



Holladay

PHYSICAL MEDICINE

# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Allergies

An allergy is an out of balance immune response or reaction to substances that are usually not harmful.

### Causes, incidence, and risk factors

Allergies are pretty common. Both genes and environment play a role.

The immune system normally protects the body against harmful substances, such as bacteria and viruses. It also reacts to foreign substances called allergens, which are generally harmless and in most people do not cause a problem.

But in a person with allergies, the immune response is oversensitive and out of balance. When it recognizes an allergen, the immune system launches a response. Chemicals such as histamines are released. These chemicals cause allergy symptoms.

Common allergens include:

- Drugs
- Dust
- Food
- Insect venom
- Mold
- Pet and other animal dander
- Pollen

Some people have allergy-like reactions to hot or cold temperatures, sunlight, or other environmental triggers. Sometimes, friction (rubbing or roughly stroking the skin) will cause symptoms.

An allergy is not usually passed down through families (inherited). However, if both your parents have allergies, you are also likely to have allergies. The chance is greater if your mother has allergies.

Allergies may make certain medical conditions, such as sinus problems, eczema, and asthma, worse.

## Symptoms

The part of the body the allergen touches affects what symptoms you develop. For example:

- Allergens that you breathe in often cause a stuffy nose, itchy nose and throat, mucus production, cough, and wheezing.
- Allergens that touch the eyes may cause itchy, watery, red, swollen eyes.
- Eating something you are allergic to can cause nausea, vomiting, abdominal pain, cramping, diarrhea, or a severe, life-threatening reaction.
- Allergens that touch the skin can cause a skin rash, hives, itching, blisters, or skin peeling.
- Drug allergies usually involve the whole body and can lead to a variety of symptoms.

## Signs and tests

The health care provider will perform a physical exam and ask questions, such as when the allergy occurs.

Allergy testing may be needed to find out whether the symptoms are an actual allergy or are caused by other problems. For example, eating contaminated food (food poisoning) may cause symptoms similar to food allergies. Some medications (such as aspirin and ampicillin) can produce non-allergic reactions, including rashes. A runny nose or cough may actually be due to an infection.

Skin testing is the most common method of allergy testing. One type of skin testing is the prick test. It involves placing a small amount of the suspected allergy-causing substances on the skin, and then slightly pricking the area so the substance moves under the skin. The skin is closely watched for signs of a reaction, which include swelling and redness. Skin testing may be an option for some young children and infants.

Other types of skin tests include patch testing and intradermal testing. For more information, see: Allergy testing

- Blood tests can measure the levels of allergy-related substances, especially one called immunoglobulin E (IgE).
- A complete blood count (CBC) called the eosinophil white blood cell count may also help diagnose allergies.

In some cases, the doctor may tell you to avoid certain items to see if you get better, or to use suspected items to see if you feel worse. This is called "use or elimination testing." This is often used to check for food or medication allergies.

The doctor may also check your reaction to physical triggers by applying heat, cold, or other stimulation to your body and watching for an allergic response.

Sometimes, a suspected allergen is dissolved and dropped into the lower eyelid to check for an allergic reaction. This should only be done by a health care provider.

## **Traditional Treatment**

Severe allergic reactions (anaphylaxis) need to be treated with a medicine called epinephrine, which can be life saving when given right away. If you use epinephrine, call 911 and go straight to the hospital.

The best way to reduce symptoms is to avoid what causes your allergies. This is especially important for food and drug allergies.

There are several types of medications to prevent and treat allergies. Which medicine your doctor recommends depends on the type and severity of your symptoms, your age, and overall health.

Illnesses that are caused by allergies (such as asthma, hay fever, and eczema) may need other treatments.

Medications that can be used to treat allergies include:

### **ANTIHISTAMINES**

Antihistamines are available over-the-counter and by prescription. They are available in many forms, including:

- Capsules and pills
- Eye drops
- Injection
- Liquid
- Nasal spray

### **CORTICOSTEROIDS**

Anti-inflammatory medications (corticosteroids) are available in many forms, including:

- Creams and ointment for the skin
- Eye drops
- Nasal spray
- Lung inhaler

Patients with severe allergic symptoms may be prescribed corticosteroid pills or injections for short periods of time.

## **DECONGESTANTS**

Decongestants can help relieve a stuffy nose. Do not use decongestant nasal spray for more than several days, because they can cause a "rebound" effect and make the congestion worse. Decongestants in pill form do not cause this problem. People with high blood pressure, heart problems, or prostate enlargement should use decongestants with caution.

## **OTHER MEDICINES**

Leukotriene inhibitors are medicines that block the substances that trigger allergies. Zafirlukast (Accolate) and montelukast (Singulair) are approved for people with asthma and indoor and outdoor allergies.

## **ALLERGY SHOTS**

Allergy shots (immunotherapy) are sometimes recommended if you cannot avoid the allergen and your symptoms are hard to control. Allergy shots keep your body from over-reacting to the allergen. You will get regular injections of the allergen. Each dose is slightly larger than the last dose until a maximum dose is reached. These shots do not work for everybody and you will have to visit the doctor often.

## **Expectations (prognosis)**

The temporary symptoms of most allergies can be easily treated with medication.

Some children may outgrow an allergy, especially food allergies. However, once a substance has triggered an allergic reaction, it usually continues to affect the person.

Allergy shots are most effective when used to treat people with hay fever symptoms and severe insect sting allergies. They are not used to treat food allergies because of the danger of a severe reaction.

Allergy shots may need years of treatment, but they work in most cases. However, they may cause uncomfortable side effects (such as hives and rash) and dangerous outcomes (such as anaphylaxis).

## **Complications**

- Anaphylaxis (life-threatening allergic reaction)
- Breathing problems and discomfort during the allergic reaction
- Drowsiness and other side effects of medicines

## **Prevention**

Breastfeeding can help prevent or decrease allergies when you feed babies this way only for 4 to 6 months. However, changing a mother's diet during pregnancy or while breastfeeding does not seem to help prevent allergies.

For most children, changing the diet or using special formulas does not seem to prevent allergies. If a parent, brother, sister, or other family member has a history of eczema and allergies, discuss feeding with your child's doctor.

There is also evidence that being exposed to certain allergens (such as dust mites and cat dander) in the first year of life may prevent some allergies. This is called the "hygiene hypothesis." It came from the observation that infants on farms tend to have fewer allergies than those who grow up in more sterile environments. However, older children do not seem to benefit.

Once allergies have developed, treating the allergies and carefully avoiding allergy triggers can prevent reactions in the future.

## **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com). Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **Specific Natural Treatment**

It is understood that using natural means to treat any condition will take time. A change in the body chemistry is necessary for this condition to respond. By using the following items consistently as recommended, changes in body chemistry sufficient to remove the symptoms and

begin to balance the immune response can be expected to begin in 60-90 days. The long term use may produce a complete remission.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Allerplex
- Antronex
- Cal-Amo
- Epimune Complex
- Gastrex
- A-F Betafood
- OPC Synergy

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.