

Dr. Kwang

Wellness & Healing Teas

Allergies and Hypersensitivity

There is an increase in allergic reactions. We call these reactions eczema, psoriasis, rash, contact dermatitis, asthma, etc. We use creams and antibiotics to suppress the itchiness and acne that is associated with allergic reactions. In extreme cases we use an epinephrine shot to keep the bronchials open to prevent suffocation. The underlying cause is the body's immune system is constantly reacting to something. The immune system is reacting and causing inflammation. Instead of finding the cause of inflammation we find ways to suppress it.



The skin is the largest organ in the body. It has the ability to keep all the internal structures intact. It also prevents the external environment from attacking our internal organs. Another function of skin is its ability to excrete toxins. This is not the primary function of skin. It does allow toxins to be excreted through sweat. The allergic reaction is an indication of excreting internal toxins.

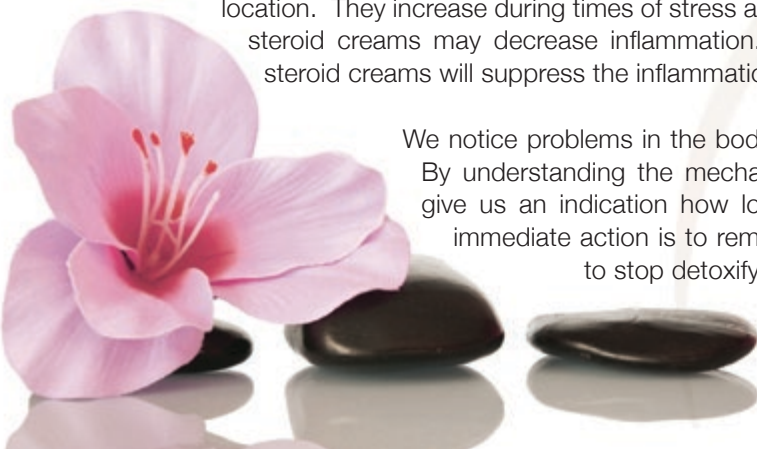
The organs of elimination of the body are liver and kidneys. They take toxins from the blood and eliminate them through our stool or urine. There are instances when the toxins in the body are more than what the body can handle. The liver removes toxins that are not readily dissolved in blood. These are specific toxins that require carrier proteins to carry them to the liver. The liver may be depleted in enzymes and amino acids to continue detoxification at its normal rate. The kidneys are not able to compensate for the liver. Its major function is to pull toxins dissolved in blood. Certain toxins are dissolved in blood and need to be filtered out by the kidneys. These do not require detoxification procedures.

The lungs begin to compensate when toxin production is greater than liver and kidneys ability to detoxify. The lungs begin to compensate for the kidneys. The function of the liver cannot be compensated by any other organ. The adipose tissue begins to store toxins that would have been removed by the liver. This allows the body to continue to cope with internal toxins.

The detoxification from the lung is limited. Only certain toxins readily dissolved in blood and light enough to become gas can be excreted. The remainder toxins are left in the lymphatic system to be excreted by the skin.

The skin becomes engorged with toxins that are excreted out. This causes inflammation through the layers of skin. Skin inflammation is red, dry, and patchy. The inflammation is generally localized in certain parts of the body. They are itchy and dry. They may go away temporarily and then appear in the same place. They may reappear in another location. They increase during times of stress and lack of sleep. In minor cases steroid creams may decrease inflammation. In severe cases only certain steroid creams will suppress the inflammation.

We notice problems in the body only when symptoms appear. By understanding the mechanism how the body copes will give us an indication how long the problem persists. The immediate action is to remove the toxins that caused liver to stop detoxifying.



continued



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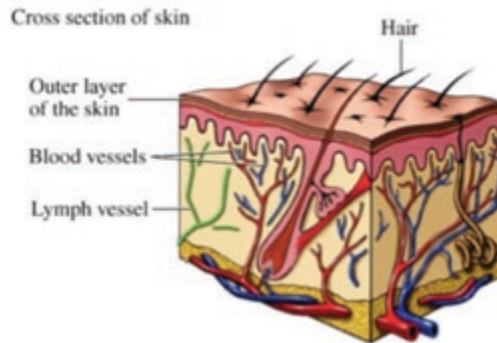
- **Allergies and Hypersensitivity**

“...Chinese medicine recognizes external pathogens as a cause of disease...”

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The next step is to restore liver and kidney detoxifying mechanisms. The last step is to restore lymphatic circulation away from the skin into the liver and kidneys and stop skin inflammation.

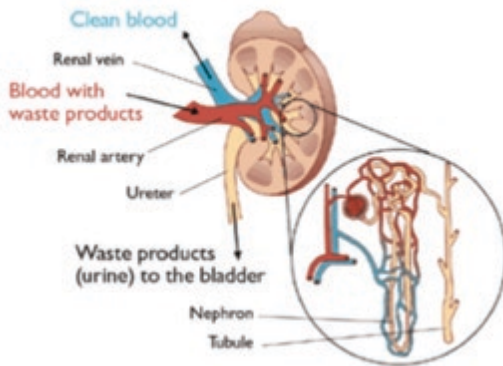
The first step is to remove the toxin buildup that overwhelmed the liver and kidneys. This step removes all the possible external pathogens that accumulated over the years. The liver detoxification requires continual supply of amino acids to allow continual detoxification. The enzymes add amino acids to toxins for it to be dissolved in the bile. The bile is excreted from the liver to the gall bladder and small intestines. The small intestines become large intestines and the toxin is excreted through the stool. The kidneys filter toxins out of blood and concentrate it to urine.



The kidneys require a clean filter in order for proper filtration. The first requirement is water. Clean water is essential for allowing urine production. The second is trace minerals. Trace minerals in the blood become are called electrolytes. They are usually lost in urine and sweat. This is what gives sweat its salty taste and salt residues. The major electrolytes are magnesium, potassium, sodium, chloride, calcium and phosphates. The adrenals secrete a hormone called mineralcorticoid that keeps the electrolytes levels stable. The electrolyte levels in the blood are more important than levels in nerves and muscles.

The electrolytes in the blood do not mean everything is normal. The blood levels are more important than nerves and muscles. A blood test showing lower levels of electrolytes does not indicate health. People who experience leg cramps, stomach aches, head aches, constant shoulder and back pains are indications electrolytes are low. The underlying reason the electrolytes need to be addressed.

How the kidney works



The mechanism of disease is complicated because the body is constantly coping. The ability to sacrifice one organ function to preserve the other is what sets the body up for disease without any indication. We can have years of low levels of amino acids during our childhood without knowing it. An acne flare up or allergy to materials is the showing signs of inability to cope. There is a tremendous amount of information that indicates it is not a skin problem.

Using a nutritional method of strict fruits and vegetables will allow people to restore liver and kidney function. A good diet will allow the liver and kidneys to continue to cope with toxins. The optimal method is to remove the toxin accumulation that is continually taxing the liver and kidneys.

I have found Chinese herbal teas to be able to restore normal body function. The proper sequence of herbs to remove the different layers of toxins will stop overwhelming the organs of elimination. The restoration of liver and kidney detoxification process will allow toxins to be removed and the elimination of water retention. This will take the stress off the lymphatic system which will redirect its flow away from the skin and into the liver and kidneys.

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As we are a Chiropractic office we will not offer any personal medical advice. See your medical doctor for any questions you may have.

We're on the Web!
 see us at:
www.kwangwellness.com

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