

# Allergies, Eczema, Hayfever & Urticaria

The word allergy is defined in medical dictionaries as "a hypersensitive state".

Allergy is derived from the Greek allos, meaning other, and ergon which means work. If a person has an allergic reaction to something, what they are really experiencing is an altered, or exaggerated reaction. Thus, the allergy patient lives in an altered state of hypersensitivity.

The word allergy is not prejudiced with regard to its causes. So, allergy type reactions can be induced by either immune mechanisms (too much allergy antibody IgE) or by a direct hypersensitivity to an irritating fume, vapour or medication (as occurs with codeine and strong perfumes).

Allergic reactions are caused by the interaction of a person's immune system with the outside world. Foreign proteins especially small proteins from pollens, moulds and dust mites can cause an immune reaction in an individual. If the immune reaction induced by these foreign proteins, otherwise referred to as allergens, involves IgE antibodies, then the possibility exists for an allergic reaction to occur. Any substance which is able to induce a person to make an allergy antibody type of immune reaction is referred to as an allergen.

The most common causes of allergy and asthma symptoms are allergens derived from pollens, moulds, house dust mites, animal dander's and insects. Many people also experience symptoms of allergy due to altered reactions to foods and medications. If an allergic reaction occurs in your nose, eyes and sinuses physicians will call it allergic rhinitis. If the allergic explosion is occurring in the lungs it is called it asthma. All of these allergic diseases are inflammatory in nature.

## Mainstream Treatment Approach

Avoidance of the known irritant or allergen responsible for inducing the state of hypersensitivity. When avoidance of a specific allergen source such as house dust or certain pollens is impossible then drug therapy is used.

Finally, when avoidance and drug therapy fail to adequately control the inflammation involved in a person's allergic disease, specific allergen immunotherapy (otherwise known as allergy injections) are used to help prevent the progression of the allergic disease.

Mainstream treatment offers little real hope to serious allergy sufferers. Allergens can, change as they are avoided. Treatment does not address the underlying cause of allergic reactions which is "hypersensitivity".

## Breath Power - Buteyko for allergy sufferers

Allergy sufferers firstly must undergo an investigation of their condition, breathing pattern, symptoms and medications.

The first objective is to reduce symptoms of allergic reactions, this will vary greatly dependant upon which allergens are causing the problems. With asthma, hay fever, pollution and perfumes prescribed breath retention exercises with practice these symptoms very quickly.

The second objective is to reduce the frequency of reactions until the sufferer is no longer effected by exposure to such allergens.

Through respiratory reconditioning a person can improve important metabolic processes and the pH, nervous and immune systems. An alkaline system is more susceptible to virus and allergic reaction.

Respiratory reconditioning reverses the lowering of carbon dioxide in the nerve cells which increases the threshold of their excitability, affecting all branches of the nervous system and making them less over sensitive to outside stimuli. This leads to a reduction in irritability, sleeplessness, stress problems, unfounded anxiety fears and allergic reactions.

Depending upon the type and severity of allergies respiratory reconditioning can entirely reverse allergic reactions leading to asthma, hay fever, and rhinitis. Eczema, food allergies, urticaria (hives) and contact dermatitis may take longer.

Often sufferers of allergic reactions are surprised at how quickly allergic reactions diminish and in the course of time find that the old triggers of cats, pollution, fumes, dust mite, moulds and various food intolerance's have a progressively diminishing effect. They also report a reduction in the frequency and severity of colds and flu's.

For more details phone or email now.



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