



## Allergies

### Description

### Causes

Some allergies are hereditary, while others are acquired. Acquired allergies usually occur as a result of a weak immune system, which can be caused by inadequate nutrition, stress or dehydration. An allergic response occurs when a person becomes in contact with an allergen through inhalation, food or their environment.

### Symptoms

An [inflammatory response](#) is triggered by histamine production, leading to skin problems such as itchiness, rashes or eczema or breathing difficulties when a person is in contact with an allergen. Some people also experience bowel issues, anxiety and may produce an excessive amount of mucous. More extreme problems are seen in severe cases, such as fits, anaphylactic shock, a drop in blood pressure, unconsciousness or mood swings. Food allergies can even impact on hormone levels, causing mental health issues such as depression.

### BICOMÂ® Programs to be Used

There are a range of BICOMÂ® programs for the treatment of allergies so the most appropriate one to use depends on the specific type of allergy that the person has and its severity.

Allergy	Min	NÂ°/Seq.	Pag
Allergy therapy acute	4	250.4	9
Allergy therapy chronic	4	251.3	9
Food intolerance	10	977.1	33
Penicillin intolerance	5	848.0	44

### Supplements to take

Vitamin D, vitamin C, iodine

### **Other therapies**

Antihistamine medication is commonly prescribed to ease the symptoms of allergic reactions. Avoiding the allergen that a person has problems with, if possible, will prevent the unpleasantness that it causes. Conventional allergy treatment targets the symptoms, rather than the underlying cause of allergies. Drinking more water and making sure all of a person's nutritional requirements are met can go a long way to help prevent and treat allergies. Introducing a wider range of gut bacteria can assist the digestive system and the immune system, helping to prevent allergies from occurring. Vitamin C has powerful antihistamine and antioxidant properties so can be supplemented to help support the immune system and prevent allergies.

### **Experiences and case studies**

One individual who had developed an unpleasant allergic reaction to the fur of their own cats, thought that the cats would have to be re-homed.

allergy to cats Fortunately, they decided to try [bioresonance therapy](#). After just one session, the symptoms had gone completely and the whole family were delighted that they could keep the cats after all.

### **Category**

1. A-Z Therapy Guides
2. Therapy Tips

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### **Author**

davidfranklin