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Are Hidden Allergic Reactions Making You Sick?

By Dr. Stephen P. Weiss, MD, Homeopathic Physician

As a Holistic and Integrative Medical Doctor, I am constantly looking for innovative and effective ways to help patients. As you know if you have been reading my articles over the years, Classical Homeopathy is an amazing system for healing the whole person which has made a huge difference in the lives of my patients. When combined with state of the art allergy testing and treatment, the results are truly outstanding.

There are two major types of allergic, or hypersensitivity reactions in the body—immediate and delayed. Immediate hypersensitivity reactions, also called Type I, are the reactions we are familiar with—they involve release of histamine from mast cells within seconds to minutes after exposure to the offending allergen/antigen. Hayfever, hives and anaphylactic shock are all examples of Type I reactions. Much less is known about delayed hypersensitivity reactions, sometimes called hidden allergic reactions. These usually take days to a few weeks to manifest symptoms in the body after exposure to the allergen. This time lag makes it very difficult to associate a particular exposure to a disease or a symptom. And yet these types of allergic reactions wreak havoc in the body and mind.

There are three kinds of delayed hypersensitivity reactions, each of which is associated with a host of diseases. In some disease states, more than one delayed...

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