

Soaring Crane Natural Health Center

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Natural Elimination of Allergies

by Joanie Kirk, ND

Everybody knows someone with allergies. Allergies can be seasonal when the pollen is being released by a plant, or to an animal dander, dust, or some sensitivity to a particular food. They can be a mild nuisance or life-threatening; aggravating for some and for others leading to a life of isolation out of fear of reacting to everything in one's environment. What is really happening and what can be done? Here I will explain the basics of allergies and sensitivities and an approach that may be helpful to you or someone you know.

First some definitions:

Allergy-An abnormally high sensitivity to certain substances, such as pollens, foods, chemicals, or microorganisms..

Allergen-any substance capable of inducing an allergy, and that the body judges to be foreign and dangerous and thus, attacks it.

Sensitivity-capacity to feel, transmit, or react to a stimulus - susceptibility to a substance, such as a drug or an antigen.

Symptoms of allergies include gas, bloating, nausea, vomiting, diarrhea, hives, constipation, joint pain, headaches, fatigue, mood swings, sneezing, watery eyes, itching, behavior changes, flushing of the skin, dark circles under the eye...and more. Allergy symptoms may be early warning signals for developing further disease.

The common physiological problem is decreased or impaired barrier function. In a healthy person, the upper respiratory tract, digestive tract and skin act as barriers to allergens. In the upper respiratory tract, specialized white blood cells scarf up allergens and irritants, absorbing and eliminating them. In the digestive system, a similar and more elaborate system provides a barrier, keeping undigested proteins and allergens from being absorbed into

the bloodstream. However, when any of these systems becomes overwhelmed or a person becomes stressed or toxic, these systems can break down and a cascade of chemical reactions occur in the body, producing inflammation and what we know to be the symptoms of allergies and sensitivities. The next time a person is exposed, the reaction may be more intense and persistent. A pattern of reactivity is established and the body may exist in a sustained mild inflammatory state, 'at the ready, on alert', a state of mild panic.

The 'way out' of this cycle lies in reestablishing proper barrier function, decreasing toxic load and decreasing inflammation in the body. For the past 10 years, I have used Natural Elimination of Allergy Technique, a protocol from Dr. Konrad Kail, ND in Phoenix.

The protocol consists of six to eight weekly appointments designed to answer the following questions and treat a person for allergies and sensitivities:

- How much stress is an organ or tissue group under?
- What causes the stress?
- What will eliminate the stress?
- What will bring the body back into balance and health?

To identify the stressor, I use an Electro-Dermal Screening Device (EDSD). Over 4500 substances are tested using non-invasive Electro-acupuncture technology (EAV), a technique developed by Dr. Voll in Germany over 50 years ago. Substances such as inhalants, heavy metals, foods, chemicals, pollens, viruses, and bacteria are identified as allergens, sensitivities or stressors using EDSD.

To eliminate the stress and bring the body back into balance dietary modifications to detoxify the body and

minimize reactivity are utilized. Supplements increase barrier function by stabilizing the mast cells, eosinophils, and basophils, thus decreasing inflammation in the upper respiratory tract. Digestive enzymes and supplementation to improve digestion are used to assure proper assimilation of foods in their proper state for maximizing absorption of nutrients. NAET is used to re-pattern and retrain the body to no longer react to the allergen.

In 2003, I saw a 9 year old girl for a rash on her hands, predominantly on her left hand, some on her right. She claimed that it itched terribly, kept her awake at night, and she had often scratched it until it was raw. Over time she noticed it got slightly better on weekends. In her 4th week of testing, she was tested for inhalants and she tested positive for chalk! She told me she loved to write on the board at school and did so whenever she could. After being treated for it, and about 15 minor allergies, her hands cleared up and after avoiding it for a week, she was able to return to writing at the board.

Those with allergies, sensitivities, chronic illness, multiple chemical sensitivities, digestive complaints, upper respiratory infections, skin problems, headaches, or ADD/ADHD and other troublesome conditions can find lasting relief with this protocol.

Further resources on this protocol include:

- [Allergy Free](#) by Kail, Lawrence, and Goldberg from Amazon.com
- "Dr Kail's primary research Article"
- Leviton, "Healing Allergies with Acupuncture." These two articles are available for download at www.soaringcraneclinic.com.

-Dr Joanie

New Faces!

We are pleased to welcome Joanie Kirk, ND, to our clinic. Joanie brings years of experience as a Naturopathic Physician, practicing in Taos, New Mexico. She now calls Alaska home, living in a cabin in Sutton and looking forward to serving patients in the Valley and out the Glenn Highway. Her presence here will allow us to see patients six days a week and she specializes in allergy diagnosis and treatment. To learn more about Joanie, please visit our website to read her full bio. She will be seeing patients Fridays and Saturdays from 10-6 and is taking new patients of all ages and walks of life. I am excited about this growth and eager to share my practice with Joanie's grace and beautiful spirit.

Renee Howard, LMT has also returned to Soaring Crane full-time offering massage therapy, cranio-sacral and tuning fork therapy. Renee has created a healing, peaceful space in the lower level of our clinic and is seeing clients Tuesday through Friday. Welcome back Renee!

We greatly appreciate your patience as we hire and train a new office manager!



Baby Announcements:

Beth Lawton, LMT and her husband welcomed baby Lorelei into their family this Spring!

Todd Rector, LMT and his wife welcomed baby Spruce Nainoa into their family this Summer!

All are healthy and doing well.

Summer Recipe Green Smoothie

I seem to be almost over-run with greens this time of year. The following smoothie is an excellent way to utilize these greens while promoting digestive health, healing inflammation, providing mineral support and it is just plain yummy. REALLY!



For one serving, blend the following items in a high powered blender in order:

- 4oz clean water
- 4oz organic, unsweetened pineapple
- 1tsp or 1 bunch (depending on your source) of seaweed (dulse, arame, etc). Let it soak for a couple of minutes while you get out the other ingredients.
- 4Tbsp hemp seeds

Blend the above together until milky, then continue adding:

- Large handful of dark, leafy greens (rotate kale, collard greens, spinach, dandelion)
- 1 tsp to 1 Tbsp freshly grated ginger
- Small bunch of cilantro
- Small bunch of parsley
- 1 tsp turmeric powder
- 1/2 banana or 12-15 raisins
- 1/2 avocado
- 1/2 to 1 cup frozen blueberries

Feel free to play with this recipe using a variety of greens, berries, more or less ginger and other vegetables to your taste and interest.



Summer Hours:

Please see our website for individual provider's hours of operation.

Office hours:

M-W 8-4:30
Th 1-7
F 10-6

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Community Resources

Gluten Free Central

Gluten free cooking classes and flours available
www.gluten-freecentral.com
Linda Slater

Anjali Yoga Room

A variety of yoga classes for people of all levels including healing yoga and pre-natal yoga
www.anjaliyogaroom.com

Alaska Center for Acupuncture
Acupuncture and Chinese Herbal Medicine
Sam Berg and Kevin Meddleton
www.AlaskaAcupuncture.com
also offering monthly classes on a variety of health topics.

Wolf Lake Wellness
Organic food ordering co-op.
www.wolfakewellness.com