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## What is an "Allergic Reaction" and what can I do to prevent one?

Basically, an allergic **reaction** is just that. It is a reaction to a particular stimulus that the body is responding to. The problem is that the body is **over-reacting** to the stimulus and creating an overabundance of histamine. The common solution is of course a round of antihistamines and the problem is solved. Well... it would be nice if it were this simple. Relief is not often obtained this way. Furthermore, if relief is obtained, it is merely the relief of symptoms and not a correction of the underlying cause of the over-reaction which has been remedied. This paper will focus on the underlying causes of allergies and what can be done to provide correction and healing for those who suffer.

I want to share with you from my own personal experience how I was able to correct my own allergies and I hope that this will give you some hope if you have been suffering with allergies. I started to develop allergies when I was about 15 years old and I walked around with a stuffy nose all the time. In fact, I used nose drops so often, that my brother used to refer to me as "the nose drops kid"! When I was nineteen, I started to find out about Chiropractic care and nutrition. Within 3 months my allergies were gone! I am now going to explain how I was able to accomplish this and help many others to find lasting relief.

I realize that some of these concepts may be new to you and I am not asking you to believe what I am saying. **TRY THEM ON FOR YOURSELF**. You cannot continue to do the same old things that you have always done and expect different results.

There are **7 major components** that contribute to allergies. Any or all of these can contribute in a substantial way to the complex of problems resulting in allergy symptoms. They are: the Spine and Nervous System, Organ Balance, Toxicity, Sugar Handling Problems, Pathogens, Actual Allergens and Emotional Overwhelm.

- 1) **THE NERVOUS SYSTEM** is major part of a person's foundational health. Your nervous system is your bio-computer and controls and coordinates each and every organ, tissue and cell in your body. If communication is less than 100%, interference in the brain to body communication has occurred. Sometimes a circuit gets tripped and it need to be reset. Most often this occurs during stressful periods or after some form of trauma. The circuit then needs to be reset. Chiropractic care is designed to repair the circuitry and prevent the malfunction which would ultimately allow the development of an ongoing disease process which would ultimately show as symptoms. If left untreated, these spinal nerve interference problems can drain your health.