

Applied Kinesiology Helps Find Hidden Food Allergies

Many people suffer from allergies, whether it is seasonal or year round it can be very uncomfortable and hinder your ability to be healthy. Applied kinesiology helps identify hidden food allergies through manual muscle testing and nutrient oral testing. There are many approaches to the treatment of allergies including medications, supplements, herbs, homeopathies, chiropractic, acupuncture, etc. However the question that is asked the least when it comes to allergies is why do I have allergies? As different as every human is, physiology follows certain rules that are the same for everyone. Allergic reactions are no exceptions. When foreign matter (things outside the body) comes in contact with our immune system, histamines are released. Histamines act by attempting to dilute the invader and eliminate it from the body. This is in the form of mucus, phlegm, watery eyes and runny nose.

There are many types and severities of allergic responses ranging from very extreme anaphylactic reaction on one end and the range can vary to just a subtle response to a subtle food in the intestine causing no noticeable discomfort.

The Immune systems response to allergies is a very important protection mechanism. However many times our system is overwhelmed by constant bombardment from foods we commonly eat on a regular basis. Whether it is a sensitivity to milk, wheat (gluten), corn, etc. the physical response of the body is the same. Now here is the tricky part, food allergies can also develop over time due to constant exposure to a certain food. This includes foods you would think would be bad for you but also over consumption of good foods consumed often, for example carrots, apples, or oranges. To help avoid this situation, it is important to eat many different foods and rotate your diet. Eat foods that are in season, rotate your proteins, and eat salads that contain different greens and vegetables.

In my practice I find many people who suffer from chronic health problems have an allergy response occurring in their body. The allergy response is important for protecting our body but when it continues for a long period of time there are many detrimental changes that can occur.

Histamine is a very powerful stimulant of your adrenal glands (the stress-handling organ of the body). If you are constantly stimulating them due to an allergy it doesn't take long for them to go into adrenal fatigue with symptoms of lethargy, decreased energy, always wanting to sleep and sleeping for long periods of time, sugar cravings, weight gain and asthma. Histamine is also a very powerful neurotransmitter. If neurotransmitters are out of balance symptoms of memory loss or mental foginess can occur, attention problems will develop, and yes this is why so many children are suffering from ADD and ADHD. The excess mucous production starts to clog up the body's sinuses and organs; this can lead to sinus infections, bronchitis and other infections. Constant irritation of the intestine is what leads to irritable bowel and Crohn's disease.

So you see how allergies can wreak such havoc in the body and how you may not even realize it was related an allergic response from your diet. Here are a few symptoms to watch for that may indicate a food allergy. You may notice these symptoms minutes to hours after eating.

- 1.) Swelling and Bloating after eating
- 2.) Stomach Cramps
- 3.) Phlegm and mucous production after eating
- 4.) Loose bowel movements
- 5.) Itching in ears or eyes (or anywhere)
- 6.) Decrease in energy (wanting to take a nap), (food should give you energy)

So how does Applied Kinesiology determine what you are allergic too? Using oral sensory challenges (putting food on your tongue so you can taste it) we will see a change in your muscle's ability to hold a contraction if your body is sensitive to the substance. This occurs because your taste buds are neurological receptors that connect to your brain. A negative change in a muscle response (the muscle going weak) gives us a strong indication that you are having a negative physiological response to the substance.

Another way to determine food allergies is by blood tests. Due to the variation of immune molecules that respond to allergies blood tests do not always find every allergy problem. This is the same with muscle testing, not every allergy can be determined through it. A blood test is a physiologic test and a muscle test is a neurological test. They are testing different parameters at different levels of your body's systems. Sometimes blood tests and muscle tests do not correlate. What is important however is any kind of response from testing indicates a problem at some level and you would be best to avoid that substance.

To fix an allergy problem, the first step is to always figure out what you are allergic to and then eliminate it from your diet. This is the only true way to determine if something is an allergy or not. If you eliminate the allergen and the symptoms go away and you reintroduce the allergen and the symptoms return it is an allergy. Nutritional deficiencies can also lead to allergy trouble. The most common deficiencies are B6, folic acid, quercetin, and betaine.

Addressing the root cause of the allergy gives you the best chance of symptom resolution, healing, and optimal health. The use of applied kinesiology is a tool that allows us to open windows into the body's nervous system and physiology and answer the questions why instead of just treating the symptoms. Remember the definition of Insanity is doing the same thing over and over again and expecting different results. When the question why is answered then the correct treatment can be prescribed and health is the outcome!