

A COMPARATIVE ANALYSIS OF ALLERGY TREATMENT METHODS

***HOW A NEW EXPERIMENTAL TREATMENT FOR PEANUT ALLERGY IN CHILDREN
RELATES TO THE ALLERGY CURE TECHNIQUE IN NLP***

by

Daniel Scott, Ph.D.

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This research paper is designed to provide information on different scientific and psychological methods for treating allergic reactions in people. It is provided with the understanding that the publisher and author(s) are not engaged in rendering legal, professional counseling service or medical recommendation. If legal, medical or other expert assistance is required, the services of a competent professional should be sought. This information is based on the Author's own research carried out to develop further understanding and clarification of methods for treating allergies. It is not the purpose of this research paper to reprint all the information that is otherwise available to the general public, but instead to complement, simplify and pass on the author's own first hand experience. You are encouraged to read all the available material about allergies and the recommended forms of treatment currently available today.

TREATMENT OF SEVERE ALLERGIES SHOULD ALWAYS BE PERFORMED UNDER THE SUPERVISION OF A LICENSED MEDICAL DOCTOR.

Every effort has been made to make this research paper as complete and accurate as possible. However, there may be mistakes and therefore this text should be used only as a general source of information, and not as the only source of input about allergies or how to effectively treat them. The purpose of this paper is to inspire you to take action towards developing your own understanding and have further information about how NLP can be used to compliment any treatment you may already be utilizing to control or alleviate allergy symptoms.

In no way are any tips, tools, techniques or advice given, or should be perceived to be given, in this paper. The information contained herein is intended to offer provide awareness of the different methods of allergy treatments being utilized in the medical and psychology fields. Many factors will be important in determining your actual results and no guarantees are made that you will achieve results similar to anyone else's, and in fact no guarantees are made that you will achieve any results from the ideas and concepts covered within this research paper.

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Neuro Linguistic Programming (NLP) has been around since the 1960's and 1970's and in all these decades it has developed endless amounts of data on human behavior and neurological programming. Out of all that information NLP professionals have developed technique after technique to effectively change the way a person's neurological system is programmed.

One of the many amazing processes that came out of the field of NLP early on was a little known strategy called the "Allergy Process" (more often referred to today as "The Allergy Cure"). It was a fairly simple process through which a Certified NLP Master Practitioner would take a client through a specific process of thoughts and feelings designed to help re-program the client's neuro-pathways in order to "unlearn" an allergic reaction to which the client had developed.

Conceptually many believe the process was based on the same principles as immunizations given to children at the time, however it is useful for people to know that -- although similar in certain aspects -- new advancements in the scientific search for a cure to peanut allergy are slightly different at the basic level of *intention*.

Having searched the internet thoroughly for news and media reports on the story, the most simple and concise explanation I found was an online post at

<http://www.impactlab.com/2009/07/19/experimental-new-treatment-for-peanut-allergy-in-children/>

The Impact Lab (www.ImpactLab.com), an online website appropriately referring to itself as a laboratory of the future human experience, posted the following article on July 19th, 2009:

["Experimental New Treatment For Peanut Allergy In Children"](#)



"New treatment for peanut allergies"

"Children suffering from potentially lethal nut allergies can now live normal lives for the first time following the success of an experimental new treatment."

Doctors at Addenbrooke's Hospital in Cambridge have developed a pioneering therapy which effectively

'retrains' the immune systems of patients who have food allergies so that they become desensitised to the food.

Trials of the technique have so far helped 20 children with severe peanut allergies overcome their life-threatening condition.

Before the treatment, many of the young patients could not touch even trace amounts of peanuts without suffering a reaction but now the researchers claim the youngsters can safely eat up to 12 peanuts a day without having any reaction.

The clinicians are now planning to carry out larger scale clinical trials of the treatment to test its effectiveness and also hope to develop the therapy to treat other dangerous allergies to foods such as milk, egg and gluten.

They hope that the treatment could eventually become a routine way of combating allergies.

Dr Pamela Ewan, a senior consultant at the department of allergy and medicine at Addenbrooke's Hospital who led the research, said: 'So far we have treated 20 patients successfully who can now safely eat up to 12 peanuts a day.

'Nuts are the most common food to cause severe, fatal or near fatal reactions. The patients have told us it has been a massive life changing experience. The mothers and the children say it has taken away a huge fear that had been looming over them.'

Dr Ewan, who led the study along with Dr Andrew Clark, another consultant in allergy at the hospital, used tiny doses of peanut flour which were given to the children every day to gradually desensitise their immune systems.

Peanut allergies are triggered by part of the immune system known as antigens that wrongly identify proteins in peanuts as a threat and cause the immune system to attack the patient's own body.

The symptoms vary in severity from a mild stomach upset and rash to anaphylactic reactions and breathing difficulties that can result in death.

The researchers found that if started giving children doses of peanut flour that were lower than the minimum amount required to trigger an allergic reaction, they could gradually increase the dose every two weeks until the youngsters could eat the equivalent of six peanuts a day.

After the four month long treatment, the children need to continue taking peanuts every day to ensure their immune system continues to be desensitised, and 20 patients, aged between 5 and 17 years old, can now eat 12 peanuts a day.

'We are essentially retraining the immune system by presenting it with a very low dose to being with and gradually increasing it,' said Dr Ewan. 'For some, they were getting reactions when they had just one 400th of a peanut.'

'We give them less than that to start with and build up from there. It is still early days as we still need to work out how long term the desensitisation is.'

She added that the treatment should not be attempted outside of a hospital research study. She said: It would certainly not be safe.

'We have to increase their dose in hospital in case they take an adverse reaction, but then after the initial increase they continue taking the dose every day at home for two weeks before it is increased again.'

Around one in 50 children in the UK suffer from nut allergies, which is generally considered to be a lifelong condition as only a small number of children outgrow it.

The impact on their lives can be profound as even shaking hands with someone who has been touching nuts can trigger a reaction.

All food is now required to show clearly on the label if it contains nuts or if it has been made in premises that might contain nuts.

Jules Payne, deputy chief executive at Allergy UK, said: 'This gives tremendous hope for food allergy sufferers. Food allergies can make life so miserable.

'We wouldn't want people to try this treatment themselves as they need to be in a clinically controlled environment.'"

NLP is based on the process of modeling one person's neuro logical strategies to teach someone else, and the allergy cure was developed using the same process.

Originally, in the early stages of modeling an allergy treatment, it was the immunologist Dr. Michael Levi who likened the reaction of an allergy to a "phobia of the immune system." Based on his many years of research demonstrating how viruses were infectious, Levi contended that, when a person develops an allergy, the immune system has in essence formed a kind of phobic reaction to that particular substance, so it begins to panic when it enters the body. The symptoms of an allergy are equivalent to the immune system throwing a sort of "tantrum" -- that is, an allergic reaction is similar to a person's immune system throwing a fit because it was not being taken care of properly, or it was getting so fatigued and tired that it was striking out against the person in the same way a child might have a tantrum.

Our bodies learn and build immune responses in the same we learn and develop emotional responses to things. Now, the simple fact that illnesses such as smallpox and polio have been virtually eliminated all over the world is a prime example of how our immune systems can be taught. So the issue in overcoming an allergy simply lies in the reeducation of the person's immune system. This overall objective is where the new peanut allergy treatment

overlaps with the NLP allergy cure -- however, the *WAY* they each work to accomplish this goal is where they differ.

Before we can examine that it's useful to more clearly understand how the NLP technique for the allergy cure compares to this experimental new treatment for peanut allergy in children it's useful to first look at where the developers got their original inspiration -- the NLP Phobia Cure process. As we pointed out, Dr. Levi referred to an allergy as a "phobia of the immune system" -- which would mean that it's logical an allergy could be treated with a phobia cure technique.

Even back in the 1960's it was already known that allergies could, like a phobia, sometimes be treated through a systemized desensitization process. The problem remained that, like the phobia versions of these techniques, the process was time consuming and often ineffectual in those days. Using NLP would theoretically accelerate this desensitization process tremendously -- it was simply a matter of finding the answers to a few key questions:

- *"What are the psychological factors that will influence an allergy?"*
- *"Can those factors be brought under control?" and*
- *"Can a person learn to have more control over his or her own body's responses, especially over the particular immune responses related to an allergic reaction?"*

As a direct result of researching those exact questions, Robert Dilts, a leading authority in the field of NLP, developed the technique for treating allergies using NLP that has been so successful.

Dilts knew that the human immune system is capable of learning very quickly because studies had found allergies had been known to appear and disappear almost spontaneously. Even patients with multiple personality disorders had been found to have certain allergic reactions present in one personality that was not present in another. So, following Dr. Levi's suggestion that an allergy was a kind of immune system phobia, Dilts took the NLP phobia process, which had been developed by the NLP founders Richard Bandler and John Grinder, and he created a technique for treating allergies.

It started with the fact that both phobias and allergies appear to be the result of what is called "response expectancy," a process which has strong mind-body implications. Response expectancy is the same process which is the basis for the "Placebo Effect" -- basically, people could bring on an allergic response simply using their imagination. In this situation allergic symptoms would be the result of a type of negative placebo effect.

With these facts in mind, Dilts focused on finding an appropriate "counter example" of an allergy as the foundation for the allergy cure process. A counter example would be a context or situation where the person could or should have had an allergic response, but did not --

something that is similar to the substance which causes an allergic reaction but to which the individual has no reaction. He then began to research ways in which this counter example could be used as a means to “reprogram” the person’s immune system to become aware of new and more ecological choices.

At this point it is important to keep in mind that an allergy is often just the result of a person’s brain and immune system both making a mistake together; the body thinks that it’s being invaded by something that isn’t actually dangerous and the immune system is taught to defend itself against a substance that isn’t harmful. In essence, the immune system thinks that the body is being invaded and so it strikes out at the body’s own cells, meaning that the symptoms of an allergic reaction are simply the result of the immune system destroying healthy cells in an attempt to protect itself from a danger which isn’t really there.

At a deeper level it became apparent to Dilts that allergies could be attached to more core mental elements. He noticed in his research that many allergies were developed at a particular time in a person’s life, or under certain conditions which had psychological similarities -- specifically the mental psychology of the individual was similar in basis to the confusing situation in which the brain and immune system make the mistake responding to an imagined threat. In this way, a person’s immune system is a comparative version of the body’s equivalent of one’s personal identity or psychological self concept.

Dilts realized this because many people develop allergies at a time when they are at a transition point in their lives with respect to their own sense of identity. At these times a person can feel their sense of “self” being challenged or threatened by something from the outside (something that may not actually be a real threat). In these cases the allergy would develop simply as a reflection of the psychologically threat, and the resulting stress which it produced. A common example is allergies associated with asthma which are often related to traumatic experiences.

In the end, many different components of NLP were combined and incorporated together in order to create the modern day NLP Allergy Technique. Concepts such as anchoring, framing, disassociation, change personal history, etc. are all utilized to effectively help allergy sufferers find relief from their symptoms.

The final comparison of the recent scientific discovery of a new treatment for peanut allergy to the decades old NLP Allergy Process is this:

- Although the new treatment reconditions the immune system to NOT react to the original allergen, it potentially may still identify the substance as a perceived *threat*.
- The NLP Allergy Cure process properly applied by a trained NLP Master Practitioner will retrain the individual’s immune system to recognize what is an *actual* threat so it can choose a more appropriate reaction -- even if that choice is to choose not to react.

Since its creation, the basic NLP allergy technique has been used thousands of times in clinical and training settings and has been effective in changing a vast majority of allergy symptoms. A 1994 controlled clinical test of the allergy process was conducted where the technique was properly applied to 120 allergy sufferers and the study found that the NLP process produced significant reduction in the symptoms of many different types of allergies -- in particular, food allergies. The study was conducted under the supervision of Dr. David Paul at the hospital in Vail, Colorado, USA. If you'd like more information about this clinical study, details are available from the Institute for Advanced Studies of Health (IASH) and you can visit their website at <http://www.nlpiash.org>.

From everything I've read and experienced both within the medical community as well as in the field of NLP I personally have come to believe the best way to treat allergies is using a complementary plan which utilizes both the NLP Allergy Cure (applied by a fully trained and registered NLP Master Practitioner!) along with treatment provided by a professionally licensed medical allergy specialist. It seems that, by addressing the issue from both a physical and a psychological perspective it will provide you with a greater chance of permanent success.

IF YOU ENJOYED THIS PAPER ON THE COMPARATIVE STUDY BETWEEN THESE TWO METHODS OF TREATING ALLERGIES, AND YOU'D LIKE FURTHER UPDATES OR YOU WISH TO RECEIVE NEW RESEARCH PAPERS AND ARTICLES AS THEY ARE RELEASED, PLEASE VISIT OUR WEBSITE AT <http://www.SoaringSuccess.ca> AND JOIN THE SOARING SUCCESS NEWSLETTER MAILING LIST.

About the Author - Dr. Daniel Scott, Msc.D.



Born in Calgary, Alberta, Canada, the youngest of three sons, Daniel grew up in a family environment afflicted with mental illness and emotional abuse which caused him to develop a keen interest in behavioral psychology at an early age. Since then Daniel has dedicated his life to helping others understand and change negative mental and emotional patterns into empowering ones.

In the process of transforming his passion into a career, Daniel obtained his Neuro Linguistic Programming (NLP) Practitioner and Master Practitioner Certification training from Judy Wright of Gateways Counseling in Regina, Saskatchewan, Canada. From there he went on to complete the NLP Trainer and Consultancy Certification program at NLP University at the University of California in Santa Cruz in 2004 under the instruction of internationally-recognized and respected trainers and developers Robert Dilts, Judith DeLozier and Suzi Smith.

Going beyond NLP, Daniel's background also includes a Research Doctorate in Metaphysical Science from the University of Metaphysics at the University of Sedona in Arizona, a theological institute of higher learning, founded by one of the world's foremost instructors of metaphysics, Dr. Paul Leon Masters. Daniel's training also includes certifications in Reality Therapy, Choice Theory, Hypnotherapy as well as methods of Mindfulness Meditation and techniques of Cognitive Behavioral Therapy.

Daniel's company, Soaring Success Personal Excellence Coaching, has offered individual and organizational development coaching and seminars for almost a decade and is a recognized NLP training institute proudly registered with the Canadian Association of NLP (CANLP). Daniel is also a registered member of the American Metaphysical Doctors Association (AMDA). As well, Soaring Success P.E.C. facilitates public workshops and courses covering such topics as Couples Communication, Persuasive Parenting and the Secrets of Changing Behavior.