

## **Allergy Elimination Without Drugs by Elizabeth Chen Christenson, MD**

**Allergy** is a disorder of the immune system, which has ability to **recognize** myriad of foreign antigens. It is characterized by excessive stimulation of B-lymphocyte by allergens to produce antibody IgE which attach to mast cells and basophils resulting in release of a variety of powerful mediators, such as histamine, responsible for the clinical expression of type I hypersensitivity. Common allergic reactions include mild case of eczema, hives, or running nose, itchy and watery eyes known as hay fever, moderate case of asthma and life threatening case of anaphylactic shock.

Clinical diagnosis of IgE-mediated allergy depends on the history and results of the skin test or radioallergosorbent (RAST) tests. Allopathic treatment include avoid allergens, Antihistamine, Benadryl, Epinephrine, Steroids and Immune-therapy (allergy shots).

According to Chinese medical theory, energy flow in acupuncture meridians can be blocked by physical, chemical or emotional noxious stimuli. These stimuli and anything we eat, touch, smell or thoughts in that moment are ingrained in our body memory. Henceforth in the future when we come in contact with those substances our memory cells trigger an alert signal which lead to a variety of physical and / or mental symptoms including allergic reactions as viewed by western medicine.

**NAET - Nambudripad's Allergy Elimination Techniques** - uses a combination of allopathy, applied kinesiology, acupressure and / or acupuncture and nutritional evaluation to detect and eliminate allergies without going through long term fasting, elimination diets, or lifelong avoidance of allergens. A Kinesiology technique (muscle response testing or MRT), based on a concept of muscles get weaker in the presence of noxious stimuli, is used to detect allergens.

The treatment involves light acupressure applied along both sides of the spinal column in an area where the energy flow of a meridian (Urinary Bladder Meridian) intersects with the nerve roots in order to teach the body/mind not to over react to noxious stimuli thus free the allergy reactions.

After the acupressure treatment, a strong MRT indicates that the allergy has been removed. Specific acupressure points are then massaged or acupuncture needles may be inserted for 20 minutes to stabilize the treatment. The substance must then be completely avoided for 25 hours following the treatment.

As strange as it may seem, energy field of the practitioner, the treatment room, the patient and family member can affect the result of MRT and treatment. These may be reasons why different practitioners have different success rate. Hawaii law requires acupuncture license to perform this technique.

***Dr. Christenson have used this technique with or without acupuncture for pediatric and adult patients for the past 15 years with great success in clearing ordinary allergy, emotional issues associated with food, environmental allergens or people, a variety of pain problems, asthma, fibromyalgia, chronic fatigue, insomnia, anxiety, depression, GI distress (indigestion, ulcer, constipation, Crohn's disease or Ulcerative Colitis), PMS, infertility, menstrual abnormalities, cancer, ADD / Autism in children, relationship etc.***

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