
FOR IMMEDIATE RELEASE

HOW CHIROPRACTIC & ASTHMA & ALLERGIES ALIGN

GCA Acknowledges Asthma Awareness Month

In 1869 Dr. Charles Blakely was the first to record an allergic reaction by placing a small amount of pollen onto wounded skin. In the past, allergies and asthma were referenced as “summer asthma” or “hay fever.” Over time as science and technology developed, immunotherapy and medications grew into existence. Today, we continue to use technology to develop ways to alleviate allergic reactions and asthma attacks. However, it’s important to recall that holistic alternatives have always existed and have worked just as efficiently.

Not long after the recorded allergic reaction, in 1895, Daniel David Palmer performed the first chiropractic adjustment. Palmer learned about the body’s natural neuropathways. He considered that pinched nerves, due to misalignments, were the cause of interrupted energy flows. By removing the obstruction, the body could begin its natural state of healing.

According to the Asthma and Allergy Foundation of America, in 2021, nearly 63 percent of Atlanta’s population suffers from allergies. One will often hear the citizens complain of the pasty or dusty yellow-green substance coating the city. However, many have found ways to adapt to seasonal pollen. For chiropractor Kelly Kawamoto, allergy season is exactly what she prepares her patients for.

“I often find that my patients come in complaining about their asthma and allergies, however they haven’t considered their triggers. So, I remind them to pay attention to what they eat and their environment. It is crucial that you get ahead of your symptoms. Take care of yourself before it comes knocking on the door,” Kawamoto said.

Foods that contain high trans fats, processed meats, fried foods and refined carbs are some of the foods considered inflammatory and may trigger allergic reactions. Foods such as berries, fatty fish, green tea and cocoa are considered anti-inflammatory. However, it’s important to consider allergy triggers. If one is allergic to strawberries, considering an alternative anti-inflammatory food like avocados may be helpful.



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During her training with Nambudripad Allergy Elimination Technique, Kawamoto learned about the body's sympathetic and parasympathetic responses. The parasympathetic response decreases the heartbeat and reduces blood pressure whereas sympathetic response increases these conditions. Essentially, this is relating to the body's fight or flight response.

"It's all in the head, literally. Over time, our bodies have learned to breathe through the chest, not with the stomach. So, your body is already set up to believe it's in flight response. It's also important to note that the thorax, or the chest, is highly sympathetic, meaning any nerve disturbance can easily trigger the flight response. Additionally, these nerve disturbances can cause other reactions. That's why it is crucial to see a chiropractor. Attending regular adjustments can remove these nerve disturbances. You should ask your chiropractor if they can assist you in breathing techniques or other techniques to help with your asthma and allergies," said Kawamoto.

Kawamoto also recommends monitoring your environment to lessen the effects of allergies. For example, she said you can use air purifiers, humidifiers (with consistent cleaning) of warm or cold types, washing bedding frequently, wearing a mask during high pollen counts, using vacuums with a HEPA filter and limiting the usage of harsh chemicals and scented cleaning supplies.

"I highly emphasize you should increase your chiropractic adjustments during your seasonal allergies as well," said Kawamoto. An adjustment allows those blocked nerves to communicate once more, helping the body's system become less susceptible to allergic reactions and asthma attacks.



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