

Coping with your allergies



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Foreword
THIS VOLUME is a significant improvement over previous guides for
those with the problem of chemical susceptibility--commonly referred
to as allergy--who wish to improve their lot. Miss Golos is to be com-
mended in this endeavor; the book is more precise^{1/4} detailed^{1/4} and gen-
erally more applicable than previous efforts.
One of the most troublesome tasks of practicing
clinical ecology is^{1/4} the tremendous time required in the education of patients. The
word^{1/4} "education"^{1/4} is used advisedly because more than instruction and ques-
tion answering is involved. Patients must be educated in both the phi-
losophy and distinctive features of this type of medicine^{1/4} as well as in^{1/4} the details of
applying it. I will attempt to discuss the former^{1/4} inasmuch^{1/4} as Miss Golos has
done a good job with the latter.
Patients often inquire^{1/4} shortly after they learn

that they have a chemical susceptibility problem?" How and why did I suddenly get into this fix?" Although all the answers to this question are not available some of them are. For instance it is well known that the tendency to develop allergy or individual susceptibility is inherited but that this exaggerated mode of response to one's environment may develop in anyone. The only point to emphasize here is that from the standpoint of one's heredity allergy develops more readily and seems to advance more rapidly in some people than in others. The greatest single determinant in the development of this clinical problem concerns the environmental exposures themselves. These factors are best discussed under acute and chronic exposures--both of which are important. Factors which apparently act to break or lower resistance inducing acute reactions: (1) Infection particularly viral infections will sometimes start the train of events leading to the chemical susceptibility problem. Measles whooping cough infectious mononucleosis and shingles are examples of this factor. (2) Hormone changes may act similarly. Women seem to be especially vulnerable immediately after pregnancy and at the change of life although there tends to be some increased vulnerability premenstrually each month. (3) A prolonged period of sleep deprivation or exhaustion may precipitate acute reactions.

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