

A NEW THEORY OF ALLERGY DEVELOPMENT

INTRODUCTION

Allergies affect one third of people living in developed societies. The number of allergic people is not been able to determine exactly because several people do not see a doctor, more and more medicine that relieves allergic symptoms is available without prescription in pharmacies. (The amount of money spent on this is around billions!) Estimated number of the sick is 30-40%. The importance of allergies can not be valued referring just to the individual because it has much more significance beyond itself. Health damage influences your whole lifestyle through torturing symptoms and lack of sleep resulting from this, significant reduction in performance, increased taking medicine and so on. The following consequence means a bigger problem than this and it has an effect on the whole family's quality of life (chronic fatigue, sleep disorders, eating restrictions, free time management) and ripples to the work place, thus in the projection of the above it has an influence on economic sphere. Research in treatment of allergies mobilizes great forces in the rate of the issue's extent. In the terms of allergies medicine laid down those principia that are served as basis on medicinal, mostly symptomatic treatment in these days.

DEFINITION OF ALLERGIES

At the current state of medicine, allergies are based on altered reaction of the immune system that emerges against environmental substances and results in specific hypersensitive immune response. Actually, these substances are harmless and they do not threaten the existence of human organism. Hypersensitive immune response means eager protection is created against an allergy-causing substance such as pollens, animal furs, mite droppings, different chemicals, nutriments and so on. A generalized type of allergies, anaphylactic shock also can be induced experimentally if a foreign protein gets repeatedly into a certain organism.

Allergy-causing substance is called *antigen or allergen*, substance that is produced against it is called *antibody*. Antigen – antibody “meeting” happens in allergic reactions. As a consequence of this reaction, immensely complicated cellular biochemical processes occur that set release and production of antiphlogistic substances in all cases. They cause characteristic symptoms of allergies. Allergies can be triggered in any organ but mostly respiratory tracts, skin and digestive system are touched upon.

Numerous factors of allergic inflammation are examined and the most cellular biological and biochemical factors are known currently, nevertheless certain issues are unexplained.

“Unfortunately, it can not be expected that soon each aspects of allergic diseases are been succeeded to clear them.” (Dr. Lajos Kosa, Dr. Laszlo Borzsonyi: Allergies these days)

Allergic reactions can be expressed in the following variations:

- a = antigen (allergen, allergy-causing substance)
- b = antibody (protect us against foreign substances)
- c = allergic reaction triggered by antigen - antibody encounter
- () = meaning: no reaction

Variations:

- a + () = () in this case there is no allergy (non-allergic people)
- a + b = c, allergy is triggered (allergic people)

Some phenomena need clarification in the field of allergies

a + b = (). Everything is available for triggering allergic reaction, it still does not happen. This can be experienced after acupuncture, homeomoxa treatment (a new method by the author) or taking homeopathic remedies. In these cases general status of the organism is improved.

a + () = c. It occurs that the presence of antibodies can not be manifested, nevertheless allergic reaction happens. In such a case it is likely that as the presence of antibodies is not able to proved, there is no antibody or it is produced against a different antigen that is not the subject of the research.

() + b = c. Without the presence of allergy-causing substances, allergic reaction happens merely by perceiving the image of a certain allergen. Information on mental, imaginal level, even through feelings as well, means these qualities are related to immune cells.

() + () = c. There is no allergen nor is antibody, yet, in hypnosis such a symptom can be created that is equivalent with allergic reaction in its appearance.

(a1) + (b) = c. Under this circumstance antibody (b) formed by allergy-causing substance (a) can link to another substance as well because of the similar structure. Originally in this case protection formed against another substance is present. Determinant groups (see below) of two allergens are similar. This phenomenon is called cross allergy.

New theory is needed

A new theory is needed so that several unknown factors in allergies could become expounded. The presence of allergic symptoms is preceded by sensitization (getting sensitive). Its analysis takes us closer to form a wider, more comprehensive approach in allergies.

SENSIBILIZATION

This is the *first step* in forming protection against environmental or foreign substances while immune system sets off specific antibody (IgE) production against certain substance(s) (antigens, allergens). [Specificity means antibodies are become specialized in the given allergen (as a key with the lock).] In this first phase symptoms can not be perceived – they emerge only when organism encounters an allergen. From this occasion every time if antigens get into the organism, they react with antibodies expressing allergic reaction.

What makes immune system create this excessive protection against seemingly harmless substances in some people? This key issue rests in sensitization. If you can give an answer why some people are sensitized by seemingly harmless substances you will get closer to causal treatments of allergies. The main obstacle in clarification this issue is that sensitization phase is hard to examine because until the next allergen impact no symptom indicates its existence. The most recent specialist books do not deal with this field in details – beyond establishing the fact of sensitization – , they just focus on analysis of existing, emerged allergic symptoms and further on those cytological and biochemical happenings are analyzed that proceed in an allergic organism. Facts that would refer to the “underlying phase” of these occurrences are poor thus they can not give an answer why sensitization is produced in the given organism.

The answer needs an enumeration of obvious evidences and thus analyzing, logical reasoning can take steps on theoretical level for responding to this issue. In addition, you have to deal with non-obvious factors, namely they are not organized on physical level but their manifestations result in exactly measurable occurrences in the body. Allergies falling under psychosomatic diseases refer to this as well. These factors need greater importance because there you can find the answer to those even non-cleared up, “blank spots”.

Allergy development placing into a different context can be approached with raising new issues and responding to them. We have to start from the fact that practicability and striving for balance come across in the function of the organism at all time. This is also manifested in the response of external effect and it finds expression in the definition of homeostasis. Definition according to a dictionary of foreign words and phrases is: "Homeostasis is the tendency of an organism to adapt changing external and internal conditions ensuring a relative biological stability for itself."

Immune system makes a mistake?

Immune system is also responsible for assuring this relative stability that manifests in organism protection against every, harmful impacts (bacteria, fungi, virus, toxins, other poisonous substances). Human existence, survival is ensured by decisions of immune cells. Can it be imagined that these cells that are responsible for eliminating every harmful agents to people make a mistake? If they made a mistake human existence would be shaken to its bases: it would be such a failure entailing consequences that are difficult to foresee and questioning human survival. There is no unnecessary function in human organism. Every process has a goal!

By the terms of practicability immune system protects organism against the given harmful impacts at all times, it is responsible for eliminating them. According to the above we may wonder if immune system actually makes a mistake when it begins saving the given organism intensely against e.g. pollens or different, seemingly harmless substances, or a real factor does exist that is present and points to the reason of allergies. In Fornet-Kesztyus's book called Allergies it is said: "In infection organism comes under numerous different allergens of the penetrated pathogens' influence. Antibody can be produced against each of those, thus organism can be sensibilized."

Antibodies in the centre

In the theory of allergies it makes sense putting the main point from allergens to antibodies where manifestation of pathogens is not concerned. From this aspect: "The basis of allergic reaction readiness always will be primarily that if there are antibodies in enough quantity and in due place respectively in the questionable organism or not." (Fornet-Kesztyus: Allergies) Therefore emphasis is not put on allergens (e.g. pollens)! Consequently this approach points at why not every person reacts with allergic reaction to a certain pollen. If ragweed was harmful to human organism, protection would be worked out against it in every human. This also points to the fact that problem is not related to pollen but the organism which develops protection against pollen. If we examine allergic reaction from this aspect we would come to the consequence that actually antigens are not the pathogenic factor but the process of uniting antibody created by its effect is pathogenic. Thus attention is directed to an action inducing antibody production therefore it is directed to protection development and not to allergen penetrating or presence.

If there is no antibody then the presence of pollen or different allergen is in vain, in scientific sense there is no allergy. (For example some people produce antibodies against ragweed (they are allergic) while others do not produce. Ragweed is indifferent for their organism, immune system.)

Why does sensibilization happen with some people and not with others?

If you set out from the fact that not everybody becomes sensible then it is obvious there are certain factors inducing this occurrence. Theoretically the same helps sensibilization development as it increases antibody production in the organism.

CAUSES OF ANTIBODY PRODUCTION IN ORGANISM – DIRECT FACTORS

Vegetative nervous system

The condition of healthy life functions is the existence of the balance between sympathetic and parasympathetic nervous system. Balance shift manifesting in parasympathetic dominance is a good condition for antibody formation. It also refers to the importance of this factor presence that after paralysis of vagus (a cranial nerve responsible for parasympathetic innervation) anaphylactic shock (allergic reaction through experimental way) could not have been triggered on experimental animals.

The intensity of antibody production significantly depends on the parasympathetic tone when antibody-production triggering antigen gets into the organism.

A part of allergic patients shows vegetative instability and among them a lot of people are even influenced by rather parasympathetic (vagal) tone in the seizure-free period. During existing allergies it is also observable: in the case of e.g. asthma to stop a seizure sympathetic tone increasing adrenaline and to a lesser extent vagus (parasympathetic) tone decreasing atropine worked well.

K/Ca-quotient

It is equal with around value $20/10 = 2$ in healthy people while it increases to value 2,3–2,4 in allergic bodies. This growth accompanies increasing parasympathetic tone.

Chronic stress

In the organism it causes such a condition making nervous system remove from its balance position. Getting dominant of parasympathetic tone could be the result of exhaustion after increased sympathetic excitement. In addition, the effect of chronic stress is must be examined concern to digestive system playing a primary role in allergy development.

Approximately 70% of immune apparatus locates on the area of digestive tractus. Thus it perceives directly information of occurrences that passes here. Sympathetic excitement triggered in stressed condition remarkably influences the function of organs belonged here. In this case nutrient- and energy-insuring blood takes a direction to different areas (heart, muscles, brain, etc.). Digestive systemic hypofunction with sympathetic excitement – especially in case of chronic stress - may result in damage of intestinal mucous membrane. At this point its permeability is transformed and it helps macromolecules may get into the circulation that promotes sensibilization, relapse of existing allergies as well. (Ulcers in digestive tractus are connected with chronic stressed condition.)

The meaning of seeming contradiction looks paradox that tries to approach exclusively the role of these two vegetative nervous systemic (sympathetic and parasympathetic) dominances in regard of sensibilization and allergies. This seeming contradiction can be loosened if you consider there is so much, million-sized information flow at the same time in the organism resulting an occurrence in a certain moment. This can not be made models in regard of every component separated under experimental conditions. On the other hand, these two functions of vegetative nervous system are also able to manifest in an inverse way, e.g. the case of capillaries in skin as it is an empirical fact that while one turns pale if she/he is excited, quite the contrary the other turns red.

Central nervous system

“There are several experimental facts to be said for such influences can be come across through central nervous system that increase seizure disposition in allergic people even until the outburst as well but on another occasion they decrease it significantly. Moreover,

sensibilization also could be related occasionally to psychic, respectively central nervous system excitement.” (Fornet-Kesztyus: Allergies)

Central nervous system (cortical functions) also plays directly and indirectly a meaningful role in body happenings because it affects on vegetative nervous system.

Hormone balance

Hormonal imbalance and hormonal effects take part in sensibilization, allergy development and the process of getting better or worse in existing allergic condition. These effects come across e.g. in adolescence, critical age and pregnancy.

Psychoneuroimmunology examines in detail these related systems in body.

Stasis

Lumen of capillaries also makes a favourable influence on increase of antibody development. Increased permeability of capillary walls plays a role in it as well. This status is mostly caused by passive, poor lifestyle in movements.

Atmospheric changes

Their effects on capillary system exert an influence on antibody development. In this case a change in proportion of positive and negative ions even has an important part as well. Medical meteorology deals with these influences of weather fronts.

Acidosis

Allergic disposition is increased in acidosis. (Shock in animals that were made acidotic was fiercer than in normal animals, making them alkaline the intensity of shock is reducible.) The shift to alkaline in the blood ph of allergic patients may defend against seizure development in a certain sense. (Allergen-antibody reaction has to reach a higher threshold limit value to trigger a seizer.)

Alimentation

Unbalanced alimentation is linked here. Antibody development may increase in consequence of acid-base imbalance in the organism, especially if consuming acidified nourishment is exaggerated. Eating habits in developed societies are clearly in such a direction. Food with sugar, cereals, meat is all of acidic nature. People consume few vegetable and little fruit effecting to the direction of alkalinity.

Decreased hydrochloric acid content in stomach

It is an important factor: as it may not digest properly getting-in proteins thus they get into the small intestines keeping antigenicity. Their absorptions can promote increase of antibody development and accomplishment of sensibilization.

Inflammation in intestines

They also make such substances possible to get into the circulation inducing antibody development and bringing about sensibilization. The common feature in the above factors is the fact that organism loses its balance called homeostasis and different correcting mechanisms start up to re-establish it. (Antibody producing) immune cells evolve redoubled protection for the frailer organism.

Parasites

Their presence is a factor of high priority! It is proved by experiments that the presence of parasites intensifies antibody production! “For a determined antigen specific IgE can be

induced in high of titers if antigen is experimentally injected into the animal with parasites, e.g. kind of *Ascaris* species. (...) Almost every parasite induces high level of specific IgE and increases serum IgE-level.” (Medical Science, Scientific American Medicine)

Parasites may sensibilize, they also enhance antibody production in respect of other antigens. “Enteral sensibilization is found in related to parasites in intestines. (Secretions and metabolic products of *Taenia*, *Ascaris*, *Oxyuris*, *Trichuris* can be allergens.)” (Fornet-Kesztyus: Allergies)

A NEW THEORY OF ALLERGIES

Digestive system may be regarded as the area of allergic sensibilization. Clinical experiences also confirm that the roots of allergies are sought in digestive tractus.

The role of pollens is just secondary: the real enemy – immune system creates protection against it - can be parasites. The basis of a new allergy theory: in the background of all allergies there is a real enemy, organism is have to be protected against it. Cross allergy is an occurrence that turns the matter of allergies to protection against seemingly harmless substances. According to the new theory parasites (their eggs) or antibodies formed against its metabolic product, called IgE-antibody, react against pollens if cross allergy is developed.

In every case a real enemy is present that may provide the base of antibody formation. Yet, allergies are not emerged in every person who is contaminated by parasites. If organism is in a good general condition then cross allergy is not produced against pollens. *Cross allergy* in practice is observable in many cases. If allergic reactions are emerged relating to pollens that person consuming certain nutriments may produce hay-fever or digestive systemic symptoms. If organism is heavily burdened cross allergic symptoms are developed to more and more nutriments.

POLLEN-FOOD CROSS ALLERGY

Potential types:

Birch tree pollen: apple, pear, cherry, peach, apricot, plum, kiwi, peanut, almond, celery, carrot, potato

Grass pollen: melon, watermelon, potato, orange, tomato, parsley, peanut

Ragweed pollen: watermelon, banana, zucchini, cucumber

Mugwort pollen: celery, carrot, sunflower seed, honey

The essence of cross allergy

Cross sensibilization means a certain patient in his life has already met such a chemical substance that in its molecule it contains the same determinant group as the allergen in question. After got over fungal infections allergic reaction also can be produced at the first adoption of penicillin.

Determinant groups are compounds of similar chemical that induce equal antibody production. The specificity of formed antibodies is determined by not the whole antigen molecule but only certain roots called determinant groups.

“It is a fact that allergens with different structures behave identically could be explained by that certain parts of the molecule in its ability in allergen (antigen) specific antibody production play a role in mainly different importance. Some parts of molecules determine specificity. They are called antigen determinants or determinant groups.” (Fornet-Kesztyus: Allergies)

Cross allergy can be emerged among biological species that are different from each other if there is equality or considerable similarity in their determinant groups. “Though specificity of antigens is much bigger than it is experienced in different biological fields but it is not still boundless and sometimes antigens that are very far taxonomically and in origins from each other can react in a kind of degree of relation if structure of their determinant groups is similar or differs just in an insignificant extent.” (Fornet-Kesztyus: Allergies) This also happens in such cases if settlement of amino-acids in determinant groups is similar. Proteins in the cytoplasm of pollens or on its surface as well as substances and eggs of parasites may contain similar determinant groups, cross allergy develops through it. It turns out if similarity is examined in determinant groups of parasite substances or egg proteins and pollen proteins.

The peaceful part

Is it likely that in cross allergy one “part” is peaceful, I mean, it does not cause any intense allergic reaction but its pair does? It is discovered that in case of ragweed allergy not everyone is sensible to watermelon in spite of the fact that the fruit contains the certain determinant group. Therefore if it goes like this then there is a possibility that among antigens containing equal determinant groups only one of them is manifested in an allergic reaction, the other one does not take a part in this occurrence. This makes it clear that real enemy – e.g. a parasite – does not cause allergic reaction, nevertheless pollen containing with it an equal determinant molecule do.

Immune system actually takes up the fight with enemies damaging the organism at all times. Therefore in this context maybe we should think about a disease entity, allergy in a different way: *it is advisable to consider allergies as irritations of defence against harmful pathogens (substances) to the organism that in case of allergies they spread over substances with similar determinant groups in the appearance of cross allergy.* “It is not to be questioned that allergic processes can cause serious diseases, even death sometimes. Yet, in spite of this, a question is risen: in some cases do not they mean protection for the organism? Are they harmful at all times or can the disadvantages be qualified as undesirable side effects of the immune mechanism? (...) In infection the organism becomes under the influence of numerous different allergens of getting-in pathogens. Among them antibody can be produced against all of them and thus it sensibilates the organism.” (Fornet- Kesztyus: Allergies)

FURTHER CONNECTIONS IN RELATIONS OF ALLERGIES AND PARASITE CONTAMINATION

Parasites

Definition: helminthes, parasitic animals, vermin. They are parasitic, characteristic of using one or more hosts to form their biotopes and depriving the given creatures of necessary nutriments for them. During their development most of them go through complicated life cycles, turn up in more hosts (vertebrate animals, snails, fish) while they move in their permanent “home”.

Classification:

- *Flatworms* : tapeworms, blights etc.
- *nematode worms*: stomach-worms (Ascaris, Oxyuris) etc.
- *spiny-headed worms*

Parasite contamination is very widespread all over the world. “A third of humanity, 2 billion people are infected by one or more worm species, those larvas get into the organism through skin or by contaminated food, potable water.” (WHO 2002) Parasite contamination is not only high in underdeveloped countries with inadequate hygiene circumstances but in developed societies as well. Presence of parasites is entirely symptom-free in approximately 60% of the cases, mostly it does not cause serious symptoms in the other cases. Parasite eggs

can easily get into the human from the favourite pets through either inhaled air or contaminated hands. Self infection is also possible. Besides hand washing, shortcut nails play a role in its prevention. You can be infected even through fruit and vegetables washed without proper care, contaminated with soil.

In Hungary most of the pets (dogs and cats) are infected by parasites. 20% of the population is concerned by the infection spread over humans (e.g. *Toxocara canis*, *Toxocara mistax*). About one quarter of the humanity is infected by stomach worms (*Ascaris*). This is frequently encountered in Hungary as well, many times it is symptom-free, thus it remains unnoticed at most of the time. Thread worm (*Enterobius vermicularis*) is found all over the world but mostly in temperate zones. Estimated number of infected people is 500 million. Infection happens through excrement and inhaled air. Among both adults and children there are several symptom-free mediums.

Parasite – pollen cross allergy

According to the above facts parasite contamination in humans is significant. Nevertheless, this issue is not in searchlight. Besides the theory of parasite – pollen cross allergy other damages can even catch the organism in the presence of parasites that have a role in becoming allergic conforming to different mechanism. In terms of allergies those parasites are primarily in question that affect digestive and respiratory system. Such as stomach worms.

Fully developed parasites can induce enteritis by their metabolic products, as for the larvae, they begin their roamings in a body by piercing intestinal wall. Therefore intestinal wall also suffers many times resulting in changing its permeability thus such macromolecules get in the circulation which are considered as allergens by the immune system. This also can be a cause of sensibilisation.

According to studies of an American researcher named Dr. Hulda Regehr Clark Ph.D.N.D., 100% *Ascaris*-infection was found among asthmatics. *Ascaris*-larvae in intestines get into the pulmonary in the course of their regular roamings in the body then later they settle down in the intestines, remain there in their whole, ripe forms. Eggs evacuating with excrement reinfect. They lose their lives in the intestines after a while, this is why there is no symptom. Eosinophilia refers to their presence.

In respect of pollen allergy antigen can be a worm egg or a parasite metabolic product that is perceived as an enemy by the immune system, pollen is just similar to it. Antibody formed against parasites reacts with pollens. Referring to eggs this can be explained that parasite eggs evade the vigilance of immune cells for certain reasons. It is likely that antibody formed against them can not react with the egg because when enough quantity of antibodies are produced, by that time eggs change their antigenities, sometimes just by stepping into a new developmental phase. Consequently produced antibody reacts with a different antigen containing a similar determinant group, that can be the pollen just present by chance.

The changes of parasites can also play a role in it. Environmental damages have an effect on every species of the world: such a change has produced in them that also led to a quick change of their antigenity. Therefore antibodies produced against them confront even a changed structure. “This clue does not even fit into this lock.” Consequently allergic reaction happens with pollens. There is more toxin in an organism being in bad condition that is registered by parasites and this makes them increased protection. This reaction can be manifested that they are able to induce even faster changes in themselves in a poisonous medium. If the condition of the organism gets better toxins decrease in the body: protecting mechanism of the parasites happens to fade, by this means antibodies produced against them are able to destroy them, they are immobilized, thus allergic reactions moderate, they can

even be over. (There is an experience related to this if organism is detoxicated, allergies moderate or even pass.)

In parasite contamination every IgE is increased. If this can not immobilize in vitro (in body) it seeks an antigen with similar determinant group, if it joins this antibodies in the body are immobilized.

Eosinophilia

Eosinophilic reaction is the typical feature of an allergic organism, besides this their numbers are increased in some parasite contaminations! A typical laboratory finding of allergy is increase of eosinophil leukocytes (Eo) in blood. They even appear in the previous phase, in the development of sensibilization. Normally there is 1-4% Eo-cell in circulating blood, nevertheless in allergic diseases it can reach 40% - in case of major eczema and urticaria. Direct parasite killing eosinophil cells are not been able to reveal in blood in every allergic case, generally just in 50-55% of the cases. However they can be found in large numbers in the place of allergic reaction, in tissues or in secretion (bronchus-, nasal secretion, mucous membrane of intestinal wall).

Eosinophilia was observed after parenteral protein-, or oil injection, as well during absorption of haematomas, exudates, existence of necrosis and malignus tumour. Eosinophilia can caused even by rgt-radiation and besides the recited above this refers to that protein decomposition products can have a role in development of some eosinophilia (metabolic products of parasites). In addition to parasite diseases eosinophilia can caused by certain skin diseases, some infectious illness, periarteritis nodoza, Loeffler-syndroma, etc. in which allergic mechanism is supposed.

Apart from allergies eosinophilia is generally considered as a vagotonic sign. In becoming parasympathetic dominance eosinophilia is perceived. It could be produced if you stimulated vagus with current and it is observable in case of its inflammation, tumidity. Eosinophilia happens familiarly (its cause is unknown). Occasionally Eo is produced during active immunization and it is found in case of lien extirpation. Analyzing these diseases it is observable that the organism is in need of protection against a real pernicious influence in each situation and this condition can be related to presence of eosinophil cells.

In case of desensibilization treatment eosinophilia is advised to examine, its increase means you have to decrease the quantity of ingested antigen. If we analyze diseases related to eosinophilia in details (see specialist books) then it is found there are relatively few disease in connection with eosinophilia. Thus it seems even more reasonable that attention should turn to the correlation between parasite infection and allergies.

Correlation between allergy development and parasites are supported as follows:

- IgE production is increased in the presence of certain parasites and in case of allergies.
- Eosinophilia: shows an increase in both parasite contamination and allergies.
- Parasite eggs are similar in shape, look and size to pollens.
- Both concern of digestive system (primary place in allergy development) as well localization of respiratory system are valid to parasites and allergies.
- Parasite contamination and incidence of allergies are of globalized size.

CAUSES OF ANTIBODY PRODUCTION IN ORGANISM – INDIRECT FACTORS

In addition to real enemies indirect factors make immune system develop a comprehensive protection, allergy. Parasites have been present in the history of humanity so far, except environmental damages that cause burdens of human organism with toxins. These factors damaging people in developed societies play a role in development of allergies, it

harmonizes with the fact that the more and more growing increase in the number of allergic people concerning exactly these fields as well.

Indirect factors affecting general condition of the organism in somatic field

Not only direct (parasite contamination) and increased antibody-producer other factors (the specified above) but indirect factors are also responsible for sensibilization – they even increase the intensity of existing allergic symptoms as well.

Toxins: Nutrient, air and water pollution. They indicate the biggest rate in the burdens of the organism. Beside they burden human organism remarkably: nourishment not based on biological needs: quantity, quality, exceed coffee and alcohol consuming, smoking, drugs etc.

Lack of exercise.

Electrosmog: electromagnetic radiation (computer, television, other electronic appliances).

Air conditioner systems: cold, powerful, continually present air flow, spreading of bacteria and other pathogens in the air.

Microwave oven: destroy the molecules of the nutrient, direct radiation.

Powerful UV radiation.

Effects of harmful ground radiation for a long time: bed, place of working and so on.

These factors give allergy development a preference. On the whole, human adaptive skills can be gone beyond by concentrated harmful impressions where people live.

Natural therapies

They are focused on eliminating and neutralizing harmful factors influencing the organism.

What can they be?

- Detoxication, numerous methods for disacidify
- Treatments against Candida
- Antinucleation
- Treatment with ortomolecula medicina (missing trace elements, mineral substances, essential amino-acids, vitamin substitution)
- Antioxidants
- According to blood group, vegetarian, macrobiotic, etc. nourishment
- Fast
- Breathing and movement therapies etc.

Applying these methods organism gets into a better state, conditions of its function improve. It is empirical that these methods are effective to a certain degree, decrease allergic reactions or the number of those substances is lessened that caused allergic reactions up till now. It happens they can also assure symptomlessness, moreover recovery is likely.

Further alternative therapies can be:

- **Acupuncture:** It has a prominent importance among natural therapies. Acupuncture mobilizes the energetic system of the organism to restore balance.
- **Homeomoxa-treatment:** This is an invention of the author. Homeomoxa-treatment is an energy input, desensibilization also occurs simultaneously (immune treatment). It is a method mixing natural healings of East and West. Entire recovery is reachable with this treatment.
- **Homeopathy:** It increases self-care ability of the organism. If constitutional homeopathy drug is given even recovery can come true.

Psychic and mental factors

Allergic person's general physical condition and state of mind have a great importance. *The worse condition of the organism the more powerful protection is formed by the immune system in the interest of the individual's protection.* This can be connected to the fact that it evolves protection against more and more substances (poliallergies).

Besides the above there are even some factors in what people nowadays are different from people who lived in 100-200 or before when allergic person was as rare as a blue

diamond. At that time pollens, parasites were found likewise in the environment of humans. The role of mental processes is strongly effective in regard of allergies that justifies its belonging to psychosomatic diseases.

Human completeness, mutual influence and inseparability of soul, mind and body demand to deal with this issue with its proper weighted deviation if we want to help allergic people to recover. If it is not considered we cure only the disease and the result is very limited. Unfortunately, in general practice the medication of allergic people rarely comes to psychotherapy.

All of the next in the list is described that they are not present on the material level, tangible shape but their effects in body are expressed even then in physical level. Such factors:

- Chronic stress
- Conditions of fear
- Negative thinking
- Trauma, burdens

You have to look for deeper reasons in your own inner world as well. Now let's bring such a phenomenon into focus that had been present before as well but nowadays it has filled up with different contents! Stress is like this what is able to exert an influence on immune cells' activity and immensely burdens the organism of people living nowadays. Stress comes from fear.

Fear

Fear that can induce stress condition is extensively spread in most of the people. It has turned into chronic fear which maintains chronic stress. Its expression, effect is different from fear, acute stress condition of people who had lived in the old times. A long time ago even going back to prehistoric age, people were overwhelmingly scared of real things (wild animals, phenomena of nature, enemies and so on).

Acute stress was life-saving, it had insured the individual's survival. Nowadays chronic stress has emerged as the result of anxiety and fear condition. For example: Will this money be enough? Will it arrive there in time? Will I be appointed? Will I get this job? Am I able to live up to the expectations? Will I be healthy later? The subject of fear is not concretized every time presumably because of the many-sided stress, it just settles down in your mind. If it is more serious she/he considers a harmless situation to be dangerous (e.g. in panic disorder).

The bases of these every day expressed fears are mostly existential. In highly developed societies a person is successful if he/she can perform. The performance-oriented attitude permeates into the children through breast-milk. (It can be conditioned by the mother's thought: How long do I have to breast-feed? How will my breast look like? What will become of my career?) In the recent past decades several people took their infants to a day care (they are adults in these days), the fear of losing mom was nestled in their minds. Parental expectations and requirements of teachers in school set on equal measures but not everyone is able to come up to them then, at that certain age. (Afterwards that person can attend a university – which holds out promises of a better living – who performs more prominent than her/his mates.) This process goes on at the workplace that is the term of a promotion. A sphere of thought can emerge of the above: Will I be successful, am I able to do it? Anxiety and fear is present in everyday life.

Immune cells are able to register messengers of neurotransmitters that are produced by thoughts, emotions, through their receptors and are able to work according to it. Immune system makes preparations for more comprehensive and more redoubled protection under the influence of fear that is induced by chronic stress condition. Fear of an allergy-causing substance can be classified into this category. Threatening fear on just thought level has such

an effect on somatic functions as if producing occurrence happened in reality, at that time. Consequently they are equivalent in their effects to presently existing occurrences causing anxiety! This comes to be manifested if allergic reaction is triggered without the presence of the allergy-causing substance, merely just by sighting the allergen. It is a known fact that an allergic person can produce asthmatic attack even if there is absolutely no present of the allergy-causing substance (e.g. cat fur). It is enough just to catch sight of a cat picture or in case of ragweed allergy to notice an image of a plant.

Therefore symbolical information induces real protection that directs against supposed enemy. Nevertheless, this enemy is not present in reality, only its image represented by thoughts that becomes the subject of fear in mind. This phenomenon highlights the most that mental, emotional effects - what are not "touchable" on the material level - how powerfully influence on the development of allergic reaction.

Increased stress is more powerful among people who live in a city and in proportion to the number of allergic people is higher in the city than in the country. Actually harmful factors indicate more and more correlation with each other (for example stronger air pollution.) Thus complex harmful effect comes across in allergies. More area is got damaged in the organism the more powerful protection is developed by the immune system to induce biological homeostasis in the interest of the certain human existence. If you have more than one allergy that means your immune system switched over to increased activity to protect the organism.

If anger, fury, being offended and emotions like these are induced in the effect of thoughts then they are mental poisons. These emotional conditions hurt the individual inwardly. In the organism harmful functions are evolved by calling negative thinking, negative emotions. In such cases it could be claimed that immune cells protect us against ourselves.

The following two statements seem like a contradiction.

First statement: immune cells defend against a real enemy, they do not make a mistake. For example, a given parasite is responsible for sensibilization.

Second statement: if a thought triggers the protection.

But this is just a seeming contradiction because thoughts infected with emotions are considered as real enemies because stress, fears trigger real physiological changes, damages in organs, in the whole organism. This can be shadowed from the simplest physical examination to the complicated, instrumental examinations. Therefore it is completely indifferent for the immune cells if the fear trigger happens in reality presently or "just" in mind level. In both cases they sound the alarm and take a defensive point of view, moreover protection could be irradiated and it could spread to more substance in appearance of cross allergy. Immune cells are the most sensitive cells in the organism which perceive, interpret every happenings with their signal receiving systems and they act in compliance with it in the proper way.

There are connecting points in the system of rational, seeming irrational and further occurrences. Because of the wide penetrability among them immunological happenings become explainable that enlighten those aspects in allergies what need clarification. If stress, being threatened, being "poisoned", physiological occurrences of increased antibody production or other reason for protection come to an end then this reaction is repressed. This is why allergies can rarely disappear or even spontaneously. This can be usually observed in the case of fruit- and vegetable allergies that are triggered through cross allergy.

HOMEOMOXIA

People look for the ways of recovery. If it had not happened so far then in another way, dealing with this topic is required to be widened to the roots. Several harmful effects affecting a person's self urge immune system to expand protection against real, presently harmful pathogenic widely. The more various this harmful effect is, the more energetic immune system works to protect the organism and the more powerful the allergic reaction is and the more effects it causes. The harmful factor affecting one's self is present on the level of body, spirit and mind in every allergy.

Burdens on body level are caused by pathogens and toxics getting into the organism. These harmful effects get into the organism through air, food and water. Mental burdens fall on the invisible part of self but mental impacts become expressed in the physical body with a much stronger power than affecting body directly. (For example it can trigger allergies from one minute to the next one.)

As for spiritual sphere it exerts an influence on bodily functions, this occurrence is directed by thoughts from the invisible sphere. Thoughts if they are positive do human self good: in such a case general state of health is good and positive things happen in the physical world. There is no allergy or existing allergic symptoms reduce. If thoughts are negative, gloomy the whole organism becomes downcast, defective and hypofunctioned. In life under these circumstances unpleasant happenings are experienced that repeatedly come to pass and allergic symptoms increase. The condition of an allergic person to recover is to improve essential conditions in every domain of the self in the unity of body, spirit and mind. Products cleaning the organism and its better activity are recommended for allergic people, most of them improve their states. Homeomoxia treatment unifying natural healing power of East and West can trigger a profound change. (Its efficiency was proved with support of Soros Foundation in Hungary.)

CONCLUSION

Parasite contamination that is all around the world doesn't trigger allergies in each case. Allergy development emerges from interactions of the above factors that all of them encourage immune system to evolve the given person's protection. The more factors are present of the highlighted ones and the more powerful the effects are, the more likelier allergies develop. It also explains the development of poliallergies.

People are very different from each other in toxins in their bodies, bad habits, parasite contamination, fear conditions and states of mind and so on. They think in a different way thus in their reactions to difficulties or challenges in life some people react with less fear, stress, while others are able to develop their spiritual peace in hard situations as well. Some of them are able to call out of themselves a quality of love that creates a condition without fear, complete physical-spiritual harmony, health.

The above is a succession of replies to questions of an investigating mind that considers allergic people in holistic completeness (unity of body-mind-spirit), system of interconnections concerning quantum physical domains.

Occurrences proceeding in the organism, mostly known – scientifically supported – bring to connection with each other, set them in a different perspective, arrange in groups particularly resulted in a new theory. So far there have been no clinical proofs to justify the new theory of allergies but hopefully they make us think and research more.

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PROFESSIONAL CURRICULUM VITAE

1965 – She graduated in the Medical University of Debrecen.

1969 – She took a special higher examination in ophthalmology. Beside she was a medical factory consultant as well in Győr, Balatonfüzfő, and Budapest.

Fields of postgraduation: mental hygiene, schools of psychotherapy, trainings of personality improvement, acupuncture, Chinese medical science, homeopathy, parapsychology, spiritual therapy.

1994 – She invented homeomoxa that is a unique method in treating allergies.

1997 – She obtained a scholarship of Soros Foundation for proving efficiency of homeomoxa treatment.

2002 – An article was published in Komplementär Medicina (volume VI / issue 4):

Homeomoxa, a new method for treating allergic hay-fever.

2004 – Publication of her book called Several sides of allergies.

In the last 10 years there were more performances, articles, entries in radio and television. In the recent past she began researching deeper roots of allergy development. This is how the new theory of allergy development was risen.

Current main activities: she cures patients on bodily-spiritual-mental level based on traditional Chinese medical science. She leads courses in the field of positive thinking. She considers enlargement of her knowledge and its transmission on courses to other physicians as her mission in life.