

A Bit About Allergies

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Non-traditional Chiropractic, Network Spinal



What is an allergy?

A condition in which the immune system reacts abnormally to a foreign substance



What causes allergies?

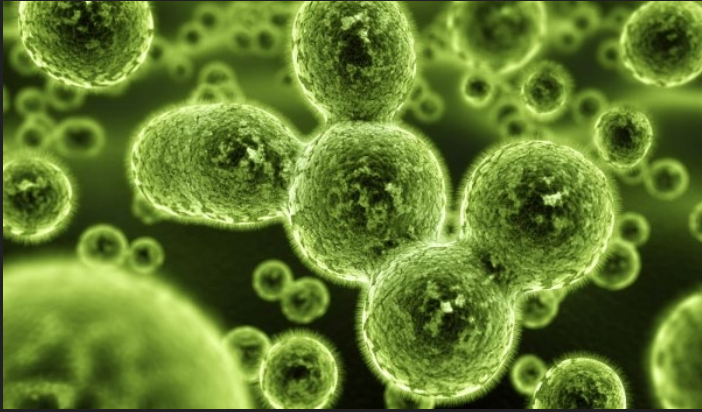
○ **Allergies** develop when your immune system mistakenly identifies a substance such as pollen, mold, animal dander, or food as harmful. That substance is referred to as an **allergen**. The **allergen** stimulates immune system cells to release certain chemical, such as histamine, which then lead to allergy symptoms...





Most common allergies

- Seasonal Allergies
- Contact Dermatitis
- Food Allergy
- Drug Allergies



Charlotte in Top Five Allergy Capitols

○ Includes airborne pollen and mold counts, and the number of allergy medications taken and allergy specialists available in each city.

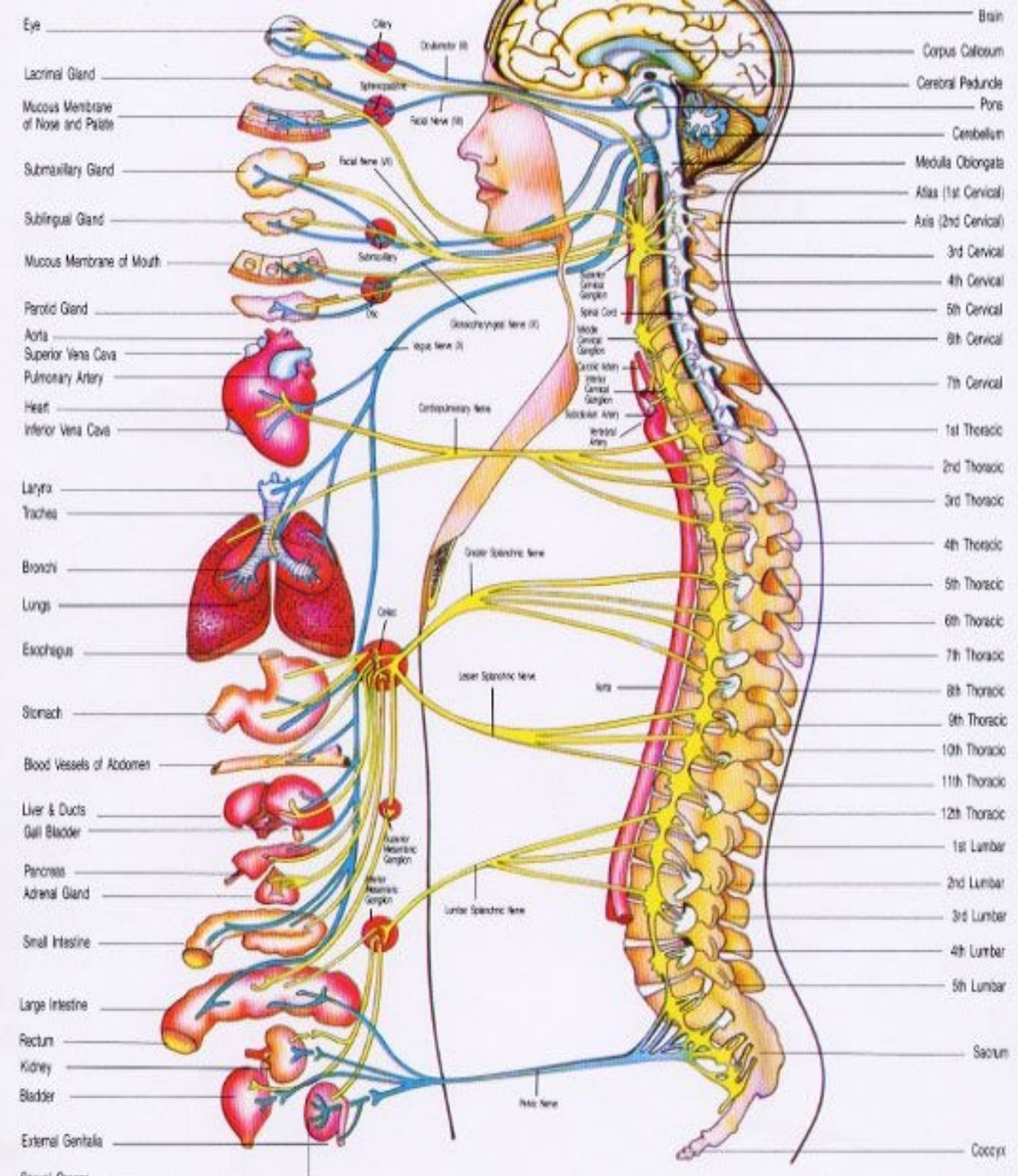


How can chiropractic help allergies?

- Many people think chiropractic is just for neck and back pain
- Chiropractic care changes your neurology
- Chiropractic care changes your physiology
- It creates new neuropathways in the brain...which turns on the body's ability to heal itself



Central Nervous system consists of the brain and the spinal column



What is the difference between non-traditional chiropractic and structural/manual/traditional chiropractic?

- Structural/manual/traditional chiropractic:
“popping or cracking” sound can be heard and/or felt.
- Non-traditional chiropractic approaches the spine from the inside out.
- Network Spinal actually unwinds tension in the spinal cord, the cause of many symptoms and pain.



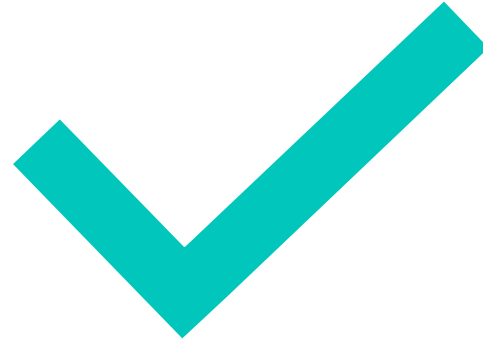
**The power
that created
the body
Heals the
body**

But we must give the
body its best optimal
conditions for healing

There are many safe and effective means of dealing with allergies:

- First and foremost, strengthen the immune system by strengthening the nervous system with chiropractic
- Support your body with:
 - Whole food supplements, probiotics, acupuncture, herbs, vitamins, some foods should be avoided, some foods should be included, homeopathy, NAET, JMT Therapy





What is JMT Therapy?

Through the use of muscle testing response, a complete preliminary exam for you will be performed relative to your condition. You will hold a particular vial of an energy frequency. The treatment is an interactive treatment with breathing exercises, some tapping down the spine and we utilize several acupressure points which are very calming to ground the treatment for you. Each treatment takes approximately 15 minutes of your time.

How Can We Minimize Allergies?

- Try Salt Water
- Apple cider vinegar
- Take off work clothes and shoes
- Moderate workouts indoors
- Local honey
- Neti Pot
- Nettle Leaf-blocks histamine
- Look up the most common food allergies
- Elimination Diet

Wrap Up



- Allergies are common in Charlotte area – elm and cedar, mold counts up
- There are several natural alternatives to support the immune system
- Give the body the optimal conditions for healing
- Different techniques in chiropractic

You Deserve To Live
Your Best Life

-Healthy and Happy

