

Eliminate Asthma and Allergies Quickly with CranioSacral Therapy and Visceral Manipulation

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There are many improved approaches to allergy elimination. Most involve nourishing the associated organs, avoidance, desensitization, and energy work. As good as they are, they often involve eating cases of supplements and having numerous treatments. There is one new approach that cuts right to the chase. It involves working directly with the immune system to stop allergies in their tracks, without drugs, surgery, supplements, or multiple sessions.

This work comes from Dr. John Upledger, DO, those team of researchers at Michigan State University proved the existence of the CranioSacral System in the late 1970s. Elegant in its simplicity, Dr. Upledger's protocol eliminates allergies by using the cranial rhythm to access the body's wisdom and healing potential. This makes it possible to determine when the allergy began, what was going on at the time, release any related emotions, issues, or beliefs lodged in the tissues, and then works directly with the thymus gland to both strengthen the immune system and dial back the immune system's reaction to the allergen. For a given allergen, this can often be achieved in an hour or two..

For example, in June 2008, a patient of mine presented with the worst allergies she'd ever had. Her whole respiratory tract was irritated; she found breathing difficult, and her voice was raspy. On examination, it became apparent that simply breathing required using the secondary breathing muscles in her neck and abdomen. As a result, with each inhalation was pulling on her head which in turn was pile-driving her cervical vertebrae into her thorax.

We began at her thoracic inlet, optimizing her thymus gland (ensuring that thymus had adequate space, blood, and energy). (This process is described in the "Curing Colds and Flu" Reading.

We asked her body if it would show us what the allergen was? (She immediately reported that she saw a dandelion.)

We asked her how long she'd been so sensitive to dandelions? (Speaking though her mouth, her body said, "Eight days.")

We asked her body to show us something from 8 days earlier that was related to the dandelion issue. (She remembered driving home from a meeting where she'd learned that her state retirement health benefits essentially expired at age 65—thereby dumping her in the Medicare briar patch with everyone else).

We asked what emotions or issues that information had engendered? (She quickly replied, "Shock, anger, and betrayal").

I asked if she willing to let go of those feelings? (She was.) Did she want to replace them with their antitheses? (She did; she chose to replace them with “calm” and “faith”.)

I asked her to go ahead and do the change-out. She went right to work. Within minutes her breathing eased.

We asked her thymus if it was able to recognize dandelion pollen? (Thymus said, “Yes.”) We asked thymus if the next time it encountered dandelion pollen it would be willing to forego the allergic response (Yes.) A follow-up call two days later indicated it had. And two years later, dandelions do not elicit an allergic response from this patient..

We finished out the session by asking thymus to send immune cells to soothe and repair any inflammation to the lungs, bronchi, and airway. We restored the visceral motility and synchronization of both lungs. We relaxed the secondary breathing apparatus in the neck and abdomen. And we helped the vagus nerve calm down the thoracic and abdominal organs and her central nervous system. When we finished, her head was no longer pile driving her cervical spine with each inhalation.

The session lasted just over an hour, start to finish.

This result was especially gratifying on two counts. At the time of the treatment, there were dandelions in full bloom and full feather right outside my office window, which was open. In other words, we were able to stop the allergic reaction in the presence of the allergen. Furthermore, two years before this incident, my patient’s husband had stopped mowing the lawn which had quickly morphed into a knee-deep dandelion meadow. In spite of nearly drowning in dandelions and their pollen, my patient has not had an allergic response to dandelions in the two years since that treatment

From my experience, this case is fairly typical. Dr. Upledger talks about a situation when he first started doing this work where a patient presented with an allergy to walnuts. On working with his patient, Dr. Upledger discovered that as a child, his patient had been sexually assaulted under a walnut tree. Once that was acknowledged and the associated issues and emotional trauma released, the patient’s walnut allergy disappeared.

It’s easy to see how a traumatic experience like a sexual assault could lead to a severe allergic reaction. But it’s important to recognize that, to the body, events are either traumatic or not—regardless of how they might appear to an observer. There really isn’t any relative scale for trauma. Furthermore, what is traumatic to a person one day may not push the same person’s buttons on another.

Whether a given experience is traumatic or not and whether it gets stored in the tissue and creates an allergic response or some other symptom depends on the psycho-emotional state of the person

at that time. Therefore, something we normally take in stride can become lodged in our tissue if we experience it on one of those days where we got out of the bed on the wrong side.

But you needn't fear looking under the hood and finding or re-experiencing some event that you'd long forgotten—assuming you are willing to let go of the associated emotion or issue. Why? Because you've already faced the event and survived. Your mind may have parked the emotional overload in your tissues at the time because either it was too much for you or you weren't in a position to deal with it—you had bigger fish to fry— survival was more important. If you are reading this today, you are probably in a much stronger position. If you are reading this, chances are you have more emotional resources, better support system, etc.. If so, you can move through that material and eliminate the allergy.

Occasionally, the above prescription isn't enough to slay the allergy dragon entirely. Not to worry. The nervous system may be stuck in an elevated alert status, commonly called fight-or-flight. This puts the immune and digestive systems on hold because survival--fleeing from the threat or beating the crap out of it--is more important than deriving the maximum benefit from your food or fighting a cold. Once again, however, advanced CranioSacral Therapy techniques make this is easy to address, often in a single session or less.

With thymus' direct access to your 100-200 billion immune cells, soothing irritated tissues, removing toxins, and replacing scarred with healthy tissue is a piece of cake. Finally, Visceral Manipulation allows us to very quickly get the whole orchestra—the lungs and all the internal organs—back in sync and playing in key.