■ Johns Hopkins:Allergy shots useless

A study in the January issue of *The New England Journal of Medicine* indicates that allergy shots given to children to treat their asthma are of little or no value.

Dr. N. Franklin Adkinson, of Johns Hopkins University, where the study was undertaken, says, "we didn't find any statistically significant benefits."

The article continued, "One third of the youngsters receiving the shots got better, but so did one third of those in the comparison group. Overall there was no difference in their symptoms." ▲

Antacids Linked With Increase In Food Allergies

A study presented at the World Allergy Congress on September 10, 2003 indicates that patients taking antacids may develop food allergies.

Dr. Erika Jensen-Jarolim, professor of medicine and immunology at the University of Vienna, Austria says, "Our hypothesis appears to be right in that digestible proteins may act as food allergens when physiological digestion is hampered [by antacids]."

Proper digestion depends on stomach acid and pepsin. Making the stomach environment less acidic with antacids hinder pepsin production and hamper protein digestion. Undigested protein from previously harmless food can then become an allergen, causing people to experience an allergic reaction.

Commentary: Continual increased acid production and heartburn indicates that the body is not functioning the best it can. It makes more sense to us to make sure the body is functioning at peak efficiency through chiropractic wellness care, produce whatever acid it needs and let proper digestion occur.

Allergies And Asthma Linked To Antibiotic Use In Infants

On October 1, 2003, HealthDayNews highlighted research reported at a conference of the European Respiratory Society in Vienna, Austria finds that children who take antibiotics are more likely to develop Allergies and Asthma later in life.

In the study, researchers from the Henry Ford Health System in Michigan examined information from earlier research that followed 448 children from infancy to the age of 7. All the children had taken antibiotics for one reason or another and all had been tested for allergies.

By the age of 7, 38% of them developed allergies to pets, ragweed, grass and dust mites. 5% of them had asthma. Children who had taken antibiotics within the first six months of life were 1.5 times more likely to have developed allergies and 2.5 times more likely to develop asthma.

In the past few years, scientists have been coming to the conclusion that human immune systems are more likely to develop the way they are supposed to as long as they are exposed to germs during infancy.

It's felt that antibiotic use in infants may help allergies develop by killing off the normal bacteria in the intestines that are important in proper immune system growth and function. As a result, there is a higher occurrence of allergies.

Acknowledging that the overuse of antibiotics has also been shown to lead to antibiotic-resistant strains of bacteria, Dr. Keoki Williams, researcher and clinical epidemiologist, concludes the findings of this study indicate "there's potentially more than one reason to use antibiotics judiciously in young children."

Claritin Maker Accused Of False Advertising

Reuters Health news service reports on August 9, 2001 that The Prescription Access Litigation Project (PAL), a Boston advocacy group, announced that it has filed a class action lawsuit against Claritin maker Schering-Plout over deceptive direct-to-consumer (DTC) advertising.

According to the complaint, Schering-Plough "falsely promises all Claritin purchasers complete relief from their allergy symptoms, without qualification, when in fact a large percent of Claritin users report no benefit at all."

The complaint goes on to say that the company's ads "effectively portray Claritin as the cure for everyone's allergy-related symptoms" even though Shering-Plough's "own studies indicate that Claritin does not work for between 50% and 55% of all potential customers."

Lung Function Improves With Chiropractic Care

A study presented in the September, 1997 issue of the *Journal of Vertebral Subluxation Research* finds that patients in the study experienced "significant positive changes" in breathing capacity and lung function under chiropractic care.

55 patients were studied in a private office setting. Of the 55, 33 (60%) of them had lung function outside the normal range. All the patients were monitored with spirometers (instruments which measure lung capacity and function) before and after chiropractic care.

While the average lung function of all 55 patients improved, the 33 whose breathing was most impaired had the best response to chiropractic care. Also, patients who were in the 48-80 age group did better than those in the 18-47 age group.

It doesn't surprise us that those patients with the most impairment improved the most under chiropractic care. This study is a prime example that when nerve interference, such as that which occurs with a vertebral subluxation, is corrected, the body is better able to repair itself and maintain a higher degree of health. Ensuing research supports this fact. The Fall 1999 issue of the *Chiropractic Research Journal* (vol. 6, no. 2) reports that patients under chiropractic care reported an improvement in their general health status after receiving chiropractic adjustments.

Your entire family needs to be under Lifetime Chiropractic Wellness Care so that they can function to the best of their abilities and stay healthy for the rest of their lives. Any questions? ▲

Dogs Decrease Risk Of Allergies In Infants

The February 2004 Journal of Allergy and Clinical Immunology reports that children who spend their first year of life in a household with a pet dog have a lower risk of developing allergies.

Dr. James Gern of the University of Wisconsin-Madison studied 101 children who lived with a dog in the house and 84 who were raised with a cat in the house. In all cases, either the child's mother or father had allergies or asthma.

The children who lived with a dog in the house had less eczema, which often is a precursor to allergies and asthma. They were also less likely to develop a specific allergy protein and showed higher levels protective substances that help the body resist allergic reactions.

Those children living with cats showed no lowered allergy risk at all.

The explanation? Dirt. Gern says that early exposure to dirt tends to jump start the immune system in children. Since dogs tend to be dirtier than cats, they offer better exposure to dirt.

"Dogs are larger, and are more likely to lick you in the face compared to cats," said Gern.

Cesareans increase allergy risk

A report in the October, 2004 issue of *Archives of Disease in Childhood* says that babies born by Cesarean section may have a higher risk of developing food allergies and diarrhea in the first 12 months of life.

865 babies fed on breast milk for the first four months of life were studied. 147 of the babies were born by C-section. All of the babies were monitored at one, four, eight and 12 months of age and blood was drawn at the 12 month exam to check for signs of allergic response to foods such as eggs, cow's milk and soy proteins. The mothers were required to keep detailed diaries of their children's health and feeding during the first six months of the study. All of the families in the study had a history of allergies.

The children born by C-section were twice as likely to develop allergies to cow's milk and other foods and were more likely to have diarrhea in the first 12 months of life.

Previous studies have found that intestinal bacteria the infant comes into contact with during the normal birth process plays a key role in its immune system development. C-sections deprive the baby of contact with the bacteria normally found in the mother's vagina and anal areas. This has the effect of delaying the normal bacterial colonization of the baby's own intestines and as a result, proper immune system development.