

Frequently Asked Questions (FAQ) on Allergy

Waiver/Disclaimer: This document is not intended to provide you with any medical advice. You should receive medical advice from a properly licensed medical professional. This FAQ is a *research based* document and is designed to help you to ask better questions and get better medical assistance from your medical doctor. Allergies can be life threatening and should be taken very seriously. If you suffer from any type allergy you should be under the care of a medical doctor (M.D. or D.O.) as certain types of allergies can be life threatening and deadly.

Is there a treatment for Food Allergies?

Yes, there is a treatment for food allergies, and this has been done since the inception of homeopathy. Treatments for food allergies include homeopathic, treatments done by medical physicians using neutralization techniques, and other bioenergetic medical approaches. Bioenergetics is an emergent field of medicine which incorporates biology, the study of all life, with physics, the study of all matter and hence energy. In Europe, you can even access a proven technique for deadly food allergies which is administered by a shot which will protect you or your child for a period of years. This technique, EDP, has been banned in the U.S. More expensive techniques of desensitization, however, can accomplish the end goal of protecting patients from exposure to deadly food ingredients as well as deadly bee stings.

What is an allergy?

The term allergy was first suggested by Dr. Clemens Von Pirquet¹ in 1906. Dr. Von Pirquet used the word allergy to describe an inappropriate reaction to food or other substances that are not typically harmful or bothersome. Some physicians have tried to narrow the definition of the term allergy to suit their own needs by coining their own term “true” allergy. The word “true” is not a medical term now, nor is it likely that it will ever become a medical term. The definition of allergy still stands as it was intended regardless of the attempts to modify the definition to suit a limited group of clinicians or physicians.

What are the types of allergies?

In simple terms there are four types of allergies, Type I, Type II, Type III and Type IV, that can be broken down into two broad classifications for laymen: Immediate reaction (IgE) and Delayed reaction (IgG). It has been well established that immediate reaction or IgE allergies represent about 5-10% of food allergies. The delayed reaction or IgG food allergies however account for about 90-95% of the food allergies.

What are the symptoms that allergies cause?

The list of symptoms that allergies can cause is lengthy. The symptoms for allergies include but are not limited to: runny nose, stuffy nose, watery eyes, itchy eyes, hay fever, asthma, diarrhea, constipation, eczema, rashes, coughing, wheezing, fever, postnasal drip, sore throat, dark circles under the eyes, reddish or pink circles under the eyes, stomach problems, headache, migraine, hyperactivity, mood swings, irritability, bed-wetting, urinary incontinence, epilepsy, depression, inflammatory bowel disease, hyperactivity, inability to concentrate, hypertension, nervousness, joint and muscle pain, and other gastrointestinal disturbances. Immediate reaction (IgE) allergies can cause anaphylaxis which can be life-threatening and fatal if not treated properly.

¹ Von Pirquet, C. Allergie. *Munch Med Wochenschr* 52:1457, 1096.

How do I get tested for allergies?

One method for testing for both immediate (IgE) and delayed (IgG) allergies is to have a blood draw and have the blood tested for food and other environmental allergies. This is non-invasive, save, cost-effective and is an FDA approved method for allergy testing. A second option is to have skin testing done by an allergist.

How does Celiac Disease relate to allergies?

Celiac Disease is an autoimmune disease in which specific gluten containing foods destroy the villi in the body's intestine. Individuals with celiac disease cannot eat foods containing wheat, oats, barley, rye, spelt and other gluten containing grains. While Celiac disease is not a food allergy, it is often described as a food allergy to wheat since it is easier for some people to understand. Many people with Celiac Disease also have other food allergies the most common ones being milk or lactose, soy and canola oil. If you suspect that you have a food allergy to wheat, you should talk to your physician about getting tested for Celiac Disease.

How do I get tested for Celiac Disease?

The initial screening for Celiac Disease is a simple blood draw. If your blood tests come back positive for Celiac Disease an endoscopy is typically recommended to confirm the blood test results. The University of Chicago, The University of Maryland, and Columbia University in New York all have Celiac Disease Centers and specialize in Celiac Disease. You can contact them for more information, or look up Celiac Disease on the Internet, which contains a great deal of information about Celiac Disease. The FDA has approved a blood test to replace the endoscopy or biopsy which is available from IMMCO Diagnostics which is located in Buffalo, New York.

I have been told to eliminate the foods that I am allergic to from my diet. Is that enough?

Typically that is not enough to avoid developing additional food allergies based on medical research that has existed for over 100 plus years.

Why is the elimination diet not sufficient for some people?

Research indicates that people with food allergies have a tendency or propensity to develop additional food allergies if they eat too much of a food or eat a food too frequently. Typically people on a restricted diet (elimination diet) have eliminated foods that are critical for the operation of their body which results in nutritional deficiencies which are known to cause other health problems. For that reason, a combination of a rotation diet or rotary diet **AND** nutritional supplements are usually what is recommended to avoid developing new food allergies.

When you think about it, in the *olden days* all people were on a rotation diet. Your Grandmother cooked a pot roast one day, Fish on Friday, and she prepared chicken, pork and other foods on different days. Some old fashioned restaurants still carry on this tradition. This tradition was rooted in century old medical information that to eat the same food every day caused problems. There are many things that your Grandmother did which were rooted in great medical science even though most people are unaware of the rationale or science behind some traditions.

What is the Rotation or Rotary Diet?

The rotation or rotary diet is based on the medical research that indicates if you eat a lot of specific foods **OR** eat those foods in smaller amounts but frequently you will increase your likelihood of becoming allergic to those foods. The rotation and/or rotary diet is a scheduled plan where you do not eat the same

foods too frequently. Rotation diet and rotary diet plans vary greatly and are explained in greater detail in allergy books like “The Allergy Self-Help Cookbook” by Marjorie Hurt Jones, R.N. and in “Is this Your Child” by Doris Rapp, M.D. There are several cookbooks available on the subject.

I have an infant/young child with multiple food allergies. What do I need to be aware of?

One of the most important components is that you have a physician, either M.D. or D.O. who is very knowledgeable about nutrition so that your child is getting the proper nutrients especially if your child is on a limited or restricted diet. A child’s brain grows significantly in the first three years of life, and it is a well-established fact that proper nutrition is critical during these years. If your physician cannot provide you with the critical nutritional guidance, then get a referral to see a physician who can help your child. Registered Dietitians, while they can provide guidance in the area of restricted diets, are not physicians and usually can not provide the scientific recommendations on which nutritional supplements are required in the areas of minerals, amino acids, zinc, essential fatty acids, and other important building blocks of nutrition. Amino acids are the building blocks for the nearly 40,000 different proteins in the body. A diet deficient in amino acids can lead to serious health concerns including cancer, as can other nutritional deficiencies. There are blood tests available which can establish if your infant or child has the proper levels of amino acids, essential fatty acids, and other vitamins and nutrients. Unfortunately, most people with food allergies do not get this blood work to look for underlying problems in the immune system.

I had allergy testing and was told that I do not have any “true” food allergies, but I am still experiencing food related problems. What do I do now?

First of all, the word “true” is not a medical term. It has never been, and I doubt that it will ever become a medical term. Were you tested for IgE and IgG food allergies? It is highly likely that you were only tested for IgE food allergies. The delayed food allergies (IgG) can cause major physical symptoms like diarrhea, constipation, eczema, headaches, stomach pains, vomiting, acid reflux, inattention, hyperactivity depression, and fatigue to name just a few of the symptoms. You can either do an elimination diet to try to determine for yourself which foods are the problem, or get FDA approved IgG and IgE blood work done by your physician. Make sure that you were tested for IgE **and** IgG mediated allergies.

What role does nutrition play in allergies?

Allergies are the improper functioning of the immune system. Medical research has a long-standing history of documenting the positive effects of proper nutrition on the immune system. Therefore, nutrition plays an important part in allergies of any type. Many consumers do not consume enough minerals, amino acids, essential fatty acids, vitamins, minerals and micronutrients to provide their bodies with the cell-building blocks to function properly.

What are the different types of allergists?

There are five different Nationally recognized groups of allergists in the United States at the present time. These five National groups are all medically sanctioned and offer legitimate forms of allergy testing and treatment. Listed alphabetically, the five groups of allergists are: American Academy of Allergy, Asthma & Immunology (AAAAI), American Academy of Environmental Medicine (AAEM), American Academy of Otolaryngic Allergists (AAOA), American College of Allergy, Asthma & Immunology (ACAAI), Pan American Allergist Society (PAAS).

How are the 5 types of allergists different?

Each of the 5 groups of allergists listed above has somewhat differing philosophies. These differences could be broadly divided into the fact that 3 of the above groups of allergists offer testing and treatment for delayed food and environmental (IgG) allergies. Two of the above groups do not typically test or treat for delayed (IgG) food or environmental allergies and offer no treatment whatsoever for food allergies other than to tell patients to avoid the offending foods.

I have had IgE and IgG allergy blood work done on my child and it shows no IgE allergies, but a lot of IgG allergies. What do I do now?

Is your child having any health, mental, behavioral or health issues? You could try an elimination diet and see how you do with that. Or you could consult with a physician who has expertise and training in IgG or delayed allergies. The 3 groups of allergists from the above list who test and treat for IgG mediated allergies are: The American Academy of Environmental Medicine (AAEM), the American Academy of Otolaryngic Allergists (AAOA), and the Pan American Allergist Society (PAAS). A physician from one of these three groups would be able to offer you medical advice on what your options are relative to your child.

What role does the environment play in allergies?

According to the National Institutes of Health, environmental factors have a great deal to do with allergies. Check out the National Institutes of Health website for specific studies of how controlling environmental allergens can reduce asthma-related illness in children. Dr. Daniel Rotrosen, M.D., Director of NIAID's Division of Allergy, Immunology and Transplantation indicates that "By taking a multifaceted, home-based approach, this new study demonstrates the promising results families can achieve when they incorporate the recommended practices of allergen reduction into their everyday lives." Additional information on the role of environmental factors can be found on the National Institute of Allergy and Infectious Diseases (NIAID) and the National Institute of Environmental Health Sciences (NIEHS) websites. Both the NIAID and NIEHS are part of the NIH.

Can you give me any information on the history of food allergies?

The history of food allergy is both amazing and long standing. Hippocrates, the Greek Physician who is considered to be the Father of Medicine, wrote about food allergies over 2000 years ago. Hippocrates noted over 2000 years ago that while food for one person was fine, for another person it was a poison. Over the last 2000 years, physicians around the world have done extensive research into the nature of food allergies. Food allergies can cause any number of diseases and are one of the underlying causes of depression, arthritis, hyperactivity, inattention, fatigue, obesity, migraine, asthma, nervousness, eczema, gastrointestinal disturbances, epilepsy, mental illness, bronchitis, hypertension, and other degenerative diseases.² It is amazing to see that our society in 2004 fails to recognize that which has been extensively researched and written about for over 2000 years, long before pollution, chemicals, and food additives came along to complicate the issue. For more history on the origins and depth of information available on food allergies accumulated over time, please refer to the Allergy Treatment paper also available on this web site.

² Hare, Francis. *The Food Factor in Disease*. London: Longmans, Vol. I, II, 1095.

I have been tested and treated for multiple allergies, but I have an ongoing problem with acid reflux. What can I do?

Historically, acid reflux has been associated with undiagnosed food allergies. If you were treated for multiple allergies, were you treated for any food allergies? Many patients receiving allergy testing and treatment (shots) are under the false impression that they are being treated for their food allergies. Only three types of physicians treat for food allergies. Since the long-term use of acid reflux medications can lead to cancer, it would be prudent for you to see if you can resolve your acid reflux by other means. You can first try doing an elimination diet to determine what foods are a problem. The typically is extremely difficult and time and labor intensive. You could also discuss getting IgE and IgG blood work done to see what that shows. And you could always consult with an AAEM, AAOA, or PAAS allergist for their recommendations since these are the three fields of allergy that have expertise and training in IgG mediated or delayed food allergies.

What does the term TOTAL LOAD mean?

While the term TOTAL LOAD may be unfamiliar to you, you are actually more acquainted with the concept than you realize. Think of your car for a moment. If you do not have a “towing package” on your car, and you still tow another vehicle, boat, or other item, you may have in fact **voided your cars warranty**. Your car is designed to carry only so much weight in the vehicle. Towing additional weight puts your engine and transmission, let alone other components at a greater stress level than your car was originally designed to withstand. Now think of the World Trade Towers that collapsed on 9/11/01. The towers were designed to withstand gusting winds of over 100 miles per hour, and other various elemental impacts. Had the airplanes gas tanks not been filled to capacity, the World Trade Towers may not have collapsed because it is estimated that it was the resulting fire, fueled by the excessive amount of airplane gas that caused the building to collapse. Total load is the maximum amount of external stress, pressure, or force that a building, structure or object can withstand without collapsing. This TOTAL LOAD concept applies to every fixed object like your house, your desk, your chair, and to every living organism, in particular it applies to the human body.

Can you explain the concept of TOTAL LOAD as it relates to human beings?

Factors that are often considered in the total load include exposure to pollution, exposure to chemicals, pesticide exposure, poor diet, extreme stress, untreated or undiagnosed illnesses, and undiagnosed allergies of any type. We live in a time where we as human beings are exposed to chemicals that we do not even know are present. Most consumers do not realize that the furniture that they purchase has been treated with chemicals so that the bugs and rodents do not chew it up while it is in the warehouse. Many consumers do not realize that foods that they routinely consume contain harmful chemicals, preservatives, and additives that other countries have long since banned from their country’s food supply. Poor nutrition makes many human beings more susceptible to and “overflow” or “overload”, and is therefore one of the best offensive moves you can take to improve your health. Sometimes two or more factors happening at the same time cause the body to exceed its total load.

What can you tell me about the relationship between allergies and autism and ADD/ADHD, PDD?

If you look at the long-standing medical research done by the top physicians in their field, there is a direct relationship between food allergies and the brains ability to function, hyperactivity, inability to concentrate, behavior, and mood swings. So there is medical documentation that is over 100 years old to indicate that there is a firm relationship between allergies and diagnoses on the autism spectrum. I have been involved locally with parents of autistic children and I have seen first-hand how the gluten-free/casein-free diet can help autistic children in the most definite and dramatic ways. Some children

however have more food issues than gluten and casein. I personally know of one child whose diagnosis was PDD (Persuasive Developmental Disorder/Delay) who had very little speech ability, did not play with his peers, and had extremely low cognitive abilities. After 9 or so months of allergy testing and treatment from a Board Certified Environmental Medicine Physician, this child can now talk, interacts with his peers about 85-90% of the time, can write his name, knows how to count, and is affectionate and communicative like any other normal child. This child is attending kindergarten this year without an AIDE because he is so improved. So, in my opinion, there is plenty of hard science to cement the relationship between allergies and autism spectrum disorders.

I am concerned about health insurance coverage for my allergy testing and treatment. What information do you have to help me?

Insurance coverage for the treatment of IgG or delayed allergies is not a problem in many states in the U.S., and yet presents a major obstacle and problem in other states. Why the discrepancy in our country? The answer lies in the politics of medicine and health insurance companies that are engaged in insurance fraud. Your best bet as a consumer is to fight to make your health insurance company pay for your allergy testing and treatment since it is always more cost effective to make a consumer well than to pay for on-going medical treatments and care. More information on fighting HMO's for health insurance coverage is posted on this web site.

I have had my child tested and treated for allergies for the past 7-8 years, but things seem to have gotten worse instead of better. What should I do?

If you are only being treated for IgE mediated allergies, and have not discovered any IgG or delayed allergies AND you are not rotating your diet AND supplementing with the proper nutritional supplements, it would be no surprise that your child has experienced a decline in health. Read over the questions in this Allergy FAQ to see what you have been missing, and where to seek help.

Where can I get help for the IgG mediated or Delayed food and environmental allergies?

This is the question of the hour along with the question of why has the fact that there is a safe, effective, FDA and ACCME approved (Accreditation Council for Continuing Medical Education) treatment for food allergies been kept a secret for nearly 100 years in the U.S.? I would recommend that you contact one of these three national organizations and ask for a referral: American Academy of Environmental Medicine (AAEM), American Academy of Otolaryngic Allergists (AAOA), Pan American Allergist Society (PAAS).

I recently switched from one in-network allergist to another in-network allergist and the new allergist says that I have to be tested all over again. Why is this? Is this standard?

This is an excellent question which anyone who has ever switched allergists has encountered. This is a significant point which underscores the state of allergy practices in the U.S. and in the World. The reason that your new allergist requires that you be tested all over again is because *there is no standardization in allergy practices in the U.S. whatsoever*. What this means is that each allergist uses different allergy extracts, extract dilutions, pricking or testing devices and even reads the results differently. That is a pretty scary thought when you really sit down and process what has just been stated.

Some time ago, I was privileged to hear the highly credentialed, highly acclaimed Dr. Hugh Sampson, M.D. make an allergy presentation. One of Dr. Sampson's slides was of several different testing/pricking devices. Dr. Sampson discussed that there is currently no standardization in allergy in the U.S. So from

the top down there is general acceptance and agreement that allergy testing and treatment varies from allergist to allergist.

Are you affiliated with any physician, practice or organization?

I am a mother and medical researcher who has done extensive medical research to help my 3 food allergy children. I am not affiliated with any physician or medical practice. I am a health care consumer advocate and do not receive funding, monies, or income from physicians, medical practices or other medical or non-medical organizations. I work to educate consumers because of the enormous costs of misinformation and fraud that currently exists in the field of allergy, and medicine in general. An educated consumer has the best chance of being healthy and avoiding diseases and future complications.

What is your background in allergies or medicine?

I have over 30 years of personal experience with food and environmental allergies. I was successfully treated for my environmental allergies such that I do not take any seasonal prescription or Over-the-counter allergy medications at all. In addition, I have raised three food allergy babies, the oldest of whom is almost nine, which caused me to learn the hardest and most difficult lessons in the field of allergy. I have written a 43-page medical thesis paper on the treatment of IgG mediated allergies, which contains 104 medical footnotes in those mere 43 pages. I have worked to support the Western New York Gluten Free Diet Support Group (WNYGFDSG) for the past 4 years and the GFCF Diet Support Group (a.k.a. The Special Diet Kids Group) for almost as long. I have helped Celiacs and allergy patients with special needs cooking in New York and parts of Pennsylvania. I have been teaching gluten free/casein free/allergy free baking classes locally for more than four years. I have also helped to train local restaurant chefs/owners in gluten free baking, and have even helped a New York City Bakery with special allergy tips and recipes.