

THE PROBLEM WITH ALLERGIES By Stephen Macallan

A The problem with allergies is..... that allergies are a problem! The real problem is that one can be allergic to almost anything whether it be an environmental or a dietary substance. Environmental allergies are either simple or difficult to manage. The difficult to manage one is if one is allergic to nature, hay-fever and such-like – difficult to avoid and the drug solutions come at a price (side effects) and the natural solutions' effectiveness varies.

Most people will be able to find an alternative medicine solution but which solution varies from person to person. The simple to manage ones are usually resolved with a clean, living environment – removing all chemical domestic products and replacing them with natural products. One needs to be comprehensive about this.

This article focuses on dietary allergies. Identifying food allergies is tricky – the trial and error technique can be frustratingly sloooooow to figure out – eliminating one foodstuff at a time, and this elimination has to be total, else there may be no or little change in symptoms. If there are two allergens, eliminating even a correct one may show little or no benefit if the other one is still causing the same symptoms!

So, we are left with an allergy test as the optimal solution. I am able to offer a food allergy test as part of my clinical practice. I use a Vega-Expert machine – this is a bio-energetic regulatory medicine machine and this means that the entire testing process is carried out using electromagnetic frequencies, is totally painless and does not involve drawing blood or scratching the skin. This also means that testing children is not a problem though they do have to keep still. Keeping toddlers and babies still can be tricky and I can test the mother with a hair from the child in the machine. The science behind this is tricky to explain but the key factor that enables this is that the child has the mother's mitochondria (always) and this connection enables it to work.

In addition, it is very important to understand that for anyone, baby, child or adult to have one or more allergies, it is not simply bad luck. Having allergies is a symptom. It is a symptom of an underlying digestive system disorder and/or an underlying immune system disorder. Whilst I am very happy to simply perform an allergy test I strongly recommend an Health Check – this is a more comprehensive Vega-Expert testing program that will almost always give clear clues about the nature and causes of the digestive/immune system disorder. When we know the cause we can plan a nutritional, supplemental and perhaps treatment-based program to address the causes and ultimately bring a resolution to the condition of allergenicness.