes and stay out of drafts.

However, the underlying cause of sinusitis is constitutional, systemic disease attributed to a failure of the assimilation and elimination functions of the body. This is brought on by an abnormal nerve energy supply caused by faulty body mechanics, particularly in the spinal column.

This is why quick relief, lasting benefit, and even complete elimination of sinusitis is a regular occurrence in chiropractic offices.

If you have some of the symptoms of sinusitis, a chiropractic spine and nerve test is advisable immediately to find out for sure where the problem lies.

Given proper chiropractic care, no case of sinusitis can now be considered hopeless.

### I. PREVALENCE OF ALLERGIES

The dimensions of the allergic problem are greater than most people realize. According to the latest conservative estimates of the Allergic Foundation of America approximately 22 million Americans suffer from some form of allergy, exclusive of the highly prevalent allergy to poison ivy or other poisonous plants. Of these 22 million Americans, about 16 million or 75% suffer from hay fever, asthma, or both.

Of the 16 million suffering from hay fever, asthma, or both, about 10 million have hay fever only. The other 6 million have asthma only, or both asthma and hay fever. It is estimated that about 30 to 40% of all patients with asthma have or have had hay fever.

U.S. Public Health Service statistics show that hay fever and asthma classified together are the fourth most common activity limiting chronic disorder in the United States population. This condition is twice as common as either diabetes or peptic ulcer.

### II. WHAT ARE ALLERGIES?

A simple definition of allergy is that allergy is an adverse response to foreign substance or to a physical condition that produces no obvious ill effects in the majority of the population. A susceptible person who is exposed to these substances which are known as allergens have symptoms of respiratory tract, gastro-intestinal tract or the skin. The most common of these disorders are hay fever, asthma, eczema, and hives.

Substances capable of producing allergies are called allergens. When a particular allergen is absorbed in the body, the cells and the tissue manufacture special substances, antibodies, which interact with it. This produces an irritation in the susceptible tissue, as the nose, the bronchial tubes or the skin.

The range and variety of things to which susceptible persons may become sensitive to are almost endless. Sensitivity usually occurs only after repeated exposures to the same substances. Allergic patients may be sensitive to more than one allergen. Allergens enter the body by various routes; one, by being swallowed such as drinks and drugs; two, by being inhaled such as dust, pollen and fumes; three, by injection, such as drugs and serum.

### III. FAMILY HISTORY

The tendency to become sensitized or allergic to some foreign substances is usually inherited. It is a peculiarity of the constitution, just as the coloring of the eyes. It also appears that what one will become sensitized to, depends on part to the amount of exposure to any foreign substance or allergen. Thus, an individual who has inherited this tendency to become sensitive to foreign substances may become sensitive to cow's milk shortly after birth, may become sensitive to dog's hair six years after acquiring a dog, and throughout his life may develop new sensitivities as his new environment subjects him to new exposures. The previous sensitivities may remain, or be lost. In other words, one does not inherit an allergy, but one develops a tendency to develop allergies.

### IV. HOW ARE ALLERGIES TREATED?

There are two basic methods of treating allergies. First, the removal of allergens from a patient's environment which is known as the avoidance aspect of the allergic control program. Second, an attempt to build up the patient's resistance to allergens by oral consumption of small amounts of bee pollen at regular intervals, which is known as hypo-sensitization. Strictly speaking, allergy is never cured, but only kept under control, so that it does not produce symptoms. The elimination of the offending allergens from the patient's environment is a method of treatment that is preferred. This method is attempted in many ways. Special emphasis will be made on the preparation and maintenance of a non-allergic bedroom. This will be discussed in some detail. Other allergens such as animal hairs and feathers and other easy avoidable allergens should be removed if one is found to be allergic to them. If it is a food that one is allergic to, the food should be restricted or eliminated from the person's diet. In cases where the avoidable aspects of the allergy are significant, the amount of relief from the symptoms is in direct proportion to the thoroughness in which the allergens are eliminated. The second method which is referred to as hypo-sensitization is necessary when the offending allergen cannot be eliminated. This type of treatment is utilized when the sensitivity is to an air-borne seasonal pollen, mold spore, or dust. It is obvious that when these factors are present, their elimination is impossible. Every method of treatment is aimed at producing an allergic equilibrium or

balance. Avoidance or desensitization produced this balance, but other factors play an important part in distributing the equilibrium by adding an additional burden which allow an allergic attack to develop. These aspects are known as trigger mechanisms. They are multiple; namely infection, emotion, excitement, exercise, weather change, temperature change and fatigue. These factors always should be taken into consideration.

As you can see from this brief discussion, the treatment of an allergy seldom depends upon one factor, but a combination of avoidance procedures, hypo-sensitization and development of overall good health habits.

#### THE AVOIDANCE OF FEATHERS

The use of dacron, and other synthetic materials in the manufacture of bedding and furniture had reduced the number of articles containing feathers in the home. However, chicken, duck, and goose feathers are still used in pillows, quilts and comforters, and some upholstered furniture.

There is much cross reaction between these types of feathers. Therefore, an attempt should be made to eliminate your exposure to all feathers in the house. This can be done in one of two ways: 1. Elimination – to remove these items completely from the house, and 2. Cover the items with a zipper plastic cover.

Items commonly containing feathers are:

1. pillows
2. cushions and furniture
3. feather dusters
4. bird (house pets)
5. toys (Indian War Bonnet, etc.)
6. clothing
7. beds and comforters

The abundance of feathers and feather dust enhances the allergic potential. The presence of uncovered feather articles in the house will contribute some feather dust throughout the house. Absolute removal of all feathers from the patient's bedroom should always be maintained and an effort should be made to minimize their presence in the house. A great effort should be made to eliminate this easily avoidable allergen.

It is also important to remember to take your synthetic pillow with you when you travel away from home.

#### ENVIRONMENTAL CONTROL AND ELIMINATION PROCEDURES

The key to control of house allergens is the control and maintenance of all dust free bedroom. It would be ridiculous to try to dust-free your entire home, but the sleeping quarter does lend itself to an area where rigid control of dust can be obtained. Rather than spread your talents too thin, we limit our request to one room of the house – the bedroom. A 100% effort should be made to keep this room as dust free as possible.

The bedroom was selected because it is the one room where you spend more time than any other room in the house. A school age child or working adult male receives approximately 75 to 95% of his exposure to house allergens in the bedroom. A housewife receives approximately 50 to 60% of her exposure in that room. For this reason, a great reduction in this portion of your allergic load can be accomplished in the preparation and maintenance of a dust free bedroom.

House dust is a frequent cause of allergic rhinitis, asthma, and eczema. Allergic house dust is not the dust brought in from the outside, but is produced from stuffed furniture, rugs, mattresses, pillows, drapes, clothing, stuffed animals, and the other linty and fuzzy articles in the house. This dust is very buoyant and irritating. It gets into the air and remains fairly constant. It is invisible except where a ray of sunlight or bright light shines through it.

The most effective way to combat dust is to remove the sources of the house dust, especially in the bedroom. The infiltration of dust into a bedroom is insidious and cannot be controlled by ordinary house cleaning methods. The initial preparation and maintenance procedures are important and will be discussed.

1. Prior to cleaning all the furniture, rugs, carpets, (if possible) curtains, and drapes must be taken from the room. All the closets should be emptied. The vacant room should be cleaned as follows: filters should be placed over all vents leading into the room (these filters can be made from cheese cloth or air conditioning filter material) or the vents can be sealed off completely; cleaning the walls and ceiling, scrub the woodwork and floors in the room and in the closets; wax the floors, if possible.
2. The room should contain one bed if at all possible. If there is more than one bed in the room, all must be prepared as described. Cover the mattress and box springs with a zip on plastic or vinyl cover. Cover the zipper with plastic tape.
3. Remove all upholstered and cushioned furniture, throw pillows, stuffed toys, window drapes, and dust catching ornaments. All rugs except washable cotton throw rugs should be removed along with all rug pads. The closets should be cleared of everything except clothes in current use. If out-of-season clothing must be stored in this closet, they should be placed in sealed boxes. The closet should not be used to store old clothing, bedding, out-of-use household objects, etc. Quilted or fleece-lined clothing should be avoided. Angora fur-lined ear muffs, gloves, and other similar clothing should not be in the bedroom closet.
4. Do not use comforters, quilts, chenille spreads or quilted mattress pads on the bed (dacron or polyester filled pads are o.k.). 100% all wool

blankets that have been washed many times and pinned inside a sheet can usually be tolerated. Instead of a quilted bed pad, folded sheets can be used. Avoid any fuzzy bedding. Wash blankets every three to four weeks.

5. Only pillows of dacron, or other synthetic fibers should be used. Never use feather, kapok, or cotton pillows.
6. Washable plain cotton curtains can be used. No drapes that require dry cleaning should be used. Avoid any shag or chenille -type material.
7. Clean the room frequently with a vacuum cleaner or by wet mopping. Do not dry mop, for this stirs the dust up and aggravates symptoms.
8. Remove all dogs, cats, birds, and other pets from the house. Dogs and cats are among the most notorious causes of allergic troubles and therefore should not be in the house. If one is not already allergic to animals, their presence invites an allergic patient to trouble.

The less furniture in the room, the better for the patient and easier it is to keep clean. Keep the door to the room closed as much as possible. The filter on the furnace or air conditioner should be cleaned as often as possible. If the allergic patient is one who has to clean the house, then disposable masks should be obtained and should be worn during the dusting procedure. The décor in the bedroom should be very plain. We encourage that things be taken off walls and put in drawers out of sight. We also discourage the use of bookcases, or little ornaments that offer more dust collecting than pleasure.

#### MOLD OR FUNGUS PRECAUTIONS

Molds are a low form of plant life which, having no chlorophyll are unable to make their own food and must feed on living or dead organic matter. This means that mold can grow on anything of plant or animal origin. These fungi require no sunlight as do chlorophyll bearing plants but can grow and thrive in total darkness, in the ground, in caves, or in tree trunks. The fruits or spores are air borne by winds, insects, and man. These spores are microscopically small and can be carried by the air for 15 to 20 miles. The fruits or spores carried by air currents are difficult to escape but excessive exposure should be avoided and the following list might increase your exposure to mold.

1. Musty basements (mold produces this odor). A dehumidifier will help.
2. Raking, burning, or jumping in leaves.
3. Old dust found in attics and unoccupied buildings.
4. Hay, straw, peatmoss, compost, and sawdust.
5. Approximately one third of cement dust is mold: sweeping porches, basements, garages, etc.
6. Mold grows on tree bark: stacked or fireplace logs.
7. Uncovered mattresses, couches, and pillows.

8. Deep woods and caves.
9. Molds and smuts infest feed grains.
10. Greenhouses are moldy, as are excessive houseplants.
11. Eating mold laden foods.
12. Mildewed articles should not be used.
13. Do not eat food from which mold has been removed.
14. Keep mold off houseplants which is primarily in the soil.
15. Christmas trees always have mold, therefore, if a live tree is used, put it up late, take it down early, keep it well watered, and burn tree lights only at night.
16. Carefully cleanse and disinfect damp nooks and crannies such as shower stalls and fireplace walls.

#### ORRIS ROOT

Orris Root is derived from the pulverized root of several variations of irises. When it is dried and ground up, the powder has a delicate fragrance and also has the unusual capacity of holding fragrance. For this reason, it has proved very successful as a base for powders and cosmetics. However, the fact that it causes inhalant allergy in many people makes it's use less common. Orris Root may also be found in bath powder, tooth pastes, hair tonics and lipsticks. Treatment for this is the avoidance of products that contain Orris Root. Brand names of cosmetics which are advertised as being "non-allergic" or "hypo-allergic" are generally free of Orris Root.

It is important in purchasing products which could contain Orris Root, that you carefully read the label. Commercial sources of Orris free cosmetics are as follows.

1. Aolmay – Schieffelin & Company, 24 Cooper Sq. New York, N.Y.
2. Mansfield – E.R. Mansfield Company, South Los Angeles St. Los Angeles, California
3. Marcelle – 1741 North Webster Ave. Chicago, Illinois
4. Allercrème – Texas Pharmacal Co. P.O. Box 1659 San Antonio, Texas 78296

There are many other products on the market other than those made by the four companies above. One should be extremely careful before using any product in this line. The reason why the above companies were listed is because they make preparations not only free from Orris Root, but also free from other allergenic substances. The perfumes in these preparations rarely cause symptoms: it is advisable to first try the unscented preparations and if these cause no trouble then the same preparation scented may be tried.