

Introducing Our

# NEW ALLERGY DEPARTMENT

**Cutting-Edge Tests Help Eliminate Allergies Once And For All!** —By Anthony DiPasquale

**A**ccording to the American College of Allergy, Asthma and Immunology, nasal allergies alone are “estimated to affect approximately 50 million people in the United States, and its prevalence is increasing affecting as many as 30 percent of adults and up to 40 percent of children.”

These shocking statistics are the reason that Soul Focus Wellness Center has added allergy testing to the myriad of treatments designed to help patients deal with pain and inflammation and live healthy happier lives.

“When we are evaluating a patient’s symptoms of inflammation, we need to understand the true source of their discomfort,” explains Dr. Raj Gupta. “And it’s very important to determine if there is secondary inflammation throughout the body caused by allergies that may prevent us from making significant progress.”

So to truly understand their inflammation, patients can now be given allergy tests for many of the usual suspects including dust, mold, pollen and pet dander that takes less than 15 minutes and is covered by most health insurances. Once the allergies are identified, patients begin an immunotherapy treatment that uses the body’s own antibodies to overcome symptoms and discomfort.

“Too many people use medications such as antihistamines that only mask allergy symptoms,” according to Dr. Raj Gupta. “The treatment we employ actually helps the body become immune to the allergens. Once the body is free of allergy inflammation, we can truly differentiate between histamine and muscular inflammation.”

Nurse Practitioner Chris Ann Lemkan,

who is implementing the new allergy testing along with Valerie Ronan, explains how immunotherapy works: “Patients are injected with small amounts of what they are allergic to in order to trigger an immune response. Done in stages over a 6 to 12 month period, these doses are gradually increased until the body builds up immunity.”

She goes on to explain that once the body is no longer assaulted by allergens, “People can stop or reduce medications that often have adverse side-effects, and they have more energy, breathe better, get a good night’s sleep and more.”

It is also important for people, she points out, to understand that allergies are not just seasonal and can be present all year long. “So many people think allergies are just a seasonal affliction. But low-lying allergens can be present all year long and one of the great things about Soul Focus’s Allergy Department is that we have tests designed for triggers specific to Monmouth and Ocean County.”

To find out if allergy inflammation is affecting your life, contact Soul Focus today and schedule your FREE consultation! ■

— **Dr. Raj Gupta, Soul Focus / Garden State Spine & Pain Institute**  
*“The Doctors You’ve Been Aching For!”*  
 Got questions? Just want to say Hi?...  
 email me! [DrRaj@SoulFocus.com](mailto:DrRaj@SoulFocus.com)  
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## HOW DO ALLERGY SHOTS WORK?

Your body responds to injected amounts of a particular allergen, given in gradually increasing doses, by developing immunity or tolerance to the allergen.

## THERE ARE TWO PHASES:

- **Build-up phase.** This involves receiving injections with increasing amounts of the allergens about one to two times per week. The length of this phase depends upon how often the injections are received, but generally ranges from three to six months.
- **Maintenance phase.** This begins once the effective dose is reached. The effective maintenance dose depends on your level of allergen sensitivity and your response to the build-up phase. During the maintenance phase, there will be longer periods of time between treatments, ranging from two to four weeks. The entire program takes from 8-12 months.

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