

# Are Hidden Allergic Reactions Making You Sick?



By Dr. Stephen P. Weiss, MD, Homeopathic Physician

**A**s a Holistic and Integrative Medical Doctor, I am constantly looking for innovative and effective ways to help patients. As you know if you have been reading my articles over the years, Classical Homeopathy is an amazing system for healing the whole person which has made a huge difference in the lives of my patients. When combined with state of the art allergy testing and treatment, the results are truly outstanding.

There are two major types of allergic, or hypersensitivity reactions in the body—immediate and delayed. Immediate hypersensitivity reactions, also called Type I, are the reactions we are familiar with—they involve release of histamine from mast cells within seconds to minutes after exposure to the offending allergen/antigen. Hayfever, hives and anaphylactic shock are all examples of Type I reactions. Much less is known about delayed hypersensitivity reactions, sometimes called hidden allergic reactions. These usually take days to a few weeks to manifest symptoms in the body after exposure to the allergen. This time lag makes it very difficult to associate a particular exposure to a disease or a symptom. And yet these types of allergic reactions wreak havoc in the body and mind.

There are three kinds of delayed hypersensitivity reactions, each of which is associated with a host of diseases. In some disease states, more than one delayed reaction has been implicated. Type II reactions are mediated by the antibodies IgA, IgG and IgM which specifically target the offending allergen. Type II reactions are involved in Diabetes Types 1 and 2, Hashimoto's thyroiditis, Irritable Bowel Syndrome and Asthma, amongst others. Type III reactions are the result of immune complexes being deposited in tissues where they cause damage. Immune complexes are clusters of interlocking antibody antigen complexes. Fibromyalgia, Rheumatoid Arthritis, MS, Infertility, Lupus and Viral Hepatitis are associated with Type III reactions. In Type IV (cytotoxic) reactions, white blood cells known as T-lymphocytes themselves attack the allergen. Examples include Crohn's Disease, some peripheral neuropathies, vitiligo, sinusitis and adrenal fatigue.



Through a simple blood test (*which gets sent to an out-of-state lab*) I am able to identify your delayed allergic reactions to a wide variety of substances including foods, food additives,

chemicals, herbs, molds, toxic minerals and inhalant allergens such as danders, hairs and feathers. When you avoid these substances for a period of time, usually 3-6 months depending on the severity of the reaction, your immune system can be reset and your health invariably improves, sometimes dramatically. It is well known that migraines can be triggered by allergic reactions to foods, odors and chemicals. When these substances are correctly identified and avoided, a significant number of migraine sufferers respond. The addition of nutritional supplements, an alkalinizing diet, exercise and mindfulness meditation to allergen avoidance improves the success rate to upwards of 90%(!), leading to sustainable remissions. What is remarkable (or not!) is that conventional doctors including allergists only test for Type I reactions and completely disregard delayed hypersensitivity reactions which are involved in so many chronic diseases. They are taught that these tests are useless, even though they have helped many patients in my practice.



Janet is a 46 year old woman, who first saw me in August, 2010. "I'm not perky—I feel like I'm dragging around the Earth," she told me. "I've had chronic digestive problems for seven years and they're getting worse—constipation, bloating, gas." Janet was also perimenopausal. In addition to hot flashes, she also attributed nausea and faintness as well as daytime sleepiness, to the change of life. "Since age 33, my short term memory has been very poor. I used to be a runner, but then developed joint pains. I feel like my body fell apart in my early 30s." After carefully studying her case, I gave her a single dose of homeopathic Dioxin 200C—one poppy seed-sized pellet! You read that right, Dioxin. Homeopathic remedies are derived from thousands of different substances, including toxins. They are diluted and potentized to such a degree that their toxicity is eliminated. Janet was feeling better at her first follow up a month later and much better in October. By December she was doing great. Energy, mood, digestive complaints, menopausal symptoms and joint pains were dramatically improved. "The world's better than it ever was. I'm blown away by homeopathy."

In March 2011, a few of her symptoms started to creep back. Since it had been 7 months since her first (and last)

dose of remedy, I gave her 1 more pellet of Dioxin 200C and sent her blood for allergy testing. Results showed reactions to 17 substances tested out of 234, which she eliminated from her diet. June 2011: "Bloating is a thousand percent better! Within 72 hours of starting the Allergy Elimination Diet, my joint pains went away. Sore throats I was having 1-2 x/month (which she hadn't previously mentioned to me) also went away." October 2011: "Energy has been awesome. Doing yardwork, had many guests at the house, went to New York City, stayed up late and slept only 4 hours a night and did fine." One of Janet's 17 allergens was a class of substances called silicates. Silicates? They are anti-caking agents, an example of which is Silicon dioxide, found in many nutritional supplements as well as prepared foods. Many of the supplements Janet was taking when I ordered the blood test contained silicon dioxide. How ironic! The very products she purchased to enhance her health were making her sick.

Rubin's mom brought him to me a few months before his 7th birthday in November, 2010. He was kicked out of Kindergarten the year before because he was curling up in a fetal position under the table and running out of class. He was chewing holes in his shirts and had to bring a change of clothes to school. Diagnosed with ADHD, constipation, and sensory processing disorder, he was having intense meltdowns associated with milk and sugar cravings and would climb pantry shelves to get to candy bars. Rubin's Pediatrician had sent him for a food allergy panel through a local lab and everything came back normal. I noticed he had dark circles under both eyes, called allergic shiners, and suspected otherwise. I sent his blood for delayed hypersensitivity testing and tested his stool for autoimmune gluten disease. The results showed allergic reactions to 22 out of 487 substances tested and his stool test was positive. In December, his Mom eliminated the allergenic foods, chemicals, and additives as well as gluten, and I treated him with one dose of homeopathic Saccharum Officinale 10M, (homeopathic table sugar).

He returned to the office on February 4th, 2011, and his Mom was delighted. "Rubin's hypoglycemia is markedly better. His milk and sugar cravings are much better. His behavior has improved—a lot fewer meltdowns. Making progress in school—his attention is 20–40% better and hyperactivity is 70% better."

It's now been 16 months since I first started seeing Rubin. Overall he has done extremely well. His behavior, sugar cravings, meltdowns, hyperactivity and hypoglycemia are hugely improved. The family's clothing bill has plummeted as Rubin no longer destroys his clothes. Mom is clear that the homeopathic remedies (there have been a total of 3 in 16 months) and the allergy avoidance program are each playing an important part in his progress. "If he has a meltdown, I give him a dose of his remedy and in a few minutes he's a happy boy." It's unreal to me how much food affects him. We've tried reintroducing milk and he gets really emotional.

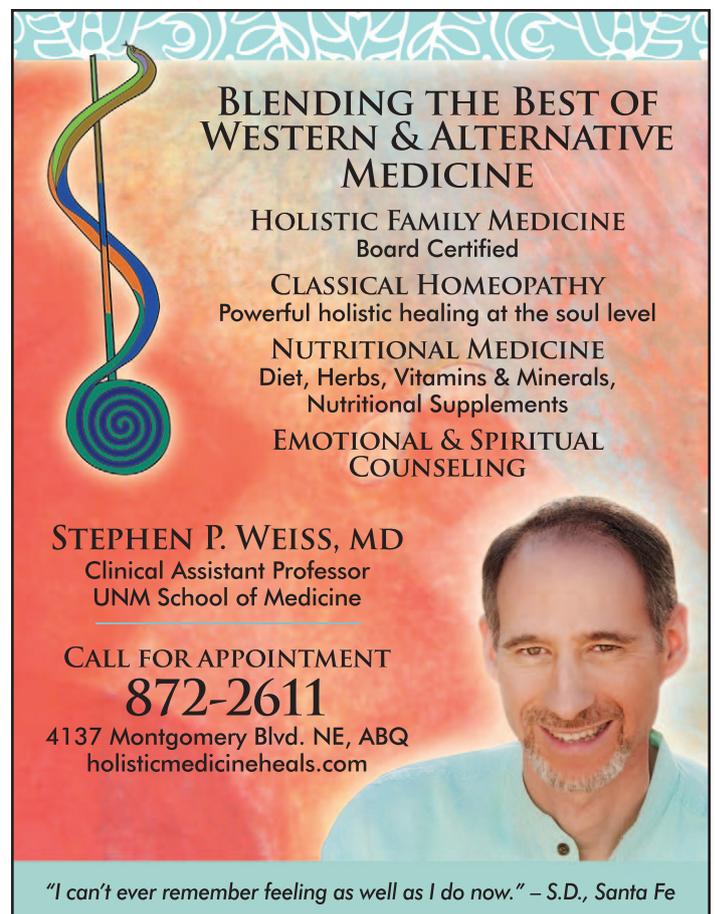
Sugar provokes a meltdown. Even his teachers know if he's eaten something he's allergic to. He's a completely different child from the one you first saw in November, 2010."

*It's unreal to me how much food affects him....  
He's a completely different child from the one  
you first saw in November 2011.*

– Rubin's Mom

It is truly a blessing to be able to help facilitate such changes in my patients and to witness them firsthand. We have many tools in our toolbox to help you regain your health and vitality. If these stories inspire you and make you want to reach new horizons in your health, then give my office a call and schedule an appointment. Before too long you may just find yourself dancing the night away in some far-off city and forgetting to sleep.

*Dr. Stephen Weiss has been successfully treating patients of all ages in his Holistic Integrative Medical Practice since 1993. Patients deeply appreciate his genuine, heartfelt compassion and ability to seamlessly combine cutting-edge high tech medicine with numerous effective and safe alternative healing modalities. Please visit his new and improved website to learn a lot more: [www.holisticmedicineheals.com](http://www.holisticmedicineheals.com).*



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