

The Chiropractic Approach to Allergies



Nachmias
Chiropractic

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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. 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 of this rise is the increasing number of childhood vaccinations: Vaccinations lay the foundation for autoimmune diseases and other disorders of immune system such rheumatoid arthritis, rheumatic fever, lupus, erythematosis, scleroderma.. Our contemporary epidemic of allergies has at least some of its roots in the practice 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their treatment is often worse than the disease, especially since the relatively safe folk-measures of yesteryear have been replaced by sophisticated, dangerous drugs of modern medicine".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 however. 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%. Your nervous and immune system 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.

About

Nachmias Chiropractics was founded October 20, 1990, and was recently celebrating its 24th anniversary. Dr. Adam Nachmias provides quality, chiropractic care in a friendly, relaxed environment. Nachmias Chiropractics also offer massage therapy and have offices in both Brooklyn and Manhattan.

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**Reduce Allergy Symptoms
with Chiropractic Care**