

Cerebral Allergies

Allergy Symptoms of the Brain

We all know the typical allergy symptoms. Runny nose, watery eyes, itchy skin, sneezing, post nasal drip, all the little annoying things that scream “allergy”. We also know or have heard of the severe food allergy anaphylactic type reactions.

What most people are unaware of are the symptoms that our body gives us that do not scream “allergy”. This group of symptoms is often referred to as Cerebral or Brain Allergies.

Quite simply put, these symptoms plague us because the first line of defense has been worn out or shut down. First line symptoms are the “typical” allergy symptoms noted above. Although, the first line symptoms can be a real problem, those who suffer from Cerebral Allergies are very happy when our Immune System gets strong enough so that we are experiencing those first line symptoms.

Cerebral/Brain Allergy symptoms include but are not limited to the following: dizziness, imbalance, blurring of vision, headaches, migraines, sleepy, drowsy, groggy, slow, sluggish, dullness, depression, crying, tense, anxious, restlessness, jittery, inability to concentrate, brain fog, withdrawn, inability to function normal activities of daily living, mood swings, unexplained/unwarranted irritability.

We often hear “I had allergies as a kid but I outgrew them”. Upon further investigation what we usually find is that the allergies are not gone they have just changed from first line symptoms to cerebral symptoms. If your allergy symptoms were, for example, runny nose and itchy eyes, and these symptoms are gone, but now you are foggy and always tired, guess what, the allergies are not gone.

The way that our allergy department addresses allergies is different than your standard typical Allergist. When we test, we test one allergen at a time and we not only look at the skin reaction we look as symptoms that may be provoked. If you go to a mainstream allergist they will put 35 allergens on your arm and look for skin reactions to determine your allergy status. Just imagine that during this course of testing you get tired, foggy, a headache or any number of symptoms; there is no way that the allergist will know which of the allergens caused the symptoms.

When we test for one allergen at a time, we get a clear picture of the symptoms provoked by that allergen. Once a reaction is provoked, either skin reaction and/or provoked symptom, we then work with varying dilutions of the allergen that caused the reaction until we find a level, or dose, of the allergen that relieve the provoked reaction; this is referred to as the neutralizing dose. The neutralizing dose is the amount of the offending allergen that your body can handle without upsetting your immune system.

We treat with the neutralizing doses by using allergy drops twice weekly, given orally. This will allow you to come into contact with the offending allergens, decrease your reaction to the allergen and help protect the immune system from over reacting. Doing this gives the immune system a “break,” helps you to get the most from all the good things that you are doing to build up the immune system up; to improve you recovery.

It is important to remember that allergens are not limited to thing in your environment. Many foods that are part of your everyday diet can be contributing to the symptoms many experience. Frequently, offending allergens are in the most unlikely of places. This information touches on the most basic aspects of a complex problem. We welcome any and all questions.

Please do not hesitate to contact our office with any questions or requests for additional information.

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