

Sportsmedicine

Stayin' Healthy

with
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Hey ya'll!

I've been working on some people in the office lately that have been having some weird problems. I am thinking of one in particular that has been allergic to plastic. Go figure! I mean, we live in a plastic world. Sometimes folks will have some strange reactions to the most normal everyday items. I've had patients react to the smell in a new car. Others have reacted to the stuff that is used on clothes to make them wrinkle free. By the way that's the same stuff that is used in a lot of wood products and used to be in dead people. It's called formaldehyde, and is some really nasty stuff to a lot of folks. I've seen reactions to it from sneezing to skin rashes. Once I even had a veterinarian that was allergic to horses. There is a bull rider that I know that is allergic to dust. A friend of ours will get pain and peeling of the skin on her palms when she gets in the water and it doesn't seem to matter what kind of water it is, river, lake, ocean or bath.

Often times I have patients that can't figure out how they can come into contact with things that they test allergic to. For example, I had a person lately that was

allergic to salt, but who never uses salt at all. "How can I come into contact with salt", she asked. Let me show you how you can come into contact with something and never realize it. As I am writing this I am taking a long overnight boat ride. It is a pretty calm night but, still I can see a haze on the horizon. This haze is a salt mist from the ocean. Voila, contact with salt. I know this patient also would occasionally eat out and we know how that contributes to the salt intake. These folks also enjoyed the beach. See, it isn't hard to make contact with a lot of things and never pay attention to it because it is such a part of our lives.

So, what causes an allergy and why are we seeing so much of it these days? Allergies are an immune system that is wrongly reacting to the things that are supposed to be normal in our lives around us. Somehow the immune system has gotten the idea that it should react to something when it really shouldn't. I talk like the immune system has a brain of its own. Well, in a sense it does. There are these cells in the body that are like security people at the airport. They are supposed to stop the wrong

thing from getting by their checkpoint. Sometimes that works sometimes it doesn't. Sometimes the wrong thing is let by the checkpoint and you will get sick because the immune system didn't react and kill it off. The terrorist got through and blew up a building. Other times, things will be stopped at the checkpoint that should be let through and the immune system will mount a response to kill it off. It sounds good to kill off the terrorist but, would stink to kill off your mother who did nothing wrong. An alert security team will usually do a good job weeding out the bad guys from the good guys. As that team gets tired it'll start getting the difference a little confused. Your immune system sees so many things that are unnatural to the body coming through these days that I feel it is getting tired and confusing the good guys from the bad guys.

What to do, oh, what to do? Well, in my office I say let's fix it! How in the world is that gonna happen, you ask? That's where the magic stuff comes in. It seems quite a mystery how a person can be treated for an allergy and it is gone. To most people in the world it is a mystery but there is a treatment that is taught in California that does just that. It uses some acupressure points on the back to change your body's response to an allergen. By the way, acupressure is like acupuncture, only without the needles. After these points on the back are stimulated there are some other points that are massaged to get the flow of energy in the body flowing.

Once this life energy is flowing the person needs to stay away from the allergen for a little longer than a day. For example, if I treat someone for horses they need to avoid any contact with a horse until later the next day. That means you can't even go into the barn. This time away from the allergen lets the life energy to flow completely through all parts of the body and turn off all the "switches" that are flipped the wrong way and causing the allergic reaction. I liken it to retraining the security team and then running it through a one day boot camp to remember the difference between the good and bad.

This kind of treatment is starting to get popular in a lot of places around the world. I think that a lot of people are going to benefit from this kind of thing in the future. You can find out more online by reading up on it at www.NAET.com.

Until next time, Happy trails!

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