



Integrative Approaches to Allergy Relief
PRINCETON INTEGRATIVE HEALTH CENTER
MONTHLY SESSIONS



PRESENTERS

- ✘ Helen Law, Ph.D, L.Ac, Dipl. NCCAOM, FAAIM
 - + Ph.D in Natural Health
 - + Licensed Acupuncturist - NY & NJ
 - + Fellow, American Association of Integrative Medicine
 - + NJ Top Docs in Acupuncture for the last 5 years

- ✘ Laura Keiles, ND, CTN, CNW, BCIH, DAAIM
 - + Doctor of Naturopathy, Board Certified Traditional Naturopath and Nutritional Wellness
 - + Board Certified in Integrative Health
 - + Diplomate, American Association of Integrative Medicine
 - + Certified in Clinical Homeopathy

AGENDA

- ✘ Introduction
- ✘ What are the differences among Allergies, Sensitivities and Intolerances?
- ✘ Quick Education on Immunity
- ✘ Complementary & Integrative Therapies
 - + Benefits
 - + Cautions
- ✘ Next Steps

MARCH IS THE BEGINNING OF "ALLERGIES"

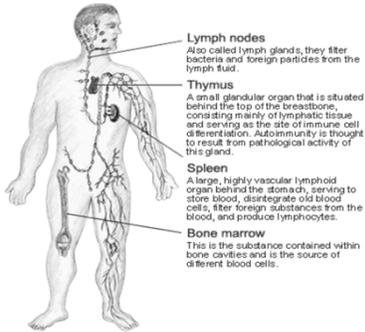


- ✘ Spring is here and so are the most common environmental changes that makes our respiratory system go haywire
- ✘ For most - those are defined as "allergies"

ALLERGIES & IMMUNE SYSTEM

- ✘ What are Allergies?
- ✘ What is the Immune System?
- ✘ Purpose of Immune System
- ✘ What are the Immune Organs?
- ✘ Functions of the Immune Organs

IMMUNE SYSTEM OF THE BODY



ALLERGIES & IMMUNE REACTION

- × **Different types of allergies** - It's common for a person to have more than one allergic condition
 - + Symptoms: eye, nasal, allergic asthma, eczema, hives and anaphylaxis
 - + Common allergens: materials and particles in the air and environment, such as dust, dust mites, molds, pet dander, tree pollen, grasses and weeds, food, drugs and stinging insect venoms.

ALLERGIES & IMMUNE REACTION

- × **What is a "typical" allergic reaction?**
 - + Allergic reaction occurs when a person develops "allergic antibodies, called IgE, which are specific for an allergen.
 - + Repeated exposure to the allergen reactivates immunity creating IgE immediately. These cells then release histamine, a chemical that can cause hives, runny nose, sneezing and itching.
 - + Depending upon where in the body the reaction between the IgE and the allergen happens, different symptoms can occur.

WHAT IS HISTAMINE?

- × Histamine is a compound found in various parts of the body. From the brain to the gut, histamine has a variety of actions.
- × It's both a neurotransmitters as well as an immunomodulator. Depending on where it is found in the body, and what receptor it interacts with.
- × There are 4 types of receptors: H1 to H4.

4 TYPES OF IMMUNE RESPONSE SIMPLIFIED

- ✘ IgE - These antibodies trigger immediate allergic reactions.
- ✘ IgA - These antibodies help defend against the invasion of microorganisms through body surfaces lined with a mucous membrane - Think **A**bsorption.
- ✘ IgG - the most prevalent class of antibody, is produced when a particular antigen is encountered again. It is the only class of antibody that crosses the placenta from mother to fetus. Think **G**ut
- ✘ IgM - essentially active in the bloodstream now fighting an antigen/allergen for the first time and determining how to respond (with E, A, or G)

From http://www.merckmanuals.com/home/immune_disorders/biology_of_the_immune_system/acquired_immunity.html

ALLERGIES & IMMUNE REACTION

- ✘ **Different types of allergies**
 - + Respiratory (IgE and/or IgA)
 - + Gastrointestinal (Combination IgE plus IgG)
 - + Skin (IgE)

ALLERGY/SENSITIVITIES OF RESPIRATORY

Symptom	Allergy (IgE, IgA)	Intolerance/Sensitivity (IgG/IgM)	Symptom	Allergy (IgE, IgA)	Intolerance/Sensitivity (IgG/IgM)
Runny nose	Often	Sometimes	Hives	Often	Rarely
Skin Rash	Often	Sometimes	Airway Constriction	Often	Rarely
Skin Eruptions	Sometimes	Sometimes	Asthma	Often	Rarely
Inability to swallow	Sometimes	Rarely	Wheezing	Often	Rarely
Ear Infections	Sometimes	Sometimes	Itching	Often	Rarely
Joint Pain	Rarely	Sometimes	Drop in BP	Often	Rarely
Shock	Sometimes	Rarely	Dizziness	Sometimes	Sometimes
Migraine	Rarely	Sometimes	Weak Pulse	Sometimes	Rarely
Sinusitis	Often	Often	Rapid Pulse	Sometimes	Sometimes
Itchy Throat	Often	Rarely	Watery Eyes	Often	Sometimes

COMPLEMENTARY & INTEGRATIVE THERAPIES

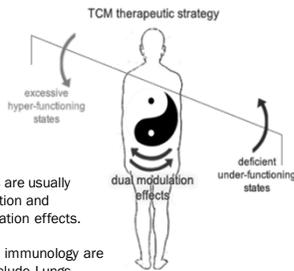
- + TCM Theory & Acupuncture
- + Chinese Herbal Therapy
- + Cupping
- + Moxibustion
- + Auricular Therapy
- + Homeopathy
- + Western Herbal Therapy
- + Nutritional Coaching
- + Needle free Electro Acupuncture with Frequency
- + Detoxification



TCM THEORY & IMMUNITY

- ✘ TCM focuses on mobilizing our own innate healing power.
 - + The healing power is far beyond the physical level.
 - + Keep the healthy energy abundant so the evils will not invade.
 - + HEALTH IS NOT JUST ABSENCE OF DISEASE
 - + Immune function can be affected with symptoms present internally.
- ✘ TCM has unique theories about this, "to rise when collapsed", "to subdue when overwhelming" and "to nourish when deficient."

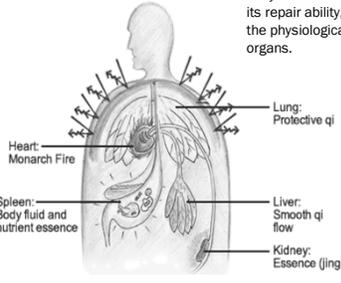
TCM THERAPEUTIC STRATEGY



TCM therapeutic methods are usually focused on holistic regulation and possession of dual modulation effects.

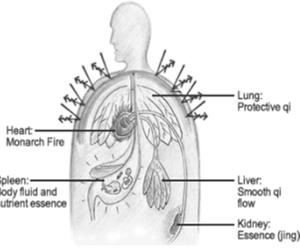
The material basis of TCM immunology are the Zang Organs which include Lungs, Heart, Spleen, Liver, and Kidneys. They are the core of the immune activities.

TCM THEORY



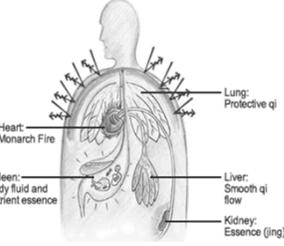
In TCM, healthy energy (zheng qi) refers to the body's natural resistance against diseases and its repair ability, which is closely associated with the physiological activities of the five zang organs.

TCM THEORY



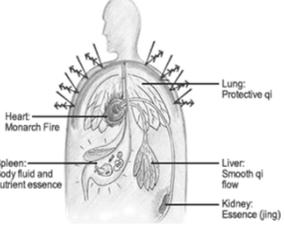
The **Lungs** are an immuno-barrier.

TCM THEORY



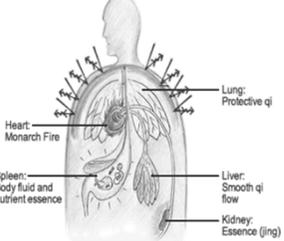
The **Spleen** promotes immune functions

TCM THEORY



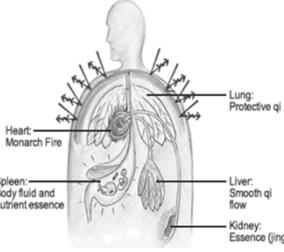
The **Kidneys** are the basis of immune functions

TCM THEORY



The **Liver** helps to maintain normal immune activity

TCM THEORY



The **Heart** regulates the immune activities

TCM TREATMENT METHODS

TCM has been dealing with immune system disorders for thousands of years through diagnosis methods of inquiry, look, smell, touch, pulse, tongue

- × **EXAMPLE- Hay fever:** Lung, kidney and Spleen deficiency, wind, dampness, wind cold or wind heat
 - + Goal of TCM treatment: not only treat acute symptoms but also treat underlying immune system imbalances.
 - + Acupuncture, herbal supplements, dietary therapy, and Tai Chi to strengthen immune system, strengthen Lung, kidney and Spleen, calm the Wind, warm the body with moxibustion, clear the infection and heat from cupping.
- × **EXAMPLE- Food allergies/sensitivities:** symptoms include fatigue, hives, eczema, abdominal pain, diarrhea, nausea, vomiting, nasal congestion, cough and asthma.
 - + More serious: difficulty breathing, decreased blood pressure, increased heart rate, dizziness, mental confusion, slurred speech, anxiety attack and cardiovascular collapse.
- × TCM treats deficiency and disharmonies in the organs by acupuncture, herbal supplements to support the functioning of the organs, dispersing unhealthy excess patterns and nourishing deficiencies.

TCM DIETARY THERAPY

- × **Dietary Therapy:**
 - + Antibiotics further reduce immune defense – so add probiotics to balance gut flora
 - + Avoid sweets, dairy, fried food as it stresses the intestines
 - + Take Ginseng tea, Astragalus chicken soup, shiitake mushroom to enhance immune systems.

CHINESE HERBAL SUPPLEMENTS

- × Herbal specifics for Allergies
 - + Pe Min Kan Wan – allergies sinus/respiratory
 - + Perilla Pearls
 - + Wind Pearls
 - + Amber Pearls

ADVANCE ALLERGY THERAPEUTICS (AAT)

- ✘ Advanced Allergy Therapeutics (AAT) offers a unique and highly effective approach in treating the many symptoms associated with allergies and sensitivities.
- ✘ AAT is a precision-based therapy that treats the organ systems involved in an overreaction.
- ✘ AAT does not treat the immune system; instead, the therapy focuses on inappropriate reactions to a harmless substance in relation to the organs systems to produce rapid, long-term results for the relief of associated symptoms.

AURICULAR THERAPY FOR ALLERGIES

- ✘ Key Points on Ear
 - + Shen Men
 - + Antihistamine
 - + Allergy Point
 - + Nose
 - + Throat
 - + Skin Area

BEST HERBAL SUPPORT FOR ALLERGIES

- ✘ Vitamin C with Bioflavonoids to support capillary strength (no nose bleeds from excessive sneezing)
- ✘ Digestive Enzymes/Probiotics to protect from gastrointestinal “reactions”
- ✘ Olive Leaf Tincture and Bladderwrack-Laminaria for Mold allergies

NUTRITIONAL COACHING

- ✘ Foods can be used to detox the body and charge up immunity
 - + Our bodies run on salts and sugars – bottom line
 - + Simple food changes/adjustments (eliminate “natural salt triggers” – celery sticks, grape tomatoes, cheese
 - + Simple water adjustments (distilled water test)
 - + Protein/Fat balance with salt – lean meats: broiled, poached, good seasonings

HOMEOPATHY



- ✘ A system for treating disease based on the administration of minute doses of a drug that in massive amounts produces symptoms in healthy individuals similar to those of the disease itself.
- ✘ The lower the number, the less it is diluted. X is based on 10 times dilutions, C is based on 100 times dilution.

MOST COMMONLY USED HOMEOPATHY

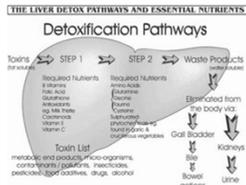
- ✘ Sinus related
 - + Drip/Tickle/Run – Hydrastis or Sabadil
 - + Run away nose – Allium Cepa
 - ✘ With some congestion – Pulsatilla or Sinusalia
 - ✘ With heavy congestion – Kali Bichromicum
 - ✘ Turns into spring cold – Cold Calm
 - + All purpose allergy support – Histaminium
- ✘ All forms of respiratory allergies – AllerTox II, Similusan products
- ✘ All forms of food allergies – Aller Tox I and Urtica Urens; Bio Allers therapies

FREQUENCY SPECIFIC MICROCURRENT

- × Pairs of frequencies of microampere-level electrical stimulation are applied to acupuncture points as well as myofascial trigger points on the skin of a patient via probes or gel electrode patches.
- × **FOR RESPIRATORY ALLERGIES** – probes applied to sinus and lung points are great for relieving congested feeling or congestion.
- × For allergens in the bloodstream and lymphatic system, removal of histamine is done through pads on the hand and feet.



DETOXIFICATION



SPRING DETOX!

- × Clean up your immunity & allergies early with a spring liver cleaning
 - + Customized detox diet and liver cleansing protein shake supplementation for 3-8 days
 - + Detox Foot Bath
 - + Resets the body for the spring changes

COMPLEMENTARY & INTEGRATIVE THERAPIES

- ✘ With all these complementary functions
 - + We can help prevent onset of conditions
 - + We can also delay onset of conditions
- ✘ After diagnosis and onset of condition
 - + We can halt progression
 - + We can restore organ function
 - + We can improve immune system
 - + We can balance hormones & metabolism

COMPLEMENTARY & INTEGRATIVE THERAPIES

- ✘ Benefits
 - + Approaching the whole body and from a functional and integrative perspective
 - + Participative effort with individuals versus directed
 - + Complements existing conventional medicine practices
- ✘ Cautions
 - + Some herbal combinations can cause shifts in blood pressure or changes in regulated balance.
 - + Some protocols may not be effective with all individuals. Each therapy needs to be evaluated on a case by case basis
 - + Important to be monitored/supervised by practitioners

NEXT STEPS

- ✘ Talk to your Allergist or primary practitioner if you are interested in adding complementary therapies.
- ✘ Do your homework
 - + Update your blood work/tests
 - + Keep a bowel movement and weather log
 - + Keep track of your food/supplements/medicines and how effective it is

NEXT WORKSHOPS ARE

- ✦ APRIL 25 – Gastrointestinal Health & Food Allergies
- ✦ MAY 30 - Arthritis & Musculoskeletal
- ✦ JUNE 27 – A closer look at Autoimmune Conditions

ABOUT PRINCETON INTEGRATIVE HEALTH CENTER





Princeton Integrative Health Center

Thanks you for attending!

Please make sure to sign up for the next sessions:

www.princetonintegrativehealthcenter.com/events

Like us on Facebook: PrincetonIntegrative
