**Live Free From Headaches and Allergies**

*Chapter 1 Defining Sensitivities*

Broad Definition of Sensitivities

LIVE FREE FROM HEADACHES AND ALLERGIES

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Chapter 1: Defining Sensitivities

Broad Definition of Sensitivities

In this book we will be exploring the relationship between allergies or, as I prefer to call them, "sensitivities,” and headaches and migraines. I would like to begin our investigation by accurately defining that catch-all concept. A sensitivity, as I use the term in this book, is an abnormal, adverse physical reaction of the body to certain substances, commonly known as allergens (or antigens). While these substances can be either toxic, such as exhaust fumes or other petrochemicals, or non-toxic, such as pollens or food, those who suffer from sensitivities will react to them in quantities that are harmless to most people.

When exposed to allergens, sensitive individuals develop an excess of an antibody called immunoglobulin E (IgE). The IgE antibodies react with allergens to release histamines and other chemicals from cell tissues, producing various sensitivity symptoms. In other words, the immune system mistakenly identifies harmless substances as dangerous invaders and activates an antibody attack to defend the body. The development of an allergy begins with sensitization to the substance on first contact, usually without symptoms. Only upon re-exposure do the previously created antibodies become active and produce symptoms.

Although a person can develop allergies to practically any substance, the most common allergens include pollen, dust, dust mites, animal dander (skin, saliva, hair or fur), feathers, cosmetics, mold, insect venom, certain chemicals, drugs, medicines (especially penicillin), and foods. The most troublesome foods are usually peanuts, other tree nuts, shellfish, milk, egg, wheat, and soy. Allergens may cause a reaction following inhalation, injection, ingestion or contact with the skin. While sensitivity reactions can involve any part of the body, they most frequently affect the nose, chest, skin, and eyes. The rarest and most dangerous type of reaction, called anaphylactic shock, can affect many organs at once, causing a rapid decrease in blood pressure, a rash or hives, breathing difficulties, abdominal pain, a swollen tongue or throat, diarrhea, fainting, asphyxiation, and, all too often, death.

There are between 35 and 50 million people in the United States who suffer from some type of significant allergy.[[1]](#footnote-2)[1]These types of reactions can emerge suddenly at any age without prior warning. Many studies have shown conclusively that parents with sensitivities will tend to have children with sensitivities. However, research suggests that what is inherited is simply the tendency to develop a sensitivity of *some kind*, not any particular type. Regardless, I have repeatedly seen in my practice that a child's allergic tendencies are often related to his or her parents, and I have often worked with parents and their children for the same kinds of sensitivities. Since certain people (known as "atopic”) tend to be more susceptible to these types of reactions, once these individuals develop one sensitivity, others will commonly follow.

Part of the difficulty in determining the exact number of allergy sufferers lies in how broadly or narrowly one defines the term. Medical doctors and scientists often maintain a narrow definition, asserting that the only *true* allergies are those that result from the activation of IgE antibodies. However, millions of people experience symptoms of sensitivity to a food or substance without the antibody reaction. These people can be said to have an intolerance or a hypersensitivity to particular substances. Although the causes may differ, the diagnosis and treatment of sensitivities and intolerance often overlap. As a result, allergy research and information benefits more kinds of people than those with traditional sensitivities alone.

In my clinical work I have found that the measurements and treatments for many allergens, sensitivities and intolerances are exactly the same. Therefore, I use the terms interchangeably. (And for this book, I will use the term sensitivity instead of allergy). For example, many asthmatics also have a sugar intolerance and are sensitive to animal dander. BioSET® testing for these two substances yields identical results, and I work with them in the same way.

Sensitivities can also cause a predisposition to colds and flu by compromising the immune system and lowering resistance. Once the body becomes host to viruses and bacteria, it can be difficult to distinguish a cold from an allergic reaction, especially since they will often occur simultaneously. However, sensitivities don't generally cause fever, and colds should not linger for more than a week or two, unlike sensitivities, which may refuse to go away.

In this book, I will take the wider view of a sensitivity as any negative or abnormal response in the immune system. For example, I believe there is no such thing as a simple cold. A cold is the response of a challenged immune system, whether it be to a food, a pollen or a virus. Since a virus can also be considered an allergen, I treat a cold like a sensitivity, with excellent results.

Types of Sensitivities

Sensitivities can be classified according to the causative substance or the resulting symptoms. There are also active (acute) sensitivities and hidden (chronic) sensitivities.

I. The first category includes the following subtypes:

•Ingestants, also referred to as food sensitivities

•Inhalants, such as dust

•Contactants, such as latex or chemicals

•Injectants, such as drugs

•Infectants, such as viruses or bacteria

•Physical agents, such as cold or heat

•Organs

•Auto immune sensitivities, such as being sensitive to one’s own hormones, including thyroid, estrogen, testosterone, cholesterol, and adrenalin

•Insect sensitivities

II. The second category of sensitivities are those that can be defined by their symptoms. These include:

•Hayfever

•Asthma

•Skin conditions (eczema, hives, rashes)

•Headaches and migraines

•Stomach upset

•Chronic fatigue

•Depression

•Chronic pain

•Conjunctivitis

•Anaphylactic shock

•Sensitivity-related diseases

Active or acute sensitivities can be of the "immediate type," in which symptoms appear within seconds of contact after every exposure, (for example, hives, itching, vomiting, coughing, wheezing) and usually subside within an hour. Or they can be of the "delayed type," in which the reaction occurs hours or days after contact. For example, some food sensitivities are not to the food itself, but to a chemical byproduct of digestion.

Hidden or chronic sensitivities may cause serious developmental and functional problems or deficiencies and chemical imbalances. For example, a sensitivity to B vitamins can cause B vitamin deficiencies and result in chronic health problems, such as chronic fatigue syndrome, attention deficit hyperactivity disorder (ADHD), depression, digestive problems, asthma, and headaches. The diagnosis and treatment of chronic sensitivities will be the focus of this book.

Food Sensitivities

A food sensitivity is the immune system's response to a certain food caused when IgE-mediated chemicals trigger a sensitivity reaction. After ingesting foods to which he or she is sensitive, a person may experience vomiting, stomach pain, swelling and bloating, diarrhea, constipation, eczema, hives, asthmatic attack, breathing difficulties, joint pain, migraines, and, on occasion, anaphylaxis. In extreme cases, an individual can have a sensitivity reaction to minute amounts of the allergen, such as skin contact with the food or kissing someone who has eaten the food.

The seven types of foods that cause 90 percent of all food sensitivity reactions are:

1. Milk

2. Eggs

3. Wheat

4. Tree nuts, especially peanuts

5. Soy

6. Fish

7. Shellfish

Peanuts, nuts, fish and shellfish commonly cause the most severe and dangerous reactions.

Conventional medicine has no cure for food allergies and sensitivities, except strict avoidance of allergens. However, the approach described in this book, BioSET® is an efficient, effective and mostly permanent method of desensitization to the sensitivities. Under the BioSET® system, people can determine to which foods they are sensitive through an elimination diet, skin or blood testing, and muscle or response testing through specialized instrumentation.

Children and adults with food sensitivities experience a wide variety of symptoms, including abdominal pain, headaches, runny noses, asthma, chronic coughing, attention problems, and behavioral problems. While it is generally believed that these sensitivities will disappear as a child matures to adulthood, in reality they do not. Often some of the acute symptoms lessen over time, but the sensitivity becomes chronic or hidden, potentially causing developmental or functional problems and persistent maladies.

While up to 25 percent of adults believe that they have food sensitivities, conventional medicine claims that only 1 or 2 percent actually do! Those who do not have sensitivities, according to the limited definition used by mainstream medicine, have what is called a "food intolerance,” which can be equally uncomfortable. Essentially, the difference between the two labels is this: a genuine food allergy is caused by antibodies that can be identified by blood testing, while a food intolerance is a broader term encompassing many illnesses caused by food. A food intolerance does not register on conventional allergy tests though it can be measured using muscle testing, as mentioned earlier.

Some causes of food intolerance (sensitivity) are chemicals such as caffeine and food colorings such as tartrazine, which do not produce adverse effects in the majority of the population, but do trigger sensitivity symptoms in some people. A deficiency of enzymes (the chemicals that help digestion) can cause problems as well. If a person lacks one or more enzymes, they may experience digestive problems like diarrhea and stomach pain after consuming the food the missing enzyme digests. For example, people who have difficulty drinking milk have frequently lost the enzyme that digests lactose, the sugar in milk. In my clinical practice I have also found that some of these people who are "lactose intolerant " are actually sensitive to lactose. When we clear for lactose using BioSET® they may be fully able to tolerate milk, with no side effects.

Finally, studies indicate that taking antibiotics can increase the chances of food intolerance in some people. The antibiotics apparently kill some types of bacteria in the large intestine and allow others to flourish, causing an abnormal reaction during digestion that produces various unpleasant chemical byproducts and associated symptoms. Antibiotics can also cause abnormal amounts of yeast or candida in the intestines, which can lead to an imbalance of other healthy intestinal flora or microorganisms. I have also had successful results in clearing candida and other abnormal pathogens with BioSET®.

Drug Sensitivity

A small percentage of people experience a severe, even life-threatening reaction to certain drugs and chemical additives, particularly penicillin. Other problematic drugs include aspirin, vaccines, insulin, and illegal drugs such as marijuana. Most often, the sensitivity reaction will appear as a skin condition, whether it is itching, hives, rashes, swelling, or peeling skin. Other symptoms may include incontinence, headache, dizziness, high blood pressure, moodiness, depression, agitation, edema, insomnia, hyperactivity, heart palpations, bloating, constipation, diarrhea, blurred vision, hot flashes, and, of course, drug dependence and addiction. For example, 5,000 men and woman who participated in Operation Desert Storm experienced severe side effects, most like sensitivity reactions to a pill they were instructed to take every day called pyristigimide bromide.[[2]](#footnote-3)[2]This drug was supposed to protect them from harmful exposure to nerve gas. After taking this substance, these men and women developed numerous health problems, from tearing eyes and runny nose to chronic fatigue, twitches, cramps, blurred vision, incontinence, diarrhea, and other serious maladies. Even now, many years later, they continue to experience these symptoms, as well as showing signs of a suppressed immune function and long-term muscle damage.

Insect Sensitivities

In general, the normal toxic reaction and discomfort that follows an insect sting is not considered to be a sensitivity. However, many people have severe reactions to bee and wasp stings, which can sometimes be fatal. These IgE-mediated reactions induce rashes, running nose and eyes, swelling of the throat, asthma attacks, and anaphylactic shock.

Occupational Sensitivities

This term refers to sensitivities that develop in people as a result of working with industrial dusts, vapors, gases, fumes, and substances such as nickel, chromium, rubber, dyes, formaldehyde, glues, in heat, etc. Symptoms may show within weeks, or take years of repeated exposure to appear. The least protected parts of the body, the hands, arms and the face, are the areas most frequently affected. Protective masks, gloves and clothing can help prevent a reaction and even save a life. For example, bakers who handle different foods to which they may be sensitive, such as milk, eggs, and wheat flour, can prevent reactions by wearing gloves and masks if necessary.

Sensitivity to Latex

Often categorized as an occupational sensitivity because it is frequently found among health-care workers, a sensitivity to latex is surfacing among increasing numbers of the general population as well. The offending material can be found in balloons, gloves used for washing dishes or handling food, dental and medical gloves, condoms, clothing and shoes, carpets, rain slickers, pacifiers, baby-bottle nipples and even air pollution. Symptoms include swelling, welts, itchiness and hives, sneezing and nasal congestion, watery and itchy eyes, chronic fatigue and occasionally anaphylactic shock. Generally, people with the highest risk of developing latex sensitivity are those with high levels of exposure to latex, a history of sensitivities, multiple surgeries as children, or food sensitivities. In fact, studies have shown that people with sensitivities to certain fruits and vegetables—particularly bananas, kiwis, raw potatoes, tomatoes, celery, carrots, figs, avocados, papayas, passion fruit, hazelnuts and water chestnuts—are more likely to develop latex sensitivity.

Skin Conditions

The most common skin condition, eczema, is a rash or irritation that can be either wet or dry, occasionally chapped, and most often accompanied by severe itching. Although the cause isn't always clear, the condition often appears in children of families with a history of sensitivity disease. Milk and woolen clothes are possible contributors to the condition. Eczema usually begins in the first year of life as a facial rash and is often a precursor of asthma. Later in life it can appear on the insides of the elbows and the backs of the knees, the neck, ankles, wrists and the backs of the hands.

Contact eczema has similar symptoms to common eczema, but can be traced to direct contact with a variety of substances, including nickel found in coins, stainless steel, chromium found in cement and leather, rubber found in gloves and boots and preservatives found in creams, ointments, and cosmetics.

Hives, or urticaria, is experienced as a warming of the skin along with redness and itching or white, raised wheals. It can appear very suddenly and may last for hours or a whole day.

BioSET® is quite effective in clearing eczema and other skin conditions in all age groups. With children, I usually find that eczema is caused by a sensitivity to vitamin C, wheat, corn and B vitamins. In adults, the most common sensitivities are foods, clothing, animals, chemicals, creams, fungus, yeast and bacteria.

I have also found that the skin condition called acne can be improved or cleared up, sometimes dramatically, when other skin sensitivities are treated, as well as sensitivities to milk protein (casein) and systemic bacteria.

Anaphylaxis

The most severe and life-threatening allergic reaction, anaphylactic shock, is usually brought on by a sudden immune response to foods, insect stings or medication. Symptoms, which include any combination of the following: swelling, difficulty breathing, hives, vomiting, diarrhea, cramping and a drop in blood pressure, can occur in as little as five to fifteen minutes. Immediate medical attention is needed when a person goes into anaphylaxis, so call 911. While waiting for medical assistance, stimulation of the respiratory acupuncture points may provide some relief of the symptoms and improve breathing. Refer to the emergency treatment procedures in the BioSET® chapter of this book or previous book by Dr. Cutler.

Hay Fever (Also Called Allergic Rhinitis)

Hayfever is a condition that afflicts millions of Americans. Symptoms include a runny or stuffy nose, sneezing, swelling of the mucous membranes, loss of smell and taste, and itchiness of the throat, palate and eyes. Primary causes are airborne inhalants, such as grass, weed, or tree pollens, and mold spores. Hayfever can be seasonal or intermittent. Using BioSET®, I have been extremely successful in clearing these types of sensitivities. In our clinic I have seen symptoms reverse immediately with the BioSET® system. A reduction in sugar, grains or other types of carbohydrates in the diet; digestive enzymes taken with every meal; and a clearing for sensitivity to ragweed or other pollens also helps to minimize or eliminate hay fever.

Asthma

During an asthma attack, an individual's bronchial tubes will swell and the muscles surrounding the tubules go into spasm. This obstructs the flow of air to the lungs, leading to wheezing, coughing and difficult, labored breathing. Asthma may begin at any age and has the potential to recur and become chronic. It is usually triggered by sensitivities, including foods, pollens, environmental factors such as perfume, animal dander, chemicals, bacteria, climatic conditions and emotions such as stress. When these sensitivities are active from birth, asthma may be recognized early in life, even in infancy. When these sensitivities are hidden and chronic, they may cause other chronic functional and developmental problems, such as fatigue, coughing, or headaches. Hidden and chronic sensitivities are difficult to detect because tissues break down slowly, with minimal secretion of immune mediators, causing only minor muscle contractions, swelling, and increased mucus secretion. However, when other stressful factors are added to the system, for example, menopause, emotional stress, medication use or gastritis, the sensitivity load on the body is increased and late-onset asthma may occur. See Live Free From Allergies and Asthma (Celestial Arts 2007)

CAUSES AND ORIGINS OF SENSITIVITIES

A sensitivity reaction can be IgE mediated or non-IgE mediated. An IgE mediated sensitivity is the traditional type recognized by most medical doctors, in which immunoglobulin E antibodies are produced in response to environmental allergens and foods. Typical symptoms are hay fever and some forms of eczema. A non-IgE mediated allergy, which is not always recognized as a sensitivity by conventional physicians, is a negative change in the immune system that can cause a variety of symptoms, such as a headache or irritability. Allergens or sensitivities that are non-IgE mediated may also affect the sympathetic and parasympathetic nervous systems. For example, in the case of asthma, the irritation of the lungs from sensitivities to dust, smoke, perfume or bacteria may stimulate the parasympathetic nervous system to secrete acetycholine. When this happens, acetycholine constricts bronchial muscles and increases mucus production, thereby triggering an asthmatic attack.

Allergens or sensitivities such as bacteria, viruses, or certain foods seem to create antigen-antibody complexes by combining with the T and B cells, the adaptive defense system of the body produced in the bone marrow. These antigen-antibody complexes lodge themselves in certain tissues of the body, for example, in the lungs or bronchioles of asthmatics. In an attempt to destroy these complexes, the immune system produces an auto-immune reaction that inflames and destroys healthy tissue. This inflammation triggers an attack of asthma and creates a chronic condition until the sensitivities and complexes are removed.

Genetic or Inherited Allergies

The most common cause of allergies is genetic. The probability of developing a sensitivity is increased if one or both parents suffer from any type of allergic condition. In fact, this factor is the strongest when predicting allergies in offspring. When one parent has allergies, the child will develop allergies 75 percent of the time. If both parents have allergies, the child will develop sensitivities 100 percent of the time.

In addition, when an expectant mother is exposed to various toxins, such as chemicals or radiation, or even suffers an illness, such as a flu or infection, allergies and or sensitivities will often develop in her unborn child. Altered cells do not carry over the genetic codes and do not undergo normal development. As a result, the child’s organs and tissues may develop nonfunctional sensory nerve receptors that are unable to conduct messages to and from the spinal cord and brain. In some children these nerve receptors become hyposensitive toward certain items, in others they become hypersensitive. When hyposensitive fibers predominate, we may see not only a few sensitivity reactions, but also poor growth, chronic fatigue and poor functioning of body and mind.

Sensitivities Caused by Poor Digestion

The second most common cause of sensitivities is poor digestion. If a food is not being properly digested, it will eventually begin to trigger a sensitivity reaction in the body.

One common result of poor digestion is leaky gut syndrome, a common medical condition in which the intestinal lining is more porous than usual. These large openings between the cells of the intestinal wall allow toxic materials that would normally be eliminated from the body to pass into the bloodstream. The primary cause of leaky gut syndrome is inflammation of the intestinal lining, usually brought on by one or more of the following factors:

•Antibiotics, which allow the overgrowth of harmful bacteria in the gastrointestinal tract

•Foods and beverages contaminated by parasites

•Deficiencies of enzymes such as lactase, which breaks down lactose (milk sugar)

•Nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen

•Prescription corticosteroids, such as prednisone

•Prescription hormones, such as oral contraceptives

•Highly refined carbohydrates, such as candy bars, cookies, cakes and soft drinks

•Mold and fungi found in grains, fruits and refined carbohydrates.

Currently, the best way to identify leaky gut syndrome is to monitor symptoms. People who have the condition can help themselves by taking digestive enzymes with every meal, taking probiotic supplements daily to correct any imbalance among beneficial and harmful bacteria in the gut, steering clear of foods to which they’re sensitive, and limiting the consumption of fatty foods, caffeine and alcohol.

Malnutrition

Chronic severe malnutrition can also cause sensitivities. If people are deficient in protein, vitamins and minerals, the enzymatic and metabolic processes that the body requires for efficient functioning cannot occur. This can result in undigested food and an increase in toxic metabolites, which can eventually lead to sensitivities. These vitamins and minerals are also needed for effective immune function, which protects the body in fighting off infections.

Drugs

Chemotherapeutic drugs, excessive use of antibiotics, steroids, or exposure to toxic chemicals or radiation are important factors in the development of sensitivities or depressed immune reaction. Take for example, a migraine case. Exposure of this individual to smoke, perfume, or chemicals can cause a reflex vasospasm of some of the arteries of the head, including arteries that supply the brain itself. The vasospasm can produce ischemia of some areas of the brain itself, and the vascular wall becomes flaccid. Therefore the blood pressure in the vessels causes them to dilate and pulsate intensely, and it is theorized that the excessive stretching of the walls of the extracranial arteries causes the migraine headache.

Among the many medications I have cleared with BioSET® for individuals with headaches are those that headache sufferers use for alleviation of headache and migraine pain and other medications that they may be using for other medical problems. These medications include antibiotics such as tetracycline, amoxicillin, and sulfamethoxazole ; antihypertensives such as atenolol, captopril, prazosin, and reserpine; hormones including estrogens, danazol, and other oral contraceptives; nonsteroidal anti-inflammatories such as piroxicam, diclofenac, indomethacin; vasodilators including, nitroglycerine, hydralazine, and nifedipine; anti-depressants and tricyclics such as elavil, sinequan, prozac and zoloft.

Drugs and Supplements

Drugs and supplements such as vitamins can trigger a headache or migraine. Birth control pills, diet pills, diuretics, painkillers, antihistamines, estrogen supplements and heart, blood pressure and asthma medications can be common factors. Chemical dyes such as tartrazine are used in some foods and drugs and can also trigger a headache.

When new patients with migraines visit my office for the first time, I insist they bring along their medications and their vitamins. Many people are sensitive to these drugs because they contain synthetic chemicals that are not produced naturally by the body. I clear for drug sensitivities with BioSET® . Frequently drug sensitivities need to be cleared perhaps because the companies change some of the materials which can cause a reaction again to that particular drug. This is particularly true of generic brands.

*For example, last week a woman came to see me complaining of severe frontal headaches. She had experienced occasional tension headaches from time to time but would come and go very quickly. About one year ago, she suffered a severe flu virus, which put her out of work for a month. Around the same time her mother was diagnosed with terminal cancer and she began to develop premenopausal symptoms. A complete examination was performed which included an enzyme evaluation and sensitivity testing. I found she was sugar and carbohydrate intolerant and sensitive to hormones, flu viruses, certain environmental and chemical substances, sugar, dairy products, nuts, grains, fruits and caffeine.*

*Sensitivity Load Phenomenon*

*In my estimation, over 90 percent of the population has sensitivities or intolerances, most of which are genetic in origin. However, in the majority of people these sensitivities are hidden or inactive. It is the sensitivity load phenomenon that activates these sensitivities in certain people. If, over a period of time, one sensitivity confronts another that is more active or acute—especially while the individual in question is physically, mentally or emotionally stressed, lacks sufficient sleep or is eating poorly—these chronic hidden sensitivities emerge and become pronounced, causing the body falls prey to other problems. Resistance breaks down, the immune system cannot keep these sensitivities in check, and chronic emotional, functional or developmental problems arise. Then, suddenly and for the first time, a person may begin to experience problems such as asthma, arthritis, swelling, chronic pain, headaches or chronic fatigue.*

*Sensitivities and Chronic Illnesses*

*We usually don't imagine that sensitivity reactions play a role in seemingly unrelated medical conditions. However, many experts are drawing connections between a history of sensitivities and numerous other chronic conditions, from alcoholism to obesity. Sensitivities are even considered partially responsible for some types of behavioral or emotional problems. In my practice I have had excellent results working with obesity, ADHD, mild and moderate depression and exhaustion, since I know that these problems are likely to be rooted in sensitivities, digestive stress and toxicity. Once the basic sensitivities are cleared using BioSET® , these conditions either improve or resolve completely.*

*Alcoholism*

*The idea behind treating alcoholism by desensitizing the body is based in the fact that many alcoholics are sensitive to the ingredients in alcoholic beverages and, therefore, cannot digest them. When a person has a sensitivity to a certain type of food, such as the fruits and grains from which alcohol is brewed, and the sugars that make up a large part of these beverages, the body will be deficient in those nutrients, leading to strong cravings. While alcoholics may think that they feel better when they are drunk, they are actually caught in a vicious cycle. Substances to which they may be sensitive include B vitamins, sugar, grapes, brewer’s yeast, malt or corn. As a result, they become addicted to an alcoholic beverage that contains the allergen.*

*I have cleared alcoholics successfully with BioSET® .*

*For example, an alcoholic named Alice in her early 30's was referred to me by her parents. Both parents had had excellent results with the method, the father with hayfever and the mother with her menopausal symptoms. Their daughter had been an alcoholic for 10 years. During this time Alice had had some near-fatal car accidents and some financial disasters due to her drinking. Although she had tried a number of treatment facilities and therapists, none of them had been successful in curing her. She hoped that I might be able to help her with her intense craving for alcohol, which would then enable her to make better progress with her treatments.*

*I performed a full BioSET evaluation on Alice, which included a complete enzyme and detoxification evaluation and a sensitivity testing. Like most alcoholics, Alice was especially sensitive to the B vitamins and sugars found in alcohol. As I said above, people usually crave the foods to which they are sensitive. I prescribed an enzyme for sugar digestion and began to clear her from the first sequence of sensitivities, which included the B vitamins and sugars. Then I cleared Alice for alcohol. Six hours after the clearing, she called to tell me she was drunk. I immediately felt disappointed. But then she added that she was drunk not on alcohol or sugar, but simply as a result of the process of clearing the sensitivity. The only difference was that this time she was completely cognizant of everything that was happening, which was never the case when she was really drunk. I concluded that she was simply detoxifying from the alcohol. She also noted how good she was feeling.*

*The next day, when I retested Alice, she was no longer sensitive to alcohol. Directly afterward, she checked into a three-week alcohol treatment program and I didn't hear from her again. However, three years later I received a call from her telling me how grateful she was for all my help. She said she hadn't had a single drink since the sensitivity clearing, which was indeed a breakthrough for her.*

*Obesity*

*Like alcoholics, people who struggle with excessive weight gain may be sensitive to their favorite foods, therefore, unable to resist indulging their intense cravings. In addition, some people have noticed that hunger can be a symptom of a sensitivity reaction. For example, when someone with a sensitivity to wheat eats a wheat-heavy meal, they may feel strong cravings to eat again within a short period of time, even though they no longer need the nutrition. This is referred to as reactive hypoglycemia.[[3]](#footnote-4)[3]*

*Arthritis*

*In some people, arthritis can be partially attributed to a sensitivity reaction to common foods, causing swelling and pain in the joints. For this reason, when some arthritic patients avoid certain foods or environmental allergens, their symptoms diminish. Acidic foods seem to be especially troublesome, as are plants and vegetables from the nightshade family, which includes tomatoes, white potatoes, eggplant, peppers and tobacco. I have also found arthritic patients to be sensitive to bacteria and parasites, which can trigger an auto-immune or auto-aggressive reaction.*

*I have had much success treating arthritis sufferers.*

*One woman named Nancy who suffered from severe arthritis of her sacroiliac and hips came to see me seeking help with her extreme chronic pain and migraine headaches. Unfortunately, she was a professional housekeeper and cook, which caused her to be active and on her feet most of the day. When I performed a full examination and sensitivity testing on Nancy, I found her to be highly sensitive to all the basic allergens, including acid-forming foods, the nightshade family, and fifteen different types of bacteria. She was unable to digest proteins and fats, yet she was eating large amounts of protein because she was trying to lose weight. The uric acid content in her urine sediment was quite high, which is generally an indicator of high protein consumption.*

*I recommended an enzyme to help Nancy digest fats and proteins, and I prescribed a diet lower in protein and fats and higher in complex carbohydrates. I then cleared her with the BioSET® desensitization for all of her sensitivities, including the acid foods and bacteria. After all the bacteria were cleared, her hip and sacroiliac pain almost completely subsided and her flexibility improved by 75 percent. In addition to being able to take care of her household responsibilities, she now walks three miles a day and has lost 30 pounds. She also smiles a lot when I see her!*

*Migraines and Other Headaches*

*Sensitivities are a common culprit in recurring headaches. Research studies have shown again and again that some migraine sufferers can eliminate their symptoms by avoiding certain triggering foods, particularly milk, eggs, wheat, aged cheese, MSG, chocolate, oranges, tea, coffee, beef, corn, cane sugar, yeast and alcoholic beverages. [[4]](#footnote-5)[4][[5]](#footnote-6)[5]*

*A sensitivity to smoke, exercise, pollen, chemical fumes and stress can also cause chronic headaches. Nancy also experienced headaches every day, as well as weekly migraines. No remedy she had tried had worked for her headaches. While clearing her for arthritis, I also cleared her with BioSET® for female hormones, such as estrogen, progesterone, thyroid hormones T3 and T4, and adrenalin. I had to clear Nancy for progesterone three times before her sensitivity completely cleared. I even taught her to clear herself at home for this allergen, since it was such a severe sensitivity for her. After completing her hormone clearings, Nancy’s headaches disappeared and have never returned.*

*Psychological and Behavioral Effects of Sensitivities*

*Perhaps some of the least recognized but most interesting effects of sensitivities are psychological conditions. Evidence is mounting that in some people certain sensitivities can actually result in, or aggravate, emotional and behavioral problems, including depression, hyperactivity, learning difficulties, anxiety, irritability and schizophrenia. BioSET® practitioners have had excellent results with attention deficit disorder, hyperactivity and other behavioral problems of children and adults. Children with ADHD are cleared for the basic sensitivities, plus possibly mercury and fluoride; thyroid hormones; yeast or candida; foods such as wheat, dairy, sugar, artificial sweeteners, food additives, food coloring and chocolate; environmental sensitivities, such as radiation, dust, chemicals, mold and pollution; and emotional traumas. BioSET® practitioners also supplement these children with digestive enzymes and an enzyme mineral formula, as well as make strong dietary recommendations based on individual evaluations. Treating children with BioSET is so fulfilling and rewarding because the changes in their physical and emotional health are immediate and profound.*

1. *[1]From* [*Medscape Allergy & Clinical Immunology*](http://www.medscape.com/allergy-immunologyhome)

   *Allergic Diseases -- How Big Is the Problem?: An Expert Interview With Mark T. O'Hollaren, MD; Part 1 of 3: Overview of Epidemiology & Prevalence*

   *Posted 04/24/2006*

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2. [↑](#footnote-ref-3)
3. *[3]Reactive Hypoglycemia (RHG),*

   *Insulin Resistance: FMS & CMP Perpetuating Factor*

   *by Devin J. Starlanyl*

   *Adapted From "Fibromyalgia and Myofascial Pain: A Survival Manual edition 2", 2001, Starlanyl and Copeland*

   *[4]Kristin Lueck (1997) "The Dietary Migraine: How Food Can Cause Headaches”, Nutrition*

   *Bytes: Vol. 3: No. 1, Article 3.*

   *[5]*Vitality on Demand *Online Medical Reviewer(s): Bromley, Steven MD  
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