

A Better You™ News

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Allergies

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It is that time of the year again! I know you have seen them. They are everywhere! People rubbing their eyes, sneezing, sniffing and complaining. Some of them deny it saying, "I do not have allergies," or "I never had allergies before" and many others just try to grin and bear it. Knowingly or not, more than 50 million Americans suffer from allergies. The culprits in these most annoying conditions (i.e., the allergen) include some of the most ordinary things, such as cats, dogs, grass, dust, pollen, copper coins, nickel-coated earrings and buttons, insects and insect stings. I once met someone who told me they were allergic to air. I imagine if you are allergic to dust you might as well be allergic to air.

Despite the variety of substances that an individual can or may be allergic to, all allergies result from the same basic cause: an immune system that is unable to distinguish between the harmful and the friendly. This is an extremely important point. Many people have the misconception that it is the dust or the pollen (the allergen) that causes the allergic reaction. It is not! It is the body's inability to adapt to the allergen that is the problem!!! If pollen was the problem, everyone would have allergic symptoms in the presence of pollen, and that is not the case. Rather, it is the body's inability to adapt to the allergen that is the problem.

For example, an article in the newspaper noted that the pollen count was almost 50 times above what is considered normal to the Clean Air Council. The purpose of the article was to provide readers with tips on how to control allergic reaction, all of which boiled down to avoiding the allergen. The article noted that the high levels had caused reactions in people who had never experienced them before. At first glance, this might seem to suggest that indeed it is the pollen that is the cause of allergies. However, as long as there are still people who do not develop symptoms in the presence of these unusually high levels of pollen, then pollen is not the cause.

You see, everyone is born with a certain potential for adapting to pollen (as well as to every other allergen), and some have a greater potential to adapt than others. For those who express no symptoms when in the presence of high concentrations of specific allergens, it is because their bodies are working the way they should. Their bodies do not see pollen as harmful (which it is not) and consequently, do not declare war on it by trying to rush it out of the body by either sneezing or washing tears across the eyes. More importantly, while everyone is born with a different potential to adapt to allergens, some may have the potential to adapt but are not fully expressing it because of interference in their nervous systems caused by vertebral subluxations.

The medical world admits that they best way to treat any allergy is to avoid the allergens that cause it, but how does one avoid air or dust. We suggest that one of the best things you can do for allergies is to be sure your nerve system is free from interference so your body can work at its highest potential to recognize what is harmful and what is not.

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Being In and Out of Adjustment

Practice members sometimes feel discouraged because they do not appear to "hold" their adjustment for a very long time. It is obviously desirable to be in adjustment as much as possible and therefore advantageous to have your spine checked on a regular basis.

However, we should also realize how much more ***potential*** the body has when it is free of vertebral subluxation. Five minutes without a subluxation may enable the body to compensate for the damage done by days with a subluxation. We know that the body had different levels of function. How many times have we had the common cold, which lingers for three weeks? Yet other times, under no different circumstances, the cold will be gone in three days. Apparently there is a level of body function that enables someone to heal seven times faster (three days vs. twenty-one days).

Perhaps the body, free of vertebral subluxation, can work seven times better. If this is true, one day free of vertebral subluxation could compensate for seven days of vertebral subluxation. It seems clear that this happens in the body. Many times an individual with a condition that he has had for twenty

years will get well three weeks after beginning chiropractic care. The chiropractor may adjust the patient three times a week for that three-week period. The patient is subluxated each time he comes in the office so he is not holding the adjustment for more than a day or so.

Apparently twenty years of degeneration can be offset by the cumulative effects of a few days of full expression of the innate intelligence of the body. We simply do not know, nor should we underestimate, how much potential the human body has when it is free from vertebral subluxations for even just a few minutes, hours, or days.

Of course the amazing ability that the body has to respond to being free of nerve interference is not an excuse for being lackadaisical in our chiropractic care.

For if the body has such great potential when it is free of vertebral subluxation for a few minutes, imagine what levels of health, productivity, and longevity it could reach being clear of interference most of the time!

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