

ALLERGIES AS SYMPTOMS OF IMBALANCE

by Wayne W. Topping, Ph.D., L.M.T.

Abstract. It is useful to balance for specific allergens. Sometimes, however, it may be better to regard allergies as symptoms of imbalance and their subsequent disappearance as evidence that the client is now more balanced.

Allergies as Energy Imbalances

In *Cure Your Own Allergies in Minutes* (1988), Dr. Jimmy Scott describes an Allergy Tap technique which can eliminate simple allergies about 90 percent of the time. The Allergy Tap involves tapping on the end points of the stomach, spleen, bladder and kidney meridians while the allergen is placed on CV-6.

In *Five Minute Phobia Cure* (1985), Dr. Roger Callahan has this to say: "There is an interesting similarity between allergies and phobias. Both seem to develop spontaneously. Both have a genetic predisposition to occur and both are evidenced by a confusion of the responses which should serve to protect the human organism from harm.

"The immune system exists to automatically counteract any dangerous substance or chemical (germs, viruses, foreign matter) that might enter the parameters of the body. Allergies have been found to be the result of the immune system gone haywire. The immune system, somehow no longer able to identify true danger, "defends" the body against a harmless substance.

"Like the automatic action of the physical immune system, the psychological defense system is designed to protect the body from danger. Phobias seem to be the result of the psychological defense system gone awry. The sweaty palms, palpitations, increased heart-beat, and flow of adrenaline are all symptoms of the "fight or flight" response that, in truly dangerous situations, are lifesaving.

But when no real danger exists, these responses can, in themselves, stress the human organism." (pp 11-12).

Callahan found that about 90 percent of simple phobias could be eliminated by tapping on either end of the stomach meridians, about 7 percent by tapping on either end of the spleen meridian; the remainder related to other meridians. Thus we have allergens as evidence of imbalance within the physical immune system and phobias as evidence of imbalance within the psychological immune system, and both imbalances can be corrected by tapping on the ends of specific meridians while being exposed to the physical allergen or thinking of the phobic situation. For simple allergens or phobias these techniques are very effective.

However, what if the client has numerous allergies or numerous phobias? Then it often makes more sense to look for an underlying cause.

For example in the case of agoraphobia (literally, fears of the market place) the phobia usually grows to include fear of open spaces, crowds, panic attacks, anxiety disorder, etc. (Seagrave and Covington 1989). Practitioners working with agoraphobia have found that hypoglycemia is often involved and that 70 percent of agoraphobics come from alcoholic backgrounds. Thus the phobias then can be seen as symptoms of a larger problem which can be addressed from physical, nutritional and psychological perspectives. Tapping on the ends of meridians to remove the phobias may

be too superficial if the phobias are just symptoms of a more primary condition!

The same reasoning applies to allergies. While Allergy Tapping can be a fast way to eliminate isolated allergies sometimes it may be more appropriate to see the allergies as symptoms of more primary imbalances. Ironically, in addressing the larger issue, for example, alcoholism, we may actually identify allergies to alcohol, B-complex, vitamins, sugars, the grains from which the alcohol was made, and could use Allergy Tapping as a correction procedure in addressing that larger issue!

Allergies as Symptoms of Underlying Causes

Another energy balancing procedure that has achieved outstanding results in eliminating allergies is that developed by Devi S. Nambudripad, D.C., L.Ac., R.N., Ph.D. ("Say Good-Bye to Illness", 1993). Nambudripad's Allergy Elimination Techniques (NAET, for short) uses the alarm points to balance the meridians while the patient is exposed to the allergenic substance. While patients with few allergies may get fast results, in severe cases it may take as many as three visits a week for one or two years' duration until the patient can be regarded as "normal".

In cases of multiple allergies or even universal reaction (allergy to essentially everything) rather than dealing with all the individual allergens it might be worth considering some other factors.

1. The Adrenal-Immune System Connection

In stressful situations numerous physiological changes prepare us for the fight/flight response (Success Over Distress, pp 6-7). The adrenal glands shift into high gear, releasing adrenaline (epinephrine) from the adrenal medulla and a whole series of corticoids from the adrenal cortex. These physiological changes are designed to ensure our survival. Thus the corticoids reduce inflammation in the joints so

that the person who has painfully inflamed joints temporarily has no pain and is able to mobilize him/herself and survive. The corticoids also reduce immune function temporarily, again to enhance survivability. Severe asthmatics will not experience asthmatic attacks when they are frightened: allergic reactions would disable them. Similarly, people who are allergic to dust, will be allergen-free when their body is prepared for a fight/flight response. If they were to react to dust, they could sneeze. When they sneeze they would have their eyes closed and this would definitely not improve their chances of surviving. So we see that when stressed, adrenal function goes overactive, immune function goes underactive.

What happens with prolonged stress? The see-saw flips the other way: adrenals become exhausted and the immune system goes overactive. Now the immune system becomes so overactive that it begins reacting against many foods and substances. It may even begin attacking itself, creating auto-immune conditions such as lupus, rheumatoid arthritis, multiple sclerosis, and chronic fatigue. Note in the Touch for Health text the symptoms related to weaknesses of sartorius, gracilis, gastrocnemius and soleus muscles — allergies, hives, asthma. Rather than energy balancing for numerous specific allergens it might be more reasonable to support the adrenal function.

2. Pantothenic Acid (Vitamin B5) Deficiency

If animals' adrenal glands are removed to prevent cortisone from reaching the blood =D1 simulating adrenal exhaustion in humans =D1 the allergic reaction to an injection of a foreign substance is extremely severe or fatal; animals with healthy adrenals are barely affected by similar injections (Selye 1956). Cortisone cannot be produced without pantothenic acid, therefore pantothenic acid is essential for healthy adrenal function and to prevent allergies. Adelle Davis (Let's Get

Well, p. 194) has pointed out that the symptoms that accompany allergies and those produced in volunteers deficient in pantothenic acid are strikingly similar. Stress-induced deficiency of pantothenic acid could, therefore, speed up adrenal exhaustion and initiate numerous allergies.

3. Vitamin B Complex

Deficiency of several different B vitamins, eg. B2, B5, B6, B12, PABA, and biotin, can each cause dermatitis or eczema, hives and asthma in children. Most of these conditions can be eliminated when foods rich in B vitamins, such as yeast, liver and wheat germ are added to the diet. Thus the allergenic symptoms listed above can be related to B-vitamin deficiencies, in the diet, stress which depleted their levels, or allergies to some of those B-vitamins.

4. Vitamin C

Abnormally small amounts of vitamin C are found in the blood of persons with allergies, and individuals become particularly susceptible to allergens when vitamin C is under supplied. Vitamin C makes cortisone more effective, decreases the permeability of cells, has an antihistamine action, and detoxifies foreign substances entering the body.

5. Vitamins A, E & F

Healthy cells can prevent harmful substances from entering them. Deficiencies in several nutrients, but notably vitamins A, E and F (the essential fatty acids), can cause cell walls to become more permeable to toxic substances thus setting up allergic reactions.

6. Impatience

In Biokinesiology we have found the emotion "impatience" to adversely affect the solar plexus. The solar plexus controls all mucus linings of the intestines, vagina, mouth and bladder. When the solar plexus is out of balance, symptoms may include allergies to good foods.

Impatience can also adversely affect stomach HCl production. Adelle Davis

(p.195) points out that food allergies cannot occur when foods are completely digested. Only when digestion is below par can undigested or partially digested food enter the blood, act as a foreign irritant, and cause allergies.

When proteins remain undigested, the amino acid histidine can be changed by putrefactive intestinal bacteria into a toxic substance, histamine. Histamine is found in abnormally large amounts in the blood of many allergic persons. (Vitamins B6, C, and B5 each have an antihistamine action and can therefore decrease allergies).

How can we determine if lack of patience (solar plexus, and/or HCl deficiency) are responsible for the allergies?

When you have an indicator muscle (or the 3-part Brain Response Test; Topping 1985, 1990) switched off while the allergen is held over the navel or alongside the parotid gland,

(i) Brush lightly up the arms over the acupuncture point CX 6, two thumb widths above the transverse crease of the wrist (Topping 1985). A switched-on IM indicates the allergen is probably related to the solar plexus imbalance. The client would benefit from massaging CX 6 bilaterally.

(ii) Brush lightly down the face from the TMJ to the outer corners of the mouth, bilaterally. A switched-on IM indicates the allergen is probably related to the solar plexus imbalance. The client would benefit from firmly massaging in the same direction a few times each day.

(iii) Point your finger tips down into the top of the client's head (LAN Y of Biokinesiology) and say "you feel patient." A switched-on IM indicates the allergen is related to a solar plexus

imbalance or a HCI deficiency. If the Pectoralis major clavicular muscles are switched on when tested separately but switched off when tested simultaneously this would confirm the latter. Working on becoming more patient should help balance the solar plexus and/or stomach HCI and eliminate the allergies.

7. Biokinesiology

When Rectus femoris straight head tendon or Scalenus anterior C5 muscle are out of balance the client can be allergic to almost all foods. See *Allergies: How to Find and Conquer* for correction procedures. In this book John Barton researched 105 separate muscles, tendons, ligaments, fascia and aponeuroses and 170 allergies related to those tissues. I often use the allergy as a symptom to identify one or more kinetic tissues that are out of balance. Balancing the tissue (s) has the advantage of eliminating aches, pains and other symptoms along with the allergy.

For example, I was working with a client in New Jersey. She had pain in her tailbone but wanted me to help her overcome an allergy to dairy products. As it happened the top priority tissue out of balance related to the dairy allergy was Coccygeus extensor on the posterior surface of the tailbone. After it was corrected with emotions only, the dairy allergy was gone, so was the pain in the tailbone.

8. The "Immune-Competent" Personality

Dr. George F. Solomon, often called the "father of psychoneuroimmunology", has described an "immune-competent" personality that may allow the body's immune system to fend off illnesses as varied as rheumatoid arthritis, lupus, chronic fatigue, viral infections, AIDS, cancer, asthma and allergies (Drehler, 1992). To work on the traits that define the immune competent personality is to

work on factors underlying and larger than the allergies.

Conclusion

Just as simple phobias can be eliminated by tapping on the endpoints of specific meridians, we can eliminate individual allergies by Allergy Tapping on the ends of meridians or by balancing the meridian alarm points (NAET). However, when phobias are more complex or allergies more numerous rather than tapping on the ends of meridians it is worth considering other options.

Multiple allergies can be a symptom of adrenal exhaustion and an overactive immune system. Strengthening adrenal function with nutrients such as pantothenic acid and vitamin C can eliminate allergies. Other approaches include balancing the solar plexus, improving stomach HCI function, or balancing specific tissues for which the allergen is merely a symptom.

* * * * *

References:

- Biokinesiology Institute.
Allergies -- How to Find and Conquer. Bellingham, Washington: Topping International Institute, 1992.
- Callahan, Roger.
Five Minute Phobia Cure. Wilmington, Del: Enterprise, 1985
- Davis, Adelle.
Let's Get Well. New York: Harcourt, Brace & World, 1965.
- Dreher, Henry.
Are You Immune Competent? Natural Health, January/February, 1992.
- Nambudripad, Devi S.
Say Good-Bye to Illness. Buena Park, CA: Delta Publishing, 1993.
- Scott, Jimmy.
Cure Your Own Allergies in Minutes. San Francisco, CA: Health Kinesiology Publications, 1988. Seagrave, Ann and Faison Covington.

Selye, Hans.

The Stress of Life. New York:
McGraw-Hill, 1956.

Thie, John F. with Mary Marks.

Touch for Health. Marina del Rey,
California: DeVorss, 1973.

Topping, Wayne W.

Biokinesiology Workbook. Bellingham,
Washington: Topping International
Institute, 1985

Topping, Wayne W.

Success Over Distress. Bellingham,
Washington: Topping International
Institute, 1990.

* * * * *

Wayne W. Topping, PhD
2622 Birchwood Av, #7
Bellingham, WA 98225
360-647-2703