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What is an Allergy?

excerpted from *Say Goodbye to Illness* by Dr. Devi Nambudripad

There is no limit to the number and kinds of substances that cause allergic reactions. Any substance under the sun, including the sun itself, can cause an allergic reaction in an individual. In our highly technological age, the numbers of substances that are potentially allergenic are constantly being expanded as we learn what it truly means to “live better through chemistry.”

A substance capable of producing an allergic reaction is known as an allergen and may be different for every person. For instance, most people, but not all, are allergic to poison oak or poison ivy. For the same reason, most people find roses to be nothing more than beautiful and fragrant flowers. No matter what the substance may be, for the person in whom a substance produces an allergic reaction, that is an allergen. It is *the reaction to the substance* that earns the recognition of allergen.

Further explanation is necessary to understand the changes that actually take place in the body when an allergic manifestation occurs. An allergy is an unusual or exaggerated response to certain substances. It is believed to be a normal response that has been abnormally exaggerated.

For instance, when an inflammation of the eye occurs, it is an effort on the part of the eye to throw off some irritating substance. When the nose begins to drip and the hay fever victim sneezes, this is an effort on the part of these organs to eliminate some of the irritant (such as pollen). When giant hives occur, watery fluid becomes present in the tissues, for the purpose of washing away whatever substance is causing the trouble. When asthma occurs, the bronchial tubes contract in an effort to prevent the irritant from penetrating deeper into the lungs.

These reactions are controlled by the autonomic nervous system, which is composed of the sympathetic and

parasympathetic nerves. They control such organs as the lachrymal glands (which secrete tears), the salivary glands (which secrete saliva), the respiratory organs, the digestive system and the heart. These autonomic processes are controlled by the two systems of nerves that act antagonistically against each other. The



sympathetic nerves cause relaxation in the muscles, and the parasympathetic nerves cause muscles to contract. When the two systems are functioning properly, we are not aware of these processes. When one system overbalances the other, certain things occur in the body that make us aware of their existence.

For instance, when we are frightened or angry, the adrenal glands secrete additional adrenaline into the bloodstream, stimulating the activity of certain organs and tissues of the body. The heart works more rapidly, perspiration flows more freely and the body summons all its defense forces to ensure protection and save the body from any possible harm—preparing the body for “fight or flight.”

According to oriental medical principles, this is the state when the energy pathways displace “free flowing of energy.” Free flowing energy ensures perfect balance of the body. When the body is in perfect balance, and the sympathetic nerves are in control, allergic reactions are not possible. In fact, people who have severe allergic symptoms, such as asthma, do not have

these symptoms when they are very angry, frightened, or when sympathetic nervous system activity is heightened. It is a well-known fact that on a battlefield even chronic asthmatics have no symptoms whatsoever. With this knowledge, the basis of our modern wisdom and use of adrenaline as a drug in treating allergic patients was formed.

The parasympathetic nerves act in the opposite manner. They contract rather than relax the muscles. They also can cause relaxation of vigilance on the part of certain organs, such as the blood vessels, which become more permeable when these nerves are in control. When asthma occurs, the bronchial tubes are contracted and the air is prevented from escaping, as it should and does, in normal breathing. When giant hives occur, it is because proper control of the blood vessels has been relaxed and the blood vessels become more permeable, permitting fluid to escape into the tissues.

Illness is a warning given by the brain to the rest of the body of the organism regarding energy blockages within the energy channels of the organism. Through illness, pain, inflammation, fever, heart attacks, strokes, abnormal growths, tumors and various discomforts, the brain signals the body concerning the possible dangers if the energy blockages are allowed to continue within the channels. If the symptoms are minor, blockages are minor. If the symptoms are major, the blockages are major. Minor blockages can be unblocked easily, whereas major blockages take a long time to unblock.

The brain, through 31 pairs of spinal nerves, operates the best network of communication ever known. Energy blockages take place in a person’s body due to contact with

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Cheerfulness is the best promoter of health, and is as friendly to the mind as to the body.

Joseph Addison

adverse energy of other substances. When two adverse energies come closer, repulsion takes place. When two compatible energies get together, attraction takes place. The repulsion of energies is referred to in this book as allergy.

The repulsion of energies can take place between two living organisms for example, between two humans (father and son, doctor and patient, two siblings, a husband and wife, two friends, a person and a group, an animal and a human being, etc.). Repulsion can occur between one living organism and one non-living object (a human being and fabrics or food); one living organism and energies of different substances (chemicals, work materials, various types of radiation from television, microwave, radio, sun, etc.). It can also occur in one living organism and its actions or reactions (a man and his disturbed emotions).

When a person's energy tries to block other adverse energies at the same time, the person's energies become weaker against all other energies. The failure to overcome the attack of adverse energies causes the energy pathways of the weakened body to create blocks toward all the adverse energies around it. As a result, whenever an adverse energy comes near, the energy pathways contract and become blocked. When such a person is surrounded by numerous adverse energies all the time, his/her energy pathways remain blocked all the time. The continuous blockage of the energy pathways causes poor body function. The symptoms resulting from such blockage can be severe in intensity.

NAET (Nambudripad Allergy Elimination Technique) can unblock the blockages in the energy pathways and restart normal energy circulation through the energy channels. This will, in turn, help the brain to work and coordinate with the rest of the body to operate the body functions appropriately. When the brain is not coordinating with the vital organs, physiological functions are impaired. When the circulation in the energy pathways is restored, the vital organs resume their routine work with adequate responsibility. The brain and body together will remove any toxic build-up through the body's natural excretory mechanisms.

**Dr. Devi Nambudripad will present
"NAET-Allergy Elimination Miracle" on
April 28th at MEDICAL YOGA 2002.**

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Allergy Elimination Miracle
with
Devi Nambudripad, M.D.

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