

FREEDOM FROM ALLERGIES THROUGH K.C.A.

A holistic approach to diagnosis and treatment for allergies offers permanent relief using a combination of techniques readily available to specialists in the fields of kinesiology, chiropractic medicine, and acupuncture/acupressure.

By Dr. Devi S. Nambrudipad, R.N., D.C., M.S., Ph.D.

“BETTER LIVING”?

It is estimated that 90 percent of the population suffers from allergies. In some instances the reactions are predictable. But for others the reactions are not predictable. They vary radically and appear unexpectedly making diagnosis elusive and pre-treatment nearly impossible.

For those whose lives are merely disrupted by the discomfort of the reaction, simple anti-histamines or topical remedies bring temporary relief until the season passes. But for those whose lives are threatened, long term immunotherapy or complete avoidance is the only hope the medical field can offer. The solution, as we all know, is expensive and time consuming.

Most people finally resort to a lifetime of depriving themselves of many of the things in life that bring them joy and fulfillment. The common complaints are, “my allergies have taken control of my life”, and, “the very things that I want to make me happy are the very things that I react to the most”.

Even with nearly total isolation from the potential allergens, there is no guarantee that the allergy sufferer will be able to stay away from all the situations that will keep them reaction free. New products are being developed every day that are potential allergens.

A good example of “better living through chemistry” turned sour are the sulfites used to preserve fruits and vegetables in restaurant salad bars. The use of sulfites was not publicized until a few highly allergic asthmatics died. Only then was it banned as a food preservative in most states.

Wouldn't it be wonderful if a simple test could be developed for allergy sufferers that could detect and pre-determine the potential harmful reaction before offensive substances like sulfites are ingested?

Even so, until now, relief was temporary, unsure, and expensive. The very hope of a cure that would bring a life free from the control of allergies, was a very faint hope.

K.C.A. - A NEW APPROACH

For the purpose of an introduction to this new method of treatment for people suffering from allergies, a thorough treatise on biochemistry is not appropriate. Instead, the discussion will concentrate on the basic premises around which it is constructed and give some insight into the lives of some of the people who it has helped.

First, this is not new technology. It is actually a combination of techniques using much of what is already known from Kinesiology, Chiropractic Medicine, and Acupressure and Acupuncture. It is from these disciplines that the term “K.C.A. Treatment” gets its name.

ALLERGENS AND THE CENTRAL NERVOUS SYSTEM

It is important to recognize that allergies do not exist in a vacuum by themselves. Rather, they are a part of a complex inter-relation between the allergen and the central nervous system that controls the proper functions of the various organs, and the digestive, skeletal, vascular, and lymphatic systems. Each of these complex systems, under the direction and whim of the central nervous system, is capable of ignoring or react-

ing to a given stimulus either in concert with all other systems, producing a massive shutdown of the human machine or of acting independently, producing weaknesses and malfunctions of any of the parts of the total system.

The reason why the central nervous system chooses to ignore a given stimulus on one occasion is not known exactly. But it is dramatically observed that severe asthmatics do not experience attacks when they are frightened. In these situations, body prepares body for fight or flight. In this "hyper-chemical state", the allergen is totally ignored. An adjustment has been made as sure as if a switch had been thrown. Therefore, the idea that an allergenic substance will always produce the same kind of result in every individual is an error. Compare for different reactions to a common allergen - chocolate, for example.

In each case, standard scratch testing and blood serum analysis did not identify chocolate as an allergen for that patient.

- Case 1. Patient exhibited hyper-activity and insomnia upon eating chocolate.
- Case 2. Chocolate resulted in vascular headaches approaching magnitude of migraine.
- Case 3. Patient symptoms were acute asthmatic distress.
- Case 4. Patient experienced pain in the joints of the extremities similar to that of arthritis.

Most of these patients, in spite of the medical testing to the contrary, knew by instinct and experience, that they should not eat chocolate. How the body reacted to contact with the allergen was not consistent with every patient. Rather each patient's body reacted at the perverse whim of the central nervous system. The expression of the allergic reaction, seemed to be centered in one or more of the organs alerted to the presence of the substance in or near the body.

This observation is consistent with tradition of oriental medicine which holds that treatment for

most diseases would begin with making adjustments to the central nervous system which is the center of the balance between all other body functions. Offending elements introduced into the system trigger imbalances and adversely affects the essence of the body, or Qi, and further manifests the problem in pathology of the various tissues and organs, or the Zang Fu.

The pathology then can be clearly demonstrated first as a kinetic weakness observable through standard muscle response testing techniques from Applied Kinesiology. In fact, each of the chocolate allergy sufferers mentioned above exhibited weaknesses when given a Muscle Response Test.

This fact then, becomes the pivotal premise in foundation of the K.C.A. therapy model. Kinetic or muscle weakness makes diagnosis possible.

PREMISE I:

MUSCLE WEAKNESS IS THE BODY'S WAY OF SIGNALING THE PATIENT AND THE DOCTOR ABOUT THE POTENTIAL NEGATIVE REACTIONS TO ALLERGENS.

Since a simple and effective diagnostic tool is now available it becomes a matter of good detective work to identify all the substances that may be responsible for symptoms. A complete history of both the patient and the patient's family will be of great benefit.

CAN THE K.C.A. METHOD OF TREATMENT OFFER A SOLUTION?

When oriental medical techniques were introduced to the western world two decades ago, western medical minds were amazed that many of the so called psychosomatic illnesses responded nicely to acupuncture and acupressure treatment. They were even more amazed when they began to unlock the secrets of the central nervous system and the complex inter-relationship between the hormones and enzymes that are blocking endorphins and thus, unlocking the brain's power to heal the body. The ancient

Chinese were not surprised. They had learned long ago that the central nervous system controlled the body functions including all organs. They also knew that by stimulating the central nerve trunk, or meridians that form the complex link between the brain and the various body parts, one could effect temporary relief from pain. They did not have to understand why to treat a patient in this manner, as is our western way, but developed their science to the benefit of their patients. From their experience, and now with concurrence from the western scientific world, a second important premise is possible.

PREMISE II:

ACUPUNCTURE/ACUPRESSURE STIMULATES THE CENTRAL NERVOUS SYSTEM AND PROVIDES TEMPORARY RELIEF FROM PAIN AND PROMOTES HEALING

In the past year, there have been many articles written about allergies in publications from holistic and traditional medical writers. In every case, there is a message of hope along with a treatment methodology that includes a strict diet and/or other careful regimen of behavior. Some of these methods even include one or more of the holistic techniques described above. In every case there are warnings to the patient about the potential of relapse if the maintenance doses are not taken or if certain foods are not completely eliminated from the diet. In no instance of treatment is there hope of total and irreversible cure.

They are right to be cautious. Because, in order to achieve permanent relief from allergic reactions the central nervous system must be reprogrammed to see allergens differently than it presently sees them. The question is - is this possible.

The answer to that question was discovered quite by accident when the author, as a patient herself, was treated by acupuncture for the relief of an allergic reaction. During the treatment she fell asleep allergen in her hand (in this case, carrots). Upon waking, she experienced an amazing discovery. Subsequent tests for carrots by Muscle

Response Testing confirmed that something phenomenal had indeed happened. Repeated testing and finally eating carrots confirmed the results. The central nervous system had learned a different response to the stimulus and she was no longer reactive to the stimulus.

In some mysterious way, the treatment had reprogrammed the brain.

What followed was a series of experiments treating the author's known allergies and those of her family. The method was finally extended to her practice. In every case, the allergies were "cleared out", never to return. She also discovered that acupressure using an Acuscope was just as effective. After treating over 400 patients for a wide variety of allergies the procedure is no longer of questionable value. It is a proven treatment method and the final premise in the K.C.A. methodology.

PREMISE III:

PHYSICAL CONTACT WITH THE ALLERGEN DURING AND FOR A TIME AFTER A TREATMENT CONSISTING OF STIMULATING THE MERIDIANS OF THE CENTRAL NERVOUS SYSTEM PRODUCES A TOTALLY NEW, PERMANENT AND IRREVERSIBLE RESPONSE TO THE ALLERGEN.

It is possible through stimulation of the central nervous system, to reprogram the brain's response to the presence of toxic allergens.

THE PROGNOSIS IS BRIGHT

The success of the K.C.A. treatment procedure confirms that a major portion of the illnesses we observe is the result of allergies - from the 65 year old man complaining of a hacking cough during the day but not when he went to bed at night (allergic to cough drops he used during the day); to the baby with arrhythmia, a rapid and irregular heartbeat after feeding (allergic to his mother's milk).

For people like the 11 year old little league baseball player from the midwest this spring who

accidentally ate a cookie made from peanuts and died within minutes from allergy produced shock, this breakthrough in treatment technology is too late.

But the prognosis is bright, because the treatment procedure has already been used to help another 11 year old little league ball player who reacted much the same way to a single Rice Crispy. Testing assures his parents that this boy will never have to worry about an accidental encounter with a deadly Rice Crispy filled snack after a ball game. And what would the prognosis be for the little girl who was the victim of a similar accidental allergic poisoning from peanuts that resulted in stroke, coma, and paralysis, if she had not been given a long series of treatments for the specific type of peanut butter that had been used in the cookie she ate at her pediatrician's office? Would she be walking around today a bright, happy, and hope filled young lady?

Undoubtedly not.

Yes. The prognosis is bright. And a convincing argument can be made that a significant number of the patients with symptoms we normally referred to a traditional medical practitioner for temporary treatment suffering from latent, undiagnosed allergies are going to experience a cure from the holistic health practitioner. Freedom from allergies is, after all, a fact for patients presenting a wide range of conditions from chemical dependency and stroke, to exzema and asthma.

In conclusion, the results of three years of intense work and the good will of over 400 patients make possible these important observations:

1. Traditional medicines, such as cortisone, mask allergic symptoms making diagnoses difficult.
2. The human body is capable of self-healing even the most severe allergic condition.
3. People are reactive to far more elements contacted in the course of a normal day than ever imagined.
4. Future for the allergic person is filled with an abundance of new allergens.
5. The body often reacts to nutritional foods and harmless environmental elements as though they were poisons to the system.
6. The K.C.A. technique can effect permanent cure for the allergy sufferer.
7. Properly treated, a patient can be made immune without restrictive diets and immunotherapy and further treatments.
8. A person properly trained in K.C.A. techniques with a firm understanding of body chemistry and the function of the nervous system can achieve the same kinds of results as those seen in over 400 allergic patients in the last three years.

A professionals we must recognize the need for more theoretical work and clinical confirmation. The results of patient case histories need to be collected, tabulated and computerized for statistical comparisons. The results of the studies have to be written out and published in language of the health care professional and the patient in charge of his or her own health care.

There needs to be more people who are willing to make the diagnosis and care of allergic patients their area of specialization. People who are willing to be trained to recognize the symptoms produced by allergens and to relate them to the complex inter-relationship between the central nervous system and the biochemical substances and processes that occur in and affect us all.

Until this disorder is fully understood and treatment is made fully available, professionals are encouraged to begin to see their patients in terms of environmental illnesses; and to recognize the potential for cure that the holistic techniques of Kinesiology Chiropractic Medicine and Acupuncture/ Acupressure offer. ■

Dr. Devi S. Nambrudipad, R.N., D.C., M.S., Ph.D.
14123 Biola Ave.
La Mirada, CA 90638
(213) 946-1204