

# FROM THE EXPERTS

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## Do You Suffer With Allergies?

by **Dr. Andrew T. Brady**

Allergies are among the most common chronic conditions in the United States. It is estimated that allergies affect one of every five Americans, and allergies is ranked as the fifth leading chronic disease among all age groups. Americans are spending \$7 billion per year on prescription medications and \$4 billion on over-the-counter medications treating allergies.



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Allergies occur when your immune system recognizes something that you eat, breathe, touch or inject as being harmful to it when, in actuality, it may not be. The symptoms that people experience, such as the stuffy nose and itchy eyes, are the immune system trying to protect your body.

Many doctors like to blame the allergen for why someone has allergies, but most of the time the immune system is the problem, not the allergen. Think about it; humans and pine trees, for example, have been coexisting for a very long time without having such high rates of allergies. Today, having a pine allergy is very common.

### **So, why do millions of people have such sensitive immune systems?**

There are numerous reasons why people have developed such sensitive immune systems (poor diet, lack of exercise, chronic stress, etc.) but one cause, in particular, can be from misalignment within the spine. These misalignments are a stress to your body, and just like a stressful job, chronic stressors will lower immune function and predispose you to sickness.

Research has shown that correcting these misalignment with specific chiropractic adjustments can improve immune function by up to 400 percent! If you are struggling with allergies and would like to see if spinal misalignments are effecting your immune system, consider calling your chiropractic physician to see if he or she can help!

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