

Recent Innovations in Allergy Testing

Abs: New procedures for allergy testing are detailed. These methods allow for rapid, accurate allergy testing of foods, chemicals and pollens. Furthermore it is now possible to pinpoint which allergens are causing various imbalances including hypothyroidism, hypoadrenia, hypoglycemic and diabetic reactions, neurological disorders including A.L.S. and M.S., and arthritis. With appropriate diet and environmental changes these disorders can be eliminated or greatly improved.

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There has been a recent realization among many health practitioners that much of chronic, degenerative physical and "mental" illness is due to allergies. In the 1930's the great allergist Dr. Albert Rowe stated that allergies were the second (only to infectious diseases) leading cause of illness.¹ Recently the British allergist Dr. Richard Mackarness has said that with the advent of modern methods to control infectious disease, "allergies are the leading cause of most human symptomatology."

You may be surprised to learn that this is not new information. In ancient Greece, when you took ill the first thing your practitioner did was to take you off all milk products. If this didn't work, you were fasted until you got well.

The traditional allergist or immunologist refers to allergy only when a food or pollen elicits a certain immunological response in the body. Recently the concepts of human ecology, bio-ecology or clinical ecology have been replacing or superceding the older notion of allergy. Ecological illness refers to the fact that any substance (or energy) can have a detrimental effect on a given person and can manifest itself with virtually any symptom. Quite a few medical doctors have become clinical ecologists and have written books demonstrating that much of the time "emotional",² neurological,³ arthritic,⁴ dermatological, endocrine, urological, gastrointestinal, energy-level, weight⁵ and addictive disorders⁶ are due to allergic or ecological factors. The rationale is clear. If allergens cause something as "mild" as sinusitis at one extreme and anaphylactic shock (death) at the other extreme, clearly we should expect allergies to play a roll in chronic, degenerative illness which lies between these two extremes.

This paper will present recent breakthroughs in the field of allergy-ecology and tie in my own innovations in testing for allergies. These procedures allow for rapid, accurate determination of food, chemical and pollen sensitivities. For example, foods causing hypoglycemia (everyman's disease lately) or hypothyroidism can now be readily determined.

Dr. John Thie certainly recognized the importance of allergy testing. That's why we were all taught it and teach it ourselves in Touch For Health. I have found the sublingual testing we teach to have a number of shortcomings. (1) It misses many sensitivities. (2) It is more time consuming than the methods outlined here. (3) The substance is in the body and may elicit a reaction--testing would have to be halted and perhaps treatment might be needed. (4) The present procedures are more likely to be symptom-specific. (5) You have to stop after three to six foods. (6) You may get chemical food combining under the tongue--can you completely rinse something out?

In this light I was determined several years ago to develop a procedure that would not have these limitations. Placing the food or other antigen or allergen on the subjects alarm points was known and this is an invaluable technique but a bit too time consuming. My procedure consists of a set of "Basic Four" body test points or regions. These are: Point 1 - the Pancreas, Point 2 - the Liver, Point 3 - the Triple Warmer, and Point 4 - the Thymus. These procedures have been tested on and verified on several hundred individuals.

Recently, clinical ecologists, chief among them Dr. William Philpott, have made it known that the pancreas is often the primary shock organ of allergic reactions. A shock organ is directly affected by histamine, kinins and other (toxic) mediators released during an allergic reaction in the body. Undigested proteins may also directly affect the shock organ. The liver can be a shock organ too. It is also the place where histaminase will break down histamine. Ordinarily several B-vitamins are converted or phosphorylated in the liver and it is known that allergy sufferers often have diminished phosphorylation capacity. These ideas led me to believe that holding foods over appropriate pancreas and liver regions while testing a strong indicator muscle would greatly facilitate allergy testing.

I have found that testing foods at the pancreas and liver regions (see figure 1) will pick up about 80% of your subjects allergies. You can generally bypass the need for testing at all the alarm points or meridian end points that some use. I still use an additional alarm point or two as a double-check if the symptoms warrant it. An asthmatic, e.g. should be tested for foods, chemicals, and pollens at the lung alarm point.

Any strong indicator muscle will do; I like to use the latissimus dorsi. (You may have to use origin/insertion or spindling if it is weak in the clear as it frequently is.) Then make sure you aren't causing a weakness simply by touching (therapy localising) the point you are testing a food at. (I have found that you needn't place the food on the body either. Have the subject hold the antigen as close as possible to the skin, at the appropriate point, without actually making contact.* That this works doesn't surprise me since I was a physicist and I realize that every substance has its own characteristic electromagnetic field that the body's own electromagnetic systems can sense. There has also been much speculation recently that the very formation of antibodies involves electromagnetic sensing and memory.)

Then too perhaps the body's "biocomputer" or "99" senses that it is being asked the following question, "does the substance whose electromagnetic field you are sensing over your pancreas (or liver) adversely affect your pancreas (or liver)." I do not pretend to know exactly what is happening in this

* Skin contact is preferable if it doesn't cause a weak response in the clear.

procedure; but it works quite well. Please make sure to have foods, chemicals, pollen extracts, etc. placed in airtight glass or hard plastic containers or vials. You might want to test an empty one as your control. Try not to use metal containers as they may shield the electromagnetic field of what they contain.

As noted above I have retained the Triple Warmer alarm point as one of the Basic Four points. This can be an invaluable test! If a food held here weakens a strong indicator muscle, it means the food directly affects one of your subjects endocrine glands! It will usually turn out to be the thyroid or the adrenals. Several clinical ecologists have written that food allergy is a leading cause of hypo- and hyperthyroidism³ for example. How can you determine which endocrine gland is being affected? Simply place the glandular extract on the body. For example, an orange at the Triple Warmer alarm point weakens a strong indicator muscle. There is no change with adrenal extract placed on the body but thyroid extract does cause a strengthening effect. You have determined that sensitivity to oranges directly affects your subjects thyroid! Avoidance of the food will probably lead to normalization of thyroid function for your subject!

We, in Touch For Health, have an opportunity to get people well here without the need for drugs or glandular extracts. The latter are all too frequently recommended by "natural healing" practitioners. The hypothyroid or hypoadrenal client can often be made well by ascertaining and avoiding the allergens causing the condition. Of course appropriate balancing of body chemistry with nutrition--vitamins, minerals, amino acids--from nonallergenic foods or hypoallergenic supplements will provide further support.

When using the fourth of the Basic Four, the Thymus, you will sometimes pick up something that won't show elsewhere. Preliminary work indicates that there may be some correlation with a response at the thymus and a high IgE level on the R.A.S.T. blood test for that food or pollen. However, based on symptomology (and relief of said symptoms--the ultimate test) the accuracy of R.A.S.T. for pollens is fair and for foods is poor. This is another way of saying that most food allergies are not IgE mediated. This is in agreement with the muscle testing procedures outlined here. Most allergies are, at least in part, enzymatic or metabolic intolerances--therefore, the need for the pancreas and liver tests.

I have recently discovered how to isolate and ascertain which foods, chemicals, etc. are directly causing low or high blood sugar in an individual. Once again the theory first. Dr. Philpott has demonstrated (see his great work Brain Allergies) that hypo- and hyperglycemic (diabetic) reactions are more often than not allergic responses. He demonstrated that foods (such as beef or cheese) which did not contain any sugar, and even

chemicals elicited low and high blood sugar reactions in susceptible individuals. Yes your hypoglycemic friend or client is really an allergy sufferer, unless he has some rare disorder e.g. a pancreas tumor that can also cause abnormal blood sugar levels. The mechanism involved is as follows. When the hypoglycemic-allergic individual eats an allergic food histamine, kinins, etc. are produced in the antigen-antibody reaction and these will shock the pancreas into abnormal insulin levels with abnormal glucose levels following shortly. Probably in some cases undigested proteins or their abnormal metabolites directly affect the pancreas with the same result. You may find your hypoglycemic friend can actually tolerate maple syrup but can't tolerate beef or cheese, precisely because he is not allergic to the former but is to the latter two. Philpott's latest book, Victory Over Diabetes: A Bio-Ecologic Triumph, details the great success he's had with that disorder via the allergy-ecology connection.⁷

Knowing this, I wanted to see if I could isolate hypoglycemic (and diabetic--as the case may be) reactions to individual foods in susceptible people. Use the following test: place one finger one inch above the umbilicus (navel) and another finger one inch to the left. This is sometimes called the "insulin test." Make sure the latissimus dorsi is strong and that this two finger test is also strong in the clear. If it isn't, you may have to use origin/insertion or spindling on the lats. Spindling of the latissimus dorsi, especially if used in the reactive muscles scheme is a remarkable technique. I can recall fasting for four days and having a friend do some of the latter work on me. I went from low blood sugar malaise to flying around the room in minutes. I can't prove it raised my blood sugar level but it wouldn't surprise me. (Your typical Touch For Health "miracle".)

Assuming you get a strong response of the latissimus dorsi while the person does the two finger touch (or therapy localizes it), then place a food at Point 1 or even near the two-finger touch area. If the lats now test weak, you have isolated that food as causing an abnormal blood sugar response! Test as many foods and chemicals this way for your hypoglycemic and diabetic friends or clients as you can. Don't be surprised if, in agreement with Philpott, some of your hypoglycemics and diabetics test weak to some (non-sugar) protein foods and test strong to some sugary substances such as pure maple syrup. I find organic whole grain corn to test weak this way on many people. I couldn't help thinking that in Mexico, where the people eat corn or corn-products everyday, they take their mid-afternoon siesta. What time does the hypoglycemic usually fatigue-out? That's right mid-afternoon! Maybe we're fortunate that the glucose tolerance test is done with dextrose derived from corn.

Very recently Dr. Jon Pangborn, Ph.D. and Dr. Philpott have demonstrated that much of degenerative neurological illness (e.g. A.L.S. and M.S.) are often due to the toxic effects of ammonia on nerve tissue. Now ammonia is a normal by-product of metabolism and certain amino acids help to remove it from the body. Pangborn and Philpott⁸⁴ have found that amino acid metabolic disorders, secondary to ecological illness (allergies), allow ammonia to build up in the body. Resultant neurological pathology may manifest as chronic fatigue or A.L.S. or M.S. or other neurological disorders.

So how do we test for this problem? First, you should "screen" with ammonia. Have it in a vial--I recommend against the sniff test--and first test at the Basic Four. Then ask your subject to hold it against each brain hemisphere! Place it slightly above the ear and about half-way to the eye. If you get a weak response of a strong indicator muscle (try the lats or P.M.S.) with the brain hemisphere test it is likely that ammonia is affecting that hemisphere. Save this test for last; I have found that any food, chemical, etc. that tests weak here, will usually have tested weak on one or more of the Basic Four. Retest all reacting foods, etc. at the brain hemispheres. You will find that if a person has neurological symptoms on one side of the body, allergies and/or ammonia will show weaknesses on the opposite brain hemisphere, in agreement with the well-known fact that a given brain hemisphere controls the opposite side of the body. Of course, one cannot overstate the importance of eliminating foods, chemicals or pollens that might be causing A.L.S. (Lou Gehrig's disease) or M.S. Frequently such people will have multiple allergies as demonstrated on the Basic Four testing but the brain hemispheres test will allow you to assign priorities in food eliminating.

Lastly, I would recommend you place foods and chemicals (in vials) directly on or near the appropriate joints or bones of your arthritic clients to see if you get a correlation. Dr. Marshall Mandell states in his new book, Dr. Mandell's Lifetime Arthritis Relief System, that 80% of all kinds of arthritis is due to allergies to foods, chemicals or pollens. Again an allergen will usually have tested weak at one or more of the Basic Four and the joint or bone testing will allow you to prioritize arthritis-inducing foods. I find that these foods usually include but are not limited to the nightshades.

Some further comments on the testing procedure are in order here. You must make sure there is no "switching" or "switching off" going on during the testing. Avoid fluorescent lighting, T.V.'s or any extraneous sounds (e.g. fans). Try to have your subjects wearing 100% cotton with white your first choice. All this is preferable but not crucial. Check for and correct any of the types of switching described in

Dr. Deal's Basic AK Workshop Manual on page 33. Check for this several times during the testing.

I have all my allergens in little glass vials. See if you can "get away" with the following shortcuts. Place several foods in a cellophane or heavy plastic bag; if you get a weak response, test the items individually until you get the culprit. I find I can speed up the testing this way. For example I test many seedless vegetables (usually not allergenic) at once this way. Look for correlations. Wheat, rye, and barley are considered to be allergically identical and all grains except millet and rice contain gluten. Be aware of where processed foods come from. If you find many fruit allergies, there may be a sensitivity to phenol compounds found in nearly all fruits. The well-known salicylates of Feingold diet fame are a subset of phenol compounds. White sugar comes from beets, cane or corn. If sugar is an allergy make sure you check for beets, cane and corn. It is impossible to remove 100% of the "parental" antigens of a processed food. Then, too, frequently toxic chemicals and catalytic minerals are used in the processing.

In this vein, you should realize that allergy to nutritional supplements is rampant!! One of the reasons being that they are ingested everyday. Test for excipients--fillers, binders, lubricants, coatings, etc. Many excipients are derived from or include corn, yeast, alfalfa, grasses or trees. Virtually all B-vitamin supplements are synthetic with yeast or alfalfa thrown in to make it appear to be "natural". If something has 30 great nutrients in it but is an allergen, the nutrients will not be absorbed! For these purposes allergy considerations take precedence over nutrition! If you find yeast to be an allergen, consider the possibility that your client has a Candida infection somewhere in his body. Many people with chronic, degenerative "mental" or physical ailments are routinely being found to have the "Big Three"--Allergies, TMJ dysfunction and Candida Albicans (a fungus or yeast) infection internally.¹⁰

New vitamin companies have arisen that do not contain any excipients in their capsules (beef or pork origin) or can be obtained as pure powder in bottles. Your work however is not finished. Did you know that several vitamins e.g. biotin, folic acid and B-12 are usually derived by fermentation of bacteria. In fact this is how I check for bacterial allergies --with an extract of pure B-vitamins including these three. It is interesting that the synthetic vitamins are apparently so purified that, usually, even the most chemically sensitive person won't react but the B-vitamins of bacterial origin can be a problem. Anyone with asthma, neurological or gastrointestinal problems should be checked for bacterial allergy. Also until the last three years all Vitamin C (ascorbic acid) was synthesized from glucose derived from corn. Lately Ascorbic acid is being made from glucose from sago palm, rice,

potato and tapioca. You must check all this out before you tell someone to take Vitamin C.

Foods being tested ideally should be organic. Meats and dairy products will usually contain yeast (mold) or bacteria (in addition to the hormones, antibiotics, pesticides, tranquillizers that this country allows for.) Use very small amounts of foods for testing--a nutritious food may contain enough nutrients that would help alleviate an allergic reaction and might mask itself on the test. When testing for fruits or vegetables, see if you can pin it down to the skin or seeds. The person may be able to tolerate everything in a vegetable except the skin e.g. This may or may not correlate with pesticides or molds etc.

Test for combinations. Some time ago I had tested someone for foods including potatoes and safflowers. These two were O.K. but the person came back relating how sick she got from unsalted potato chips containing only potatoes and safflower oil. When the two together were held at Points 1 and 2 she then tested weak! This "potato chip allergy" is probably an enzyme deficiency condition in part. Many people can't tolerate an oil with a starch or protein. This is the beauty of PFH/AK testing--any intolerance is picked up. Other tests (cytotoxic, RAST, etc.) are only able to look for one kind of response.

Even when someone is not allergic to his supplements he may be taking too much. Try testing for his daily amount at the Basic Four points and then the brain. An article in the August 25, 1983 New England Journal of Medicine gained much media attention. It was reported that megadoses of B-6, pyridoxine, caused neurological disease in seven patients. Sure enough I have found that large doses of B-6 will, when held at the brain hemispheres, cause a strong indicator muscle to go weak. This is not the case with the phosphorylated form of B-6--pyridoxal-5-phosphate. As noted in my amino acid paper the kidneys are also involved with dosage toxicities. Hold the supplements over the kidneys also. Many people may be overdosing on vitamins, minerals, or amino acids which are processed in the liver or kidneys.

Don't be afraid to "play" with these ideas. One can and should check for optimum homeopathic dilutions with these methods. I have found that only a homeopathic remedy's proper dosage will test strong at the Basic Four; those that are more or less dilute will test weak. I have always thought that homeopathy works by stimulating the immune system. Much like the allergist tries to overcome allergies with dilute extracts of the same allergens that cause the problems. (Of course toxins like phenol are employed by allergists as preservatives).

Let me provide you with an example of the beautiful unity

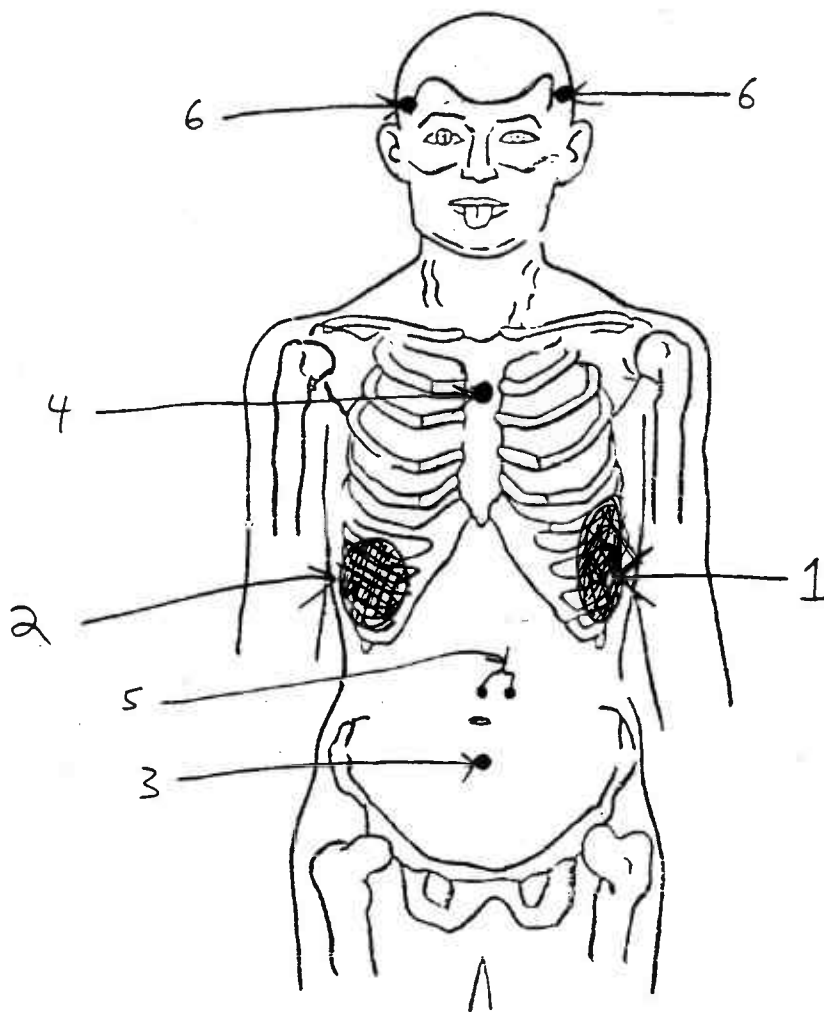
and harmony of applied kinesiology, immunology and homeopathy. Due to the legalities and infectious possibilities involved I recommend you do not try this on anyone! When I get a bacterial (respiratory) infection and all else fails, I do the following. I cough up some sputum, dilute it by succeeding factors of ten and have a friend muscle test for the one "remedy" that is strong. My immune system beats the germ out, and I'm fine within hours!!

It is hoped that the allergy-testing procedures described here will be of great benefit to you, your students and your clients. The testing procedure is quick, accurate and organ-or symptom-specific and does not promote reactions. Persons suffering from hypoglycemia, diabetes, hypothyroidism, hypoadrenia, arthritis, M.S. or A.L.S. and any chronic, degenerative physical or "mental" disease just might have the cause of his problems ascertained and eliminated with appropriate diet and environmental therapy. The only thing better than a PFH balance is not needing to be balanced.

Let us hope that allergy avoidance, rotation etc. is becoming only a temporary necessity. First the brilliant work of Nancy Daugherty's reactive muscles, eye muscles, chakras, etc. and now Dr. Paul Dennison's great Edu-Kinesthetics brain integration and body work is making allergies themselves something that can be eliminated! We are at the dawn of a beautiful new age!!

Allergy Testing Points or Regions: The "Basic Four" Plus Two

Figure 1.



- #1 Pancreatic Sensitivity, Intolerance or Allergy
- #2 Liver Sensitivity
- #3 Triple Warmer Alarm Point: Allergy Induced Hypothyroidism or Hypoadrenia
- #4 Thymus: Possible Immunoglobulin Mediated Allergy
- #5 Allergy Induced Hypoglycemic or Diabetic Reaction. T.L. While Food, etc. is Held at Region #1
- #6 Brain Hemisphere Allergy: A.L.S., M.S., Vitamin B₆ toxicity

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