

Case Histories

Very allergic 20 year old responds to specific intervention

Gender, Age, Occupation, Nationality, height and weight.

Miss J.B. is 20 yr old drama student who also performs as a singer. She lives in Somerset. She is 5ft 5 ins and weighs 8 stone 7 lbs (165 cm, 53 kg).

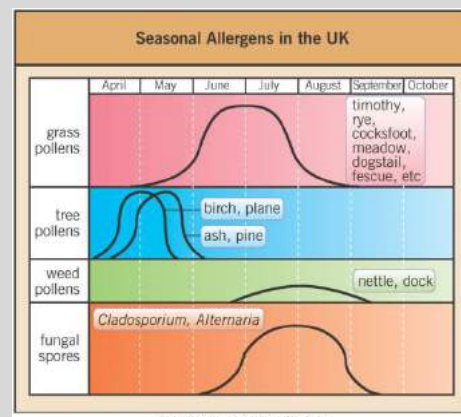
Presenting complaint – list and duration

Miss J.E. has been suffering from periodic and very uncomfortable allergic responses for most of her life. She has also been singing virtually all of her life too.

She was administered antibiotics in her first months and years of her life due to frequent infections and so on.

She has a family history of atopy, and had eczema when she was 1 years old and still does minimally on her face and hands. At 4 years of age asthma appeared at the same time as an allergy to dog dander. She then became allergic to any animal hair. At a circus once when she was 12, horses trotted into the circle and within 2 minutes, she could not breathe and had to be rushed out of the Big Top and then onto hospital. Since then she carries an epi pen with her at all times. The comment from the Drs were that if she had not reached the hospital so soon she may have died.

At 8 years old, she began to develop hayfever and has it all year round now, but worse in summer time. She also then developed a dust allergy too.



She also developed digestive symptoms at about 9 years of age, including bloating and cramps.

At 13 she ate a meal that contained nuts and she had an anaphylactic shock, and the epi pen was employed and she was taken to hospital. More drugs were administered there and again the parents were told that she was lucky to make it, in spite of the epi pen shot. She now cannot even afford to smell a nut of any kind lest she reacts. I was notified in advance of her state, and I ensured that any food I might normally eat with nuts was not even something I touched for 24 hours before the meeting, and I washed my hands very well before the consultation.

J.E.'s periods arrived late at 16 ½ years of age. The periods were not regular so she had been prescribed the pill. She had some PMT before her periods which are light.

Shortly after this she had very painful gut pains episodically, but not for any known

reason. This would appear in clusters of 2 weeks at a time. She became incapacitated when this happened and it ruled her life and her ability to undertake her degree course in drama. She found that ginger root in hot water, with honey offered some relief to the gut pain so she has this first thing.

For years J.E. has suffered from regular tonsillitis, for which she is prescribed antibiotics.

J.E. eats a relatively narrow diet and it contains some refined processed foods but she has found a way to negotiate through the world of nut-free living. She claims that even Buxton water and Evian contain ultra-trace levels of nut oils and she reacts to the, too. I cannot confirm this, and it may be something else in the water to which she reacts.

Her goals were to be free of allergies and to boost her immune system. Her immune system is reacting to many different antigens and she is also very susceptible to infections.

She had become hyper-vigilant about avoiding the negatives and found it hard to relax. She also had poor concentration which made her studies all the more demanding. Although she was fit, she told she found it harder and harder to keep up with drama work when sometimes the students would be active on stage for many hours at a time. She also could not go back stage because of the dust so she needed to enter from the front, which was awkward in performances.

She avoided wheat and dairy anyway.

Any Investigations

We conducted no tests, although salivary SIgA was an option, as was food intolerance testing.

She is a candidate for other avenues that can deal with allergies and I referred her to a Dr colleague who specialises in enzyme-potentiated desensitisation (E.P.D.) & neutralisation after a series of blood tests.

She visited this Dr and reacted so badly to the investigative tests that she could not proceed.

Strategy

The primary focus was to alter J.E.'s reactivity to the multiple antigens (hayfever, contact eczema, dust, animal dander, nuts (!), and to offer some nutritional/immunological support to her innate immunity. I also aimed at improving her digestive system health, since it may have been antibiotics which had amplified her genetic disposition to allergies.

Initially, due to her hyper-sensitivity, no dietary changes were made, and just supplements were used. We aimed to carefully test through an oral challenge each supplement before she took a full dose.

Diet & Supplements: name and dose

J.E. took samples of supplements to see if she could tolerate them. She opened the capsules up or broke tablets into small pieces before swallowing them. She tried and reacted negatively to these supplements:

S. Boulardii (AR), GI Flora (AR), Immuno-gG (BR), BioDoph-7 Plus (BR), Bio Aemulsion Forte (BR), Lactobacillus GG (AR), Lacto P, R, S (AR), Arthred powder (AR), Whey Protein Isolate (BR), Bio C Plus (BR), Quercetin 300 (AR), GastroCort II (AR), Perm a Vite (AR). She went through the process of testing these every other day for about 3 weeks or so. The reactions were not severe, and she had told me that she had been able to take

quite a number of supplements in the past, but not for the past few years when she seemed to react to anything she took.

She did not react negatively to just two supplements and these were:

OralMat (AR) & Intenzyme Forte (BR)

OralMat™

OralMat™ contains an activated extract of young rye plants (*Secale cereale*) harvested at the peak of the nutrient concentration and processed to preserve the nutrient potency. It can be taken by those with a rye (gluten) intolerance.

OralMat™ has been found beneficial by people with the following ailments:

- Asthma
- Allergies
- Hayfever
- Inhaled Chemical & Pollution Sensitivities
- Viral Infections
- Too frequent illness

- Oralmat™ is a natural, anti-viral, non-toxic non-intrusive immunomodulating product.
- Developed by a pharmaceutical company from Australia using a patented activated extract of rye.
- In a double-blind placebo controlled study at John Hunter Hospital in Newcastle, Australia, Oralmat™ was found to be supportive for healthy lung function and bronchodilation.

Active Constituents possessing immune support properties include:

- Beta-1, 3-Glucan - shown to increase phagocytic activity of white blood cell count and a variety of other immune functions.
- Matairesinol - a plant lignan
- Genistein - a phytoestrogen
- Squalene - found in oils such as shark oil and olive oil. Believed to possess properties inhibiting abnormal cell growth.
- CoQ10 - produces energy within the cell, enabling a cascade of metabolic functions. CoQ10 also possess antioxidant properties.

Studies have shown that the rye extract also acts as a modulator of blood vessels, causing vasoconstriction or dilation as needed.

OralMat™ is available in a bottle size of 0.33 fl oz (10 ml). Serving size is 3 drops. Servings per container - 100.

Adults: 3 drops under the tongue, before each meal and before bed (Total of 12 drops per day) or as directed by your practitioner.

Children (2-10 years): 1 drops under tongue, before each meal and before bed (Total of 4 drops per day) or as directed by your practitioner.

Babies (0-2 years): 1 drop per day under the tongue (Total of 1 drop per day) or as directed by your practitioner.

Intenzyme Forte (BR) is something we have referred to in Compelling Cases and on Linked In. It is a combination of animal and plant enzymes, containing trypsin and chymotrypsin as well as bromelain and papain. It is more often used as an anti-inflammatory for the musculo-skeletal system, but another its prime uses is to help digestion and thereby it may reduce the incidence of food intolerance and allergy, airborne or ingested.

Supplements to improve immune reactivity	
OralMat (AR)	1 drop under the tongue 3 times a day
Intenzyme Forte (BR)	1 with breakfast, 2 with lunch, 2 with dinner

Duration

The supplements were taken for one month, before reviewing. After the follow up, these products were continued and an additional product was tolerable. She continues with these 3 products, and has done for 3 months.

Outcome

J.E. managed to take the OralMat drops and the Intenzyme Forte with no reactions at all, and she built up to the doses recommended over 7 days.

She did not notice any changes over the first few weeks. Then she did notice that her hayfever-like symptoms of stuffiness were less, and she appeared not to react to the same level of dust as she had before. i.e. she was in the presence of some visible dust in the sunlight through the window but she did not have the same reactivity.

She felt that her digestion was better, less tender and she had less bloating.

After 4 weeks, these benefits were definitely noticeable and she had not been ill at all. Of course, she avoided known triggers with a compulsion.

I suggested she try the Immuno-gG (BR) colostrum product again (she still had most of a capsule remaining from the original trial samples) and she was now able to tolerate it. This in itself was as strong a marker that something positive was occurring as any symptom improvement.

She started Immuno-gG and slowly built up to 1 capsule twice daily over the next 2 weeks.

Supplements to improve immune reactivity	
OralMat (AR)	1 drop under the tongue 3 times a day
Intenzyme Forte (BR)	1 with breakfast, 2 with lunch, 2 with dinner
Immuno-gG (BR)	1 with breakfast, 1 with dinner

After about 3 weeks of this revised programme, J.E. noticed that her stuffiness was definitely improved in response to plant pollens and the usual triggers. She was even able to spend an hour in the garden which was previously not possible.

Her eczema was reduced, her breathing was improved – the puffers never fully worked before, but now the same dose appeared to be effective.

We had a conversation 5 weeks after she had started the Immuno-gG (AR) and she was very upbeat. On the one hand, she had made definite improvements in her general reactivity, her breathing her skin and her gut was improving too but on the other she was still obsessed with avoiding nuts which I supported her with. She had also not increased the variety in her diet at all.

I recommended she continue with the programme for another 4 weeks but this time I suggested she introduce new foods to her diet so as to increase variety. We listed 10 examples of foods that she thought she reacted to: Broccoli, watercress, lettuce, rocket, haddock, mackerel, potato, tomato, brown rice (she ate white rice), & gluten free oats.

She continued with the same supplements and experimented with introducing bite-size portions of the foods. She was expecting negative reactions, and I wondered how much this might be a contributory factor to any reactions. She was, surprisingly to herself, able to tolerate all but the lettuce and tomato.

In a brief conversation with her about her motivation to go through this laborious process, she told me that she was set on being a performer and her allergies got in the way so significantly that she could see her dream being taken away from her.

After about 4 months of this careful process and continued supplements, J.E. was certainly improved, to the extent that her friends and family all recognised that she was livelier, more with it, had better concentration and sounded less bunged up. In addition to the improvements, she also told me it was her LACK of reactivity in environments that would normally have elicited sinus congestion, poor breathing and so on that represented a huge relief to her. Whilst she kept her eyes and senses heightened to the presence of nuts (she had felt absolutely terrible when she had her attack and never ever wished to go through that again), she was able to let her guard down about other things. She did not stroke any pets, of course, but now she could walk away rather than jump out of the way.

She has increased the variety of her diet, she feels better, has more stamina and is more able to be integrated into her course and be more sociable. She continues to take the supplements. She has also not been ill once over the 4 months which is first in her living memory.

There are no doubt some next steps for her including a revisit to the E.P.D., or the use of N.A.E.T. may also be considered.

Comments

J.E. represents one of the most sensitive cases of 'allergy' I have encountered. Her high motivation to continue through the process has taught me that this is what it can take to make progress, and I feel that I am now better equipped to help other highly sensitive patients.

It would appear that this is a result of a genetic disposition combined with multiple courses of antibiotics which have entrenched allergic reactivity into J.E.'s body.

However, J.E. has made good progress over the time, but still has to be extremely wary of exposure to nuts, and she has her epi pen to hand, some 7 years after the allergic attack she experienced. Whilst this is no doubt a very useful outcome (i.e. avoiding nuts), I am aware that the sense of constant alert may not be helping her immune vigilance. Upon writing this case history, it has prompted me to review her case again, and I shall recommend some support for her on a psychological level.

She continues with the 3 supplements and it may also be possible to expand her

Practitioner

programme and derive the benefits of other supplements. So this is something else to consider embarking on to make further progress.

OralMat (AR) is one of the supplements that appear to be very effective for modulating allergy, something which is on the rise.

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