

• **DO YOU OR YOUR CHILDREN  
EXPERIENCE?**

Food Allergies  
Migraines  
PMS  
Hyperactivity  
Behavior/ Learning Problems  
Chronic Fatigue  
Eczema  
Candidiasis  
Recurrent Yeast Infections  
Irritable Bowel  
Joint Stiffness  
Muscle Aches  
Chemical Sensitivities  
Hay Fever  
Asthma  
Hives  
Chronic Sinusitis  
Recurrent Bronchitis  
Recurrent Ear Infections

**THEN YOU MAY SUFFER FROM  
ALLERGIES ...**



Allergy  
&  
Environmental  
Medicine

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*Excerpted from AAEM*

## • WHAT IS AN ALLERGY?

An allergy is a person's abnormal response to substances which do not cause reactions in most people. Masquerading as other diseases, allergies can produce symptoms in most every organ of the body including: skin, eyes, nose, throat, lungs, stomach, bladder, vagina, joints, brain and muscles.

## • WHAT SUBSTANCES CAUSE ALLERGIES?

Substances which cause allergies are pollens, danders, mold, dust, food, chemicals, medications, air pollutants, perfume and smoke. These substances are called allergens.

## • WHAT IS ENVIRONMENTAL MEDICINE?

This is the specialty which uncovers the relationship between a patient's environment and their ill health.

## • HOW DO I KNOW THAT MY SYMPTOMS ARE CAUSED BY ALLERGY OR ENVIRONMENTAL CONDITIONS?

To diagnose your condition, a detailed allergy and environmentally oriented history must be taken, along with a physical exam. These two procedures lead to a provisional diagnosis which is used to direct your treatment.

## • ITEMS THAT CAN BE TREATED

Candida	Inhalents
Foods	Weeds
Chemicals	Trees
Auto Exhaust	Grasses
Tobacco Smoke	Animal Dander
Formaldehyde	Molds

## ONE OF MORE OF THE FOLLOWING PROCEDURES MAY BE USED IN TREATING A PATIENT:

### • SERIAL DILUTION ENDPOINT TITRATION

The patient is given a measured amount of the suspect substance under the skin on the upper arm. This is called a wheal. If the wheal increases in size within 10 minutes, the patient is allergic to that substance.

### • NEUTRALIZATION

The patient is treated with a dose of the substance to which they are allergic. This dose is too small to produce a reaction, but large enough to prevent one, enabling the patient to tolerate the offending substance.

### • INDIVIDUAL DELIBERATE FEEDING TESTS, ELIMINATION DIETS AND ROTARY DIVERSIFIED DIETS

The patient abstains from eating the suspect foods for a period of 4 days. Foods are then introduced one at a time and reactions are measured.

### • ENVIRONMENTAL CONTROLS

Water and Air Filters, Safe Building Materials, Furnishings, Cleaning Materials, Pesticide Alternatives, etc.

Once the tests are completed and evaluated, one or more of the following treatments are prescribed to reduce or eliminate your symptoms:

1. Optimal dose immunization therapy to control adverse responses and increase individual tolerance.
2. Environmental control.
3. Rotary Diversified Diet.
4. Total avoidance.

## DRUGS ARE AVOIDED WHENEVER POSSIBLE.

### • ANTIGEN THERAPY

The neutralizing doses of all the allergenic substances affecting the particular individual are combined into a single solution. The solution is injected twice weekly at the beginning of treatment. All antigens are preservative free. Then patients can be exposed to the substance to which they are allergic and remain virtually free of symptoms.

### • HOW WE DIFFER FROM TRADITIONAL ALLERGY TREATMENT

Traditional allergy testing is much different. Substances are not tested individually, nor is it a specific treatment dose found. Patients are given increasing doses of a substance, never knowing when the optimal safe treatment dose is reached. Hence, allergy injections must be given in a medical setting, as it is not known when an allergic reaction will occur. On the other hand, with provocative neutralization testing, the best treatment dose is found at the moment of testing. It can safely be injected by the patient at home. The buildup of dosage over months or years is not required.