

The Benefits of Chiropractic on Allergies



Allergens & Allergies

The most common immune system disorder is the allergy. Allergies occur when the immune system overacts to an allergen (dust, pollen, milk, dog or cat, dander, strawberries etc.) and produce too many neutralizing chemicals (especially histamines) to counteract it.

What Causes Allergies?

The incidence of allergies and related disorders (skin conditions and asthma) is rising all over the world. Yet the causes of the increase remain a mystery to most medical researches. There is mounting evidence that the cause if this rise is the increasing number of childhood vaccinations: *Vaccinations lay the foundation for auto-immune diseases and other disorders of immune system such rheumatoid arthritis, rheumatic fever, lupus, erythematosus, scleroderma.. Our contemporary epidemic of allergies has at least some of its roots in the practise of vaccination.*

The Medical Approach:

Orthodox medicine has no cure for allergies, only treatment of symptoms. According to the late Robert Mendelsohn, MD: *You can depend on most doctors to largely ignore the cause....unfortunately, their treatment is often worse than the disease, especially since the relatively safe folk-measures of yesteryear have been replaced by sophisticated, dangerous drugs of modern medicine.* Since runny eyes, irritation, redness, fullness in the sinuses and other allergy symptoms are caused by histamines, antihistamines are often prescribed to dry mucous membranes, However, antihistamines can cause serious heart problems and should not be used with alcohol, sedatives or tranquilizers. Also, steroid nasal sprays can damage the cilia in the nose and upper respiratory tracts and affect the adrenal gland.

The Chiropractic Approach:

Allergy sufferers have praised chiropractic care for over a century. Chiropractic care is not a treatment for allergies, but the goal of chiropractic care is to locate and correct the serious type of spine and nervous system stress called the vertebral Subluxation complex (VSC). By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively – something all allergy sufferers need since a nervous system with less stress functions more efficiently.

One review of a patient at a chiropractic colleague clinic found that pediatric patients commonly has complaints of allergy, ear infections, sinus problems, bed-wetting, respiratory problems and gastrointestinal problems. Complete or substantial improvements occurred in 61.6%. The nervous and immune systems are interrelated and the health of one affects that health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by vertebral subluxation, helped people adapt better to all stresses in their environment, including those related to allergies.

Relieve your allergy symptoms with the help of the best chiropractor in NYC, Chelsea and Brooklyn, Dr. Adam Nachmias at Nachmias Chiropractic. If you're still not convinced, read through a sample of his wonderful reviews from yelp and become certain on which chiropractor to choose!

5 STARS, by KJ D, NY, 2/5/2015

Walking into Dr. Adam's office - you have no idea that you are walking into " cheers where everybody knows your name."

I came in with awful chronic back pain. After my first visit and X-rays... I began sleeping better and feeling some relief. My allergies seemed to not be as bad, as well. I've seen Dr. Adam help kids and adults get relief. I still see Dr. Adam every-time I start to feel pain again. His philosophy is simple- " there no need to be in pain."

He's quick and does his job seamlessly.

Enjoy

5 STARS, by Scott L, Brooklyn NY, 4/9/2015

Adam, as we go by a first name basis, is a wonderful person and an amazing chiropractor! Amongst his many talents besides just being a superb adjuster is his casual therapy of finding out how you are doing, his stand-up comedy - never a dull moment in his office, and his customer relations - sending complimentary adjustment cards for birthdays and a handful of acts that go above and beyond to make sure you continue to be a happy customer. Heck the day I went the patient before had been seeing him for 25 years! Go to Adam and his staff, your body will thank you.

5 STARS, by Lana K, Manhattan NY, 3/24/2015

I started going to Dr. Adam to treat a pinched nerve in my back. Aside from exponentially improving my quality of life and making it possible to hold my head up comfortably, my weekly visits to the office are always something to look forward to. Dr. Adam and Lisette are always happy and welcoming and a pleasure to chat with while I wait for a room to free up. I have recommended Dr. Adam to basically everyone I talk to, including my other doctors, and will continue to do so for the foreseeable future.

Find more reviews of Dr. Adam Nachmias on yelp here:

<http://www.yelp.com/biz/adam-nachmias-dc-new-york>

Find more reviews of Dr. Adam Nachmias on ZocDoc here:

<https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>

Book your appointment by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

Use this “Spring Into Health” gift certificate and get your first visit for FREE!

<http://calldradam.com/contact/spring-into-health/>

We are welcoming you to start your allergy symptom free life with the help of Nachmias Chiropractic!