

Infant Allergies and Intolerances FAQ

by Caroline Rhodes, P.T.

Q: How do I know if my baby has an allergy?

A: Positive signs of allergies or intolerances are visible from a very early age. They can range from cradle cap, excessive and persistent 'milk spots', to eczema and reflux. While these conditions are common, they are not normal.

Q: Can a baby inherit allergies?

A: Yes. There is about a 30% chance of allergies being passed on to a child by his parents and grandparents.

Q: How else can a baby become allergic or sensitive?

A: Allergies and intolerances manifest themselves in individuals through toxicity, which may come from several sources, it can be passed on from mother to child while in utero or it can arise from exposure to the medications and vaccinations infants receive at an early age. Everything you put into, or on, a child's body is processed and cleansed through his liver, including breast milk, formula, skin care products, and even the air he breathes. If the liver cannot cope with the toxins entering the body, the child will start to exhibit signs and symptoms of allergies or sensitivities.

Q: What can parents do to minimize allergies or intolerances in a child?

A: Ideally, parents should seek treatment for their own allergies before trying to conceive, and should also complete a liver detox program.

Q: If I didn't do either of these things, is there anything else that can be done?

A: There are lots of natural things that can be done.

1. If the baby has mild reflux after feeds and the mother is breast feeding, she can take 1 TBS of organic apple cider vinegar with warm water before meals.
2. If the infant was born via c-section, or the mother received antibiotics (typical with c-sections; or if the mother had a severe tear during delivery), or if the infant received antibiotics, start a good probiotic made for infants high in *bifidus*.
3. The mother can eliminate dairy products from her diet if she is breast feeding.
4. Use natural products on the skin. Olive oil and coconut oil are good options to massage into or moisturize the skin with after a bath. Do not use baby oil or mineral oil; these are petroleum products and are not good for the body. Avoid shampoos or soaps which contain sodium laurel sulfate; find natural products such as coconut based cleansers.
5. If the baby is not well and is exhibiting several signs and symptoms of allergies, consider putting off vaccinations until he is feeling 100% better.
6. Have your child tested and treated using NAET: Nambudripad's Allergy Elimination Technique.

Q: What is NAET and how does it work?

A: If you suspect your baby may have allergies, an effective and painless technique for testing and treating allergies is Nampudripad's Allergy Elimination Technique (NAET). NAET was developed by Devi Nambudripad MD, who used her skills in acupuncture and traditional Chinese medicine to find and cure her own childhood allergies. The test takes about 20 minutes, and you can find out what you are allergic to immediately.

Q: What do you test for?

A: There are 15 basic allergies that are initially tested. Contrary to popular belief, the root cause of some of the most common allergies are eggs, calcium, vitamins C, B, D, and grains, not cats, dust, wheat, nuts and dairy. For example, someone with a dairy allergy or intolerance may not be able to tolerate calcium and vitamin D. When they are treated for these two substances not only can they tolerate dairy, but more importantly, they can absorb the calcium and vitamin D which the body requires to function normally.

Q: I've never heard of an allergy to a mineral or vitamin?

A: It certainly is not the way traditional allergy tests are carried out, but if you think about it, it makes sense. If, for example, someone is allergic to strawberries, tomatoes and citrus fruits, they break out in a rash around the mouth when eating these fruits, which means they very likely have a Vitamin C allergy. This person may also demonstrate slow wound healing. If you successfully treat them for Vitamin C, they can eat everything containing that vitamin, rather than treating them for all the substances individually that contain Vitamin C.

Q: Does it affect the overall health of the person when their allergies are treated?

A: Yes. Treating the basic 15 allergies will boost the immune system, since most of them are basic nutrients. You will minimize bombardment of the body with substances that you think may be healthy but in fact, cause the body to react and work extra hard to eliminate because they are considered allergic. An example of this might be a Vitamin B allergy. If you eat dark green leafy vegetables but you are allergic to Vitamin B, you will not absorb the vitamin. Your body has to eliminate it, and your nervous system may be deficient.

Q: How do you test for allergies using NAET?

A: NAET utilizes muscle testing, which is a technique that has been successfully used for many years. It involves holding a glass vial with a sample of the allergen in it; the person holds the vial while the practitioner resists the arm. If the person is allergic to the substance, the person will be weak in its presence.

Q: How do you test a baby?

A: The mother, father or any adult can be used as a surrogate for testing, as the baby obviously cannot follow commands. The adult holds the vial and the infant, and the practitioner tests the adult.

Q: Is this accurate?

A: When compared with other tests (e.g. blood), it is extremely accurate, faster and far less costly. This technique can also be taught to the parent to self test any food or product before consuming or applying to the body.

Q: What is involved once I find out I'm allergic to something?

A: The treatment involves massaging the spine for about five minutes while the patient (or surrogate) is holding the vial. During this massage you will be asked to perform some breathing exercises. You then hold the vial for a further 20 minutes to be sure your body has cleared the item, and then 10 points on the body are massaged to complete the process. You then have to avoid that substance for 25 hours.

Q: What if my baby is only taking breast milk or formula? How can they stop this for 25 hours?

A: The parent or caregiver performs a massage on the spine every two hours, so the child may continue to eat while the allergy is cleared.

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