54 Comments Healing Histamine Login

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Jacinthe Lemay • a year ago

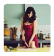
The first cervical vertebrate may be the cause of the irritation of the vagus nerve if it's misaligned! It was m'y case ans I feel much better since it was aligned in RPG (Rééducation Posturale Globale) in physical therapy!

4 ^ | v • Reply • Share ›

jeff swanson → Jacinthe Lemay • 8 months ago

Joint mobilization and manipulation have their places, but they won't change chronic inflammation (local or systemic) or alter a joint (any bony junction encased in a synovial membrane) for more than a few seconds.
Consider a person performing introductory yoga is putting pressures on their joints and experiencing ranges beyond grade 4 mobilizations.

^ | v • Reply • Share ›



healinghistamine Mod → Jacinthe Lemay • a year ago

Thank you for sharing.

^ | v • Reply • Share ›

Darla Bruno → Jacinthe Lemay • a year ago

I got an adjustment today. Thank you for providing this info!

^ | v • Reply • Share ›

Kim O. • a year ago

Yes, yes, yes!! I have been sick for years and keep revisiting the vagus nerve connection...keep telling docs but of course only chiros will take this seriously in my experience. I have reoccurring symptoms of all of the herpes viruses that I have had, most noteably herpes zoster, with intermitten trigeminal nerve pain with often coincides with a cold sore on my lip or nose on that side. In the Fall of the year everything starts to get worse. I have had bouts of nerve pain in other areas that resembles my first bout with herpes zoster....I feel like herpes viruses rule my life! Some of my current symptoms are that I have cold and heat intolerance, tachychardia and breathlessness after eating, those weird body chills or zaps, fatigue that is much improved lately....I was taking lysine to ward off a cold sore and noticed my fatigue was better, so I begun taking small doses off and on and am definitely feeling better. I have been diagnosed with lyme but feel like it is more of a symptom than a cause of my issues....I am 44, thin, eat well....physically fit before all of this...
I definitely think you are onto something....keep up the good work and I will be following the progress on this research!

3 ^ | v • Reply • Share ›

Laurie → Kim O. • a year ago

Lyme is not a symptom..it's a disease.

1 ^ | v • Reply • Share ›

Kim O. → Laurie • a year ago

Of course. I was referring to the state of the body allowing the symptoms of these otherwise latent diseases and viruses to rear their ugly head...sorry if that was not clear. Many, many people carry lyme antibodies and yet are asymptomatic, Others are not so fortunate.

^ | v • Reply • Share ›

sustainablechoices → Kim O. • 6 months ago

We could be twins. Me too.

^ | v • Reply • Share ›

leanora • 7 months ago

i have personally healed from PTSD, chronic fatigue, herpes outbreaks, chicken pox which set off neuralgia (face, jaw, optic nerve) which I had over a period of about 12 years. My personal view is that it is very linked to the vagus nerve... and specifically it originates from the shutdown response (freeze) in trauma when neither the fight/flee response are available. In my case it originated from early infant trauma. When shutdown is active it is like feigning death for survival... though consciously one may be unaware. The communication from the organs to the brain, through the vagus is impaired, or disconnected. It is like living split from yourself. In an idea of yourself not connected to what is really going on inside you... the only resource being the mind (no longer being able to access the instincts in the gut for information)... so what you believe ends up with incredible power. Owning the disease, looking for a solution, are actually also part of the problem as the mind is powerfully engaged in keeping us stuck in what we know. The best is some powerful healing meditation, and breath work, and yoga as long as it is healing yoga using the breath. My heart goes out to all those who are still suffering with this type of situation. May all beings find peace.

2 ^ | v • Reply • Share ›

Rich Weeber ➦ leanora • 11 days ago

Leanora -I am brand new to this topic and discussion. I have been a very healthy middle aged guy, until Dec 2015. I had a massive plumonary embolism, and since then have developed what some docs call spastic colon. I have of late been battling fatigue, diminished cardio, shoot/searing pain in both sides, rapid and sometime sporadic heart beat. I just had a heart CT and passed with flying colors. Also passed a EKG stress test with flying colors. Reading today about Vagus nerve issues makes me wonder if that might be the root cause of my issues.

Your comment of Yoga, and breathing interests me. Where does one find healing yoga? Can you recommend any other changes such as diet, meds (eastern or western)? Thanks!

^ | v • Reply • Share ›

Candy ➦ leanora • 6 months ago

I agree with you in the trauma cause. I am going thru the same thing as you experienced but not finding a way out yet. Also the result of early trauma that was added to in later life. I would love to get more specifics on your way out of this nightmare. I agree about the searching for answers and cures is taking its tole also. Were able to find someone to help you go down this path of healing or did you just keep experimenting?

^ | v • Reply • Share ›

Kimberly Webber • 10 months ago

It has been 26 years living with CFS, while diagnosed at 12 from McMaster University Hospital I have tried multiple therapies. The first drug that helped my CFS was an EPILEPTIC drug, and since I was also later put on another drug used to treat EPIEPSY when I was later diagnosed with bipolar disorder (now off meds 9 years later :) I thought I'd see what epileptic patients do in addition to pharmaceuticals in hopes that it would help me. Interestingly the only thing that allows me to function from day to day is being on a strict Keto diet. If I go off even for one meal it can mean I severe pain and fatigue for days following a pizza or ice-cream bing. It is imperative that I stick to healthy Keto primarily eating low-fat cuts of meat 3-4oz for dinner and no dairy as recommended by my MD. Yes my MD getting calcium from cow's only is old science and propaganda for the Dairy industry same goes for eating meat. Our body can collect all the amino acids to make us whole no matter what combination of foods we eat even excluding meat. Iron try beats, poor absorption try zinc. So yes great results and eating healthy fats added in after cooking preferably Coconut oil! Aromatherapy with Frankincense and Myrrh check out what it can do to oxygenation of blood in your brain. Guess what virus' don't like it and neither do they like it when your body is in Ketosis. I also like Tissue salts by Dr Schuessler I stay away from sugar seriously it's a drug in addition to caffein, artificial flavour, colour, sweeteners MSG. Pretty much anything made for marginal profit has something in it that effects your brain so you are A still hungry and B high. You can try a mono diet for a few days and check it out, test your resting heart rate before eating something than 20 min or so later. You actually can have a serious cardiac response to some of these stimulants. I also try to eat a lot of raw food, check out the benefits of enzymes and probiotics not pills just food. For those that have myofacial restrictions, try cupping or deep massage. Its painful to start but trust me you will feel 10 times better. Remember bacteria living within us outnumber human cells 10-1 so think about it. Besides poor circulation of blood to the muscles to clean, nourish and carry away waste we have these guys that help or hurt us so we have to learn productive ways to live with them and keep them under control.

1 ^ | v • Reply • Share ›

Heather Cruz • 10 months ago

I am so excited to have come across this article! I am no dr., just a victim of these illnesses. I had made the vagus nerve connection on my own through research and reading. Having lyme, numerous viruses, metal toxicity, gastroparesis and heart rhythm problems, I have been inching myself back to health through trial and error. I have gone through a lot of different "treatments. The only things that have worked are natural approaches restoring normal functions and reducing inflammation . Anytime I do something that aggravates the nerve, my symptoms flare up. Another interesting note, I have a hiatal hernia and anytime it "pops" up, my symptoms return. A chiropractic adjustment will alleviate it immediately. If I get a cold virus, it sets it all in motion again. I would be so happy to be a test subject. If ever the time comes, sign me up. I've come from deaths door and have tasted health again. It's a struggle to hold on to it but I have faith there is a way!

1 ^ | v • Reply • Share ›

Walt Irvine • 10 months ago

My late wife, Chardale Irvine, took her life in February 2015 after suffering from ME/CFS for 20 years. I was diagnosed with ME/CFS in 2012. My wife was very convinced that the infection of the Vagas nerve was spot on and that research would prove it. I'm in between Moderate to Severe and can still manage to get out and grocery shop, etc. Post Extertional Malaise is my most severe symptom. I wish I could be a part of his research but I'm stuck in Las Vegas.

1 ^ | v • Reply • Share ›

Jessie Swan ➦ Walt Irvine • a month ago

I'm sorry about your wife Walt and I hope you can get well.

^ | v • Reply • Share ›

Lisa • 3 months ago

We're exploring this subject in the Vagus Study Group on FB. Join us! I'd like to dive into the relationship between trauma (low vagal tone) and the vagus infection hypothesis. It makes so much sense! I experienced extensive childhood trauma (ACE score of 7), a long-term CMV infection (herpes family), and more recently an aortic dissection. I'm a professional athlete and very healthy otherwise. This subject is endlessly fascinating!

^ | v • Reply • Share ›

JimmySix • 4 months ago

Has anyone tried Ibudilast?
http://simmaronresearch.com/20...

^ | v • Reply • Share ›

srsly • 6 months ago

this is so fascinating...i had a case of shingles on the trigeminal nerve of the left side of my head/ear. i was exhausted and brain foggy and had trouble speaking after that (writing was fine for some reason, but i'd developed a stammer out of nowhere tho it felt like out of exhaustion). After 18months of sheer hell, i found 3 leftover Valtrex pills, and decided, what the hell. Took one in the morning, one in the afternoon, and one in the evening. By the next morning, the fog had lifted like a freaking miracle. i cried from the feeling bc i'd been to so many doctors begging for an answer and was basically told i'd have to live with it, but the real answer was there all along, sitting in my medicine cabinet. I got lyme a year later, and am now intolerant to so many foods, but have managed to come up for air around that as well, with some antibiotics and nutrition. tho there are still soooo many foods i cant' eat! but nice to read that i didn't just make this up!

^ | v • Reply • Share ›

Benjamin Phillips • 7 months ago

I have a VNS stimulator Epilepsy and Lyme disease what would you say then because my problems didn't start showing up til I got my implant. However I never got truly ill until I got bit by a tick and was diagnosed with Lyme in July of 2015 and it activated the Epstein Barr virus (and other ailments). I'm debating having it removed. I am so frustrated.

^ | v • Reply • Share ›

Jennifer Kuehnle • 8 months ago

My daughter had a vagotomy when she was 7 years old to treat what they thought was horrible GERD. It ended up actually being eosinophilic esophagitis, but by then the surgery was done. She is now 25 and has a high level of fatigue and exhaustion. I am wondering if there could be a connection.

^ | v • Reply • Share ›

Amanda • 8 months ago

I think Dr. ElZakker may want to talk to someone else revolutionizing this area, Sharry Edwards of www.soundhealthoptions.com. She's using frequency treatment for CFS and PTSD, but also many other ailments. I've had amazing changes since starting to use her treatments based on vocal prints that show what the Vegas Nerve is finding in all the body's cells.
I cannot tell you how amazing what she's doing is and how it could link in the most amazing, direct ways with Dr. ElZakker's work. PLEASE help me get him the word to call her.
Thanks,
Amanda

^ | v • Reply • Share ›

Lucie • 8 months ago

ESR (erytrocyte sedimentation rate): When I had my first PEM crisis, without knowing what it was, my doctor took the ESR test. It was high (50) . She told me it is a measure of inflammation but does not really mean anything. (Or the science does not understand it yet?)
Does anybody know if we are talking of the same kind on inflammation in CSF? Does anybody have their ESR measures? Are they high?

^ | v • Reply • Share ›

Eileen Richter • 9 months ago

15 years and counting. The first 6 months my illness went reported as thyroid in nature, even though my levels were all normal I had sudden growth of two nodules. Removed half of thyroid and had to dig deep into my mid clavicle to remove tentacles from thyroid growths....ended up being non cancerous. Have always wondered about interruption of vagus nerve.
When a flu hit in the spring of 2000m the entire family of 7, I was the only one that did not recover. But I also had been in the yard doing work and had an oval rash on my ankle that fall before. When that 6 months had passed, my Lyme antibodies were still borderline. We can assume they missed Lyme.
Either way, I also agree a virus or bacterial assault has some sort of effect on those susceptible. The inflammatory and cytokine ground sounds promising. When I was first ill and there was my 'process of elimination' diagnosis of CFS, an MD turned alternative doc told me the basis of all illness is inflammation. I so believe that. Knowing this and finding a good treatment and cure...well, hope it comes soon. Too many people are getting hit with these invisible illnesses...and many are so young. It is hardly acceptable for our population to be so ignored and put on a shelf for decades without medical help. We are at the mercy of the true pioneers out there...biologists, microbiologists and scientists whom

hopefully will stop putting the almighty dollar first with their work and find cures for the good of mankind. Like it USED to be.
Thank you to all who are working on the causes and cures out there and not just another pill to placate the suffering for a few hours at a time.

^ | v • Reply • Share ›

Carla Faulkner • 10 months ago

I had about 6 major digestive surgeries and among one of those surgeries my vegus nerve got cut. Therefore I have now got Gastroparesis, severe digestive system disorder and Adult Failure to Thrive. Therefore there is actually nothing that can be done for me. I have had 3 GI doctors indicate that removing my stomach is a major surgery (upon which I am a major risk for surgeries now) so I will have to live for the rest of my miserable life with this disease. So if the vegus never gets cut, how will this also affect my other major organs?
I have had some heart issues arise now, although the stress test I did about 4 weeks ago indicate that my heart is just "ok" not wonderful or perfect.
So this has me wondering what all the vagus nerve being cut can hurt my organs in my body?
Carla Faulkner
Carla Faulkner

^ | v • Reply • Share ›

Gill ➦ Carla Faulkner • 8 months ago

Carla, have a look on this website for the article about Parasym Plus. It might help X

^ | v • Reply • Share ›

Kimberly Webber • 10 months ago

Sorry to post again but I have to thanks to Jacinthe Lemay. My illness was diagnosed when I was 12 however due to developing at a very young age bust size c34 in grade 4 my neck and shoulders hurt. I went to a chiropractor for a few years. By the time I was in 6th grade she was warning me about my posture in addition to one leg being shorter than the other she warned me about not wearing my customized shoes. The sole of one shoe was thicker and I looked like a big busted clunky shoed freak. Lol I stopped wearing the shoes my posture worsened as my bust continued to grow to DD by grade 8. 7-8 I discontinued therapy, I was in and out of school both years with 30 days absent in grade 8 I nearly passed. I was in and out of high school with earning only 3 credits. Went to college for Dental Assisting and ended up working reception due to the pain and fatigue. My brother in law who is a physiotherapist in Washington did a hip adjustment on me while I was visiting for a few months to see if I could get help. Although I was on a Keto diet and feeling better than normal I actually started working out, I was recovering from my weightlifting and walking in the mountains. It was weird, I chalked it up to the healthy diet and fresh air. Towards the end of my stay I discontinued the leg pulls to adjust my hips. I really didn't think a simple leg pull was doing anything for me since this was the only area he treated me for and he was too busy managing his practice. I didn't bother him to continue but I started to decline again and had to stop working out. I ended up laying around in bed most of the day and stopped walking as I was too exhausted to go through the mountains. Perhaps there is something to this theory of C1 or at the least that it effects the vagus nerve or something. Going straight to the Chiropractor college in Toronto tomorrow. I have to know if this simple technique can give me what I had for such a short time in Washington. I just thought maybe it was going into remission from Keto diet, but if that was already a constant so it still doesn't make sense that I suddenly felt like I got hit by a freight train. Wohoo Chiro

^ | v • Reply • Share ›

Remy • 10 months ago

I've really enjoyed these two interviews with Dr Van Elzakker and Dr Diana Driscoll, both focusing on the vagus nerve and it's role in illness.

I'm hoping someone can help me figure out if/how these theories fit together though...as I understand it, Dr Driscoll is saying that low acetylcholine release from the presynaptic neurons of the vagus nerve are responsible for the symptoms experienced.

Dr Van Elzakker seems to indicate it is more of an over active vagus nerve caused by an infection, or a lingering sickness response that was initially provoked by an infection or trauma of some sort.

So is it an overactive or underactive vagus nerve? Should we be trying to stimulate it if it's already over-stimulated? Or is part of it overstimulated and part understimulated? Or have I got this all completely wrong?? :)

Also, I'm interested both in the study Dr VanE referred to regarding the viruses and appropriate antivirals...do you have a link to the work?

And your HRV app? (ETA I see from the transcript it is the Sweetbeat, which I also use. What numbers do you consider optimal for HRV, rMSSD, LF and HF?

Thanks for bringing us such fascinating information! I really appreciate it.

^ | v • Reply • Share ›

MaryAnn Decker • a year ago

I had the shingles recently. After reading that the vagus nerve could stop itching, I decided to use my Scenar to activate the vagus nerve in my neck. The Scenar is an energy technology that naturally enhances the body's healing capacity through a dialog with the body based on Feedback. I used a parasympathetic protocol which includes stimulation of the vagus nerve. It worked; the itching and burning subsided for the entire day. Later, I had a small number of hives on my back. I repeated the protocol and it worked. The itching went away. Unfortunately the Scenar is very expensive. It wouldn't be available for general use.

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AIDAN WALSH • a year ago

I will quote the exact words from Dr Rodney Grahame from the Hypermobility Unit in London 95% of patients diagnosed with ' CFS/Fibro have 'undiagnosed' Ehlers Danlos Syndrome types some can also have rare types also some can have 'partial incomplete' Marfan Syndrome they also agree with MCAD involved Mast Cell Activation Disorder...Now getting at Gulf War Illness they are now being told they have so called CFS/Fibro so if that is the case the deployed/non deployed also have undiagnosed EDS Types...I know one thing certain when he talks about MRI or PET well in Connective Tissue disorders Collagen deficiencies Supine Brain Spine MRI is actually useless in EDS it is advised only to use sitting/standing MRI Brain Spine they find the following in EDS patients 1. Scoliosis 2. Chiari Malformation 3. Stenosis 4. Doctors can looke & find Tethered Spinal Chords all of the above could be activation the Vagus Nerve as well...I have even now seen countless MS patients re-diagnosed with Ehlers Danlos Syndrome...On the 1st of December my Doctors also found something which also could be causing Vagus Nerve issues I was diagnosed with BPPVERTIGO which also comes with NYSTAGMUS...I was at the Eye

see more

˄ | ˅ • Reply • Share ›

Kristina Bosserman • a year ago

This is an amazing theory that I can literally relate to! I had chicken pox at 16 and was severely ill for 2 weeks. Around 30 I had thyroid cancer. Then in my mid 30s I was sick with a mystery flu. I desperately wanted to feel better so I decided to do a fast. I then must have fasted too long . I crashed hard as my body was not strong enough. This literally changed my life... I had pain that began at the base of my spine and then raced up my spine to my heart and neck. The pain was so intense I thought I was having a heart attack for days. My energy crashed and I could barely climb the stairs or function. Almost 10 years later and 1000s of dollars trying to figure out what was/is wrong, and being told it was all in my head, my final diagnosis is CFS. I constantly feel like i am getting the flu. I cannot overdo or i crash. My symptoms are cyclical and move up and down my spine affecting my bladder, kidneys, lungs, head. It is all so interconnected! And, this theory is something i can literally feel inside of me. When I read this article (especially) and the other articles Yasmina has been posting
I feel like the puzzle pieces are coming together. For all of us with this mystery disease, the question is how to come up with a plan and find the right protocol for our individual needs. I definitely know breathing exercises and meditation have greatly improved my wellbeing. Diet is also so important. I do believe it is a combo of body, mind, spirit that all need TLC. Thank you for writing such thorough info and interviewing so many fascinating researchers!

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Albert Chang • a year ago

I actually find his theory to be somewhat suspect. It goes back to an analogy that he made: imagine if your house was on the fire, and the fire alarm went off vs. someone using a lighter right next to the fire alarm sensor. The issue I have with this theory (that immune related reactions are happening at such a sensitive spot is that there should also be significant interest focused on different parts of the body where the immune system is attacking, e.g. nerve sheeth (MS), organs, etc. More specifically, if a pathogen is latent and causing the immune overreaction in the Vegas nerve, shouldn't we assume that the pathogen(s) are latent elsewhere? Think...termites!!!

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Gwen C • a year ago

The intro states that Dr. Van ElZakker has two main research interests: PTSD and CFS. It doesn't say that these are connected, but I'm curious if he sees a connection between these in any way, and if so, what? Is there any way to dialogue with him or ask him questions apart from a comment board like this?

And thank you ever so much for posting this interview!

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Gwen C ➦ Gwen C • a year ago

I also want to express that reading info like this is both incredibly hopeful and horribly discouraging at the same time. On the one hand, there is a doctor out there who is researching this and has far more understanding than any practitioner I've been to. On the other hand, the sheer demand (# of patients) and very few doctors like this means that I will probably never have access to a health care provider like this, or who accepts/understands research like this. And even when I have found a doctor who works from the model of the cytokine theory and who accepts patients, her fees prove to be an insurmountable barrier.

2 ˄ | ˅ • Reply • Share ›

Darla Bruno ➦ Gwen C • a year ago

Gwen, check this out: http://goop.com/the-medical-me...

⌃ | ⌄ • Reply • Share ›

healinghistamine Mod ➦ Gwen C • a year ago

Hi, I asked him: "In general, I consider CFS and PTSD to be two separate arms of my research interests. The vagus nerve is involved in both conditions but that's not surprising because it's involved in so much. In PTSD, the efferent fibers have reduced parasympathetic tone, leading to hyperarousal symptoms. In CFS, the hypothesis is that the afferent fibers have increased activity, leading to sickness responses. I'd say that psychology is involved in all medical conditions in that excess stress makes almost everything worse including inflammation, but that CFS is not a psychological or psychiatric condition."

1 ⌃ | ⌄ • Reply • Share ›

Darla Bruno ➦ Gwen C • a year ago

I posted below too, Gwen, and had the same question. Would love to see a deeper investigation of this.

⌃ | ⌄ • Reply • Share ›

Gwen C ➦ Darla Bruno • a year ago

Definitely, Darla. Yasmina, is there any way for your readers to ask questions of Dr. Van ElZakker?

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Darla Bruno • a year ago

Dr. Van ElZakker researches PTSD in relationship to CFS? Is there more information on that somewhere? Also, you raise the subject of psychoneuroimmunology here, but seem to speak mostly to the "neuro" and the "immuno" -- but I'm curious about the "psycho" part... is there a way to interrupt the faulty signaling to the brain? Meditation? Something? :)

⌃ | ⌄ • Reply • Share ›

healinghistamine Mod ➦ Darla Bruno • a year ago

Yes, meditation. We will cover a lot more in a follow up. Here was his answer to the question: "In general, I consider CFS and PTSD to be two separate arms of my research interests. The vagus nerve is involved in both conditions but that's not surprising because it's involved in so much. In PTSD, the efferent fibers have reduced parasympathetic tone, leading to hyperarousal symptoms. In CFS, the hypothesis is that the afferent fibers have increased activity, leading to sickness responses. I'd say that psychology is involved in all medical conditions in that excess stress makes almost everything worse including inflammation, but that CFS is not a psychological or psychiatric condition."

1 ⌃ | ⌄ • Reply • Share ›

Darla Bruno ➦ healinghistamine • a year ago

Yasmina,

Thank you so much for this response and thanks to Dr. Van ElZakker as well. Looking forward to more!

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Snowfall • a year ago

How do the Gupta Programme and DNRS relate to Dr. Van ElZakker's hypothesis?

Are these treatments ways of counteracting the messaging from the vagus nerve?

Or am I totally missing the point - that the Guptra Programme and such are part of the "group of doctors there that really consider it to be a psychological condition, and so their version of therapy is to try to convince the patients that they're not actually sick"?

⌃ | ⌄ • Reply • Share ›

Tracy ➦ Snowfall • a year ago

As a person who is using the Gupta programme I feel I need to set the record straight here...I can say with 100% certainty that Ashok Gupta considers CFS as a neurological neuro-immune condition with real physical symptoms and would never consider it a psychological condition or try to convince a person they are not sick as you have stated above. So please do not lump him in that category with the "doctors" above. Having said that, every illness does have a physical, mental, psychological and spiritual component, so it would be fair to say CFS has a psychological component to it as well. If you are interested in his hypothesis, you can go to his website and read all about it. Many people, including himself, have healed completely using his methods, I have a laundry list of conditions so I'm not healed yet, but I am seeing improvements.

I know I have vagus nerve issues, so I am hopeful the program will help with them, too. Time will tell.

1 ˄ | ˅ • Reply • Share ›

healinghistamine Mod → Tracy • a year ago

Hi, I don't believe the OP was making a statement and neither was I. She was asking the question. But indeed yes the best place to learn is the website.

˄ | ˅ • Reply • Share ›

Snowfall → healinghistamine • a year ago

Absolutely - I was just asking the question to get more clarity on the issue. Yasmina, I'd love it if you could ask Dr. Van ElZakker his thoughts on treatments like the Gupta Programme and DNRS. I'm very curious as to how these treatments might fit with his hypothesis. I've read a lot about (and even tried) both treatments, but am curious about how specifically they might relate to Van ElZakker's work.

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healinghistamine Mod → Snowfall • a year ago

I can't really speak to what the DNRS and Gupta folk actually believe. I can tell you that my impression with the DNRS is that it's based on the belief that it is faulty wiring, but that's just my impression. I think she has a book out that covers this. I'm planning to ask all kinds of follow up when he has the data.

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Snowfall → healinghistamine • a year ago

Thank you! Looking forward to the follow-up.

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Snowfall • a year ago

Wow! This is an amazing interview filled with incredibly helpful and fascinating information. Huge thanks to both Yasmina and Dr. Van ElZakker.

Eagerly awaiting updates on Dr. Van ElZakker's work. His theory certainly seems promising. Where can we follow his research?

˄ | ˅ • Reply • Share ›

healinghistamine Mod → Snowfall • a year ago

Hiya! So glad you enjoyed it. I asked him but there's nothing set up. I would set a google alert for his name :)

˄ | ˅ • Reply • Share ›

Snowfall → healinghistamine • a year ago

Thanks! Please keep us informed about his work. I appreciate all you do for our community, Yasmina. :)

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A This comment was deleted.

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4 comments • 3 months ago•

A EK — What is the name of the cream you mention here. Dr. Theoharides at Tufts has created a topical cream that prevents …

Does negative brain conditioning fuel inflammation?

1 comment • 5 months ago•

A brbguana — I don't see a reference to a scientific paper on mast cells and epigenetics...would love to find it- can …

It's not in your head: gluten hurts non-celiacs too

4 comments • 3 months ago•

A Linda N — Alla C: The Cause is NOT candida and nothing else. While it has been shown that candida can indeed induce …

Science backs Ayurvedic herb's antihistamine properties

3 comments • 2 months ago•

A Nicole — Great timing as my son's doctor just wrote a Rx for sodium cromolyn this week for him. I went to fill the Rx and it …

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