

A Neuro-Immune Perspective on Allergies

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For many years I have been interested in the relationship between the nervous system and the immune system. My clinical observations have led me to question whether some allergic reactions involve more than antibodies and inflammatory chemicals alone.

Conventional medicine typically views allergies as exaggerated immune responses to environmental triggers. While this model explains many aspects of allergic disease, it may not fully explain why symptoms can vary dramatically from one individual to another or why emotional stress often worsens allergic conditions.

My working hypothesis is that the limbic system, autonomic nervous system, vagus nerve, and immune system participate in a dynamic feedback network. In some individuals, this network may become conditioned to react excessively to specific environmental substances.

The amygdala plays a central role in threat detection and emotional memory. From a neurobiological perspective, it is reasonable to ask whether certain allergic responses may involve learned or conditioned neurological patterns in addition to immunological mechanisms.

In my clinical practice, I have observed patients whose symptoms improved within minutes following interventions designed to influence autonomic nervous system function and limbic-system processing. These changes frequently occurred long before laboratory markers would be expected to change.

This raises an important question: Is it possible for the nervous system to rapidly alter the expression of allergic symptoms while the underlying immunologic markers normalize more gradually?

One observation supporting this possibility is that some patients continue to demonstrate elevated IgE levels for months after their symptoms have significantly improved. In my experience, symptom resolution and laboratory normalization do not always occur simultaneously.

Another intriguing observation comes from reports in the psychiatric literature describing individuals with dissociative identity disorder (multiple personality disorder).

Some reports suggest that physiological responses, including allergic reactions, may differ between personality states. Although such cases are uncommon and require further study, they highlight the complex interactions between the brain, perception, autonomic function, and immune regulation.

Rather than viewing allergies solely as immune disorders, I believe future research may reveal that some allergic conditions are best understood as neuro-immune disorders involving communication among the brain, autonomic nervous system, endocrine system, and immune system.

The vagus nerve is of particular interest because it serves as a major communication pathway between the brain and internal organs. Research into the inflammatory reflex and vagal signaling has demonstrated that the nervous system can influence immune activity in ways that were not fully appreciated a generation ago.

My own clinical work focuses on helping patients modify dysfunctional autonomic and limbic-system responses. Whether one describes this process as retraining, reconditioning, or neuroplastic adaptation, the goal is to restore a more appropriate response to environmental triggers.

Additional research will be needed to determine precisely how these mechanisms operate. Nevertheless, the growing field of psychoneuroimmunology suggests that the relationship between mind, brain, and immunity is far more complex than previously believed.

Understanding this relationship may ultimately lead to new approaches for treating allergies, autoimmune diseases, chronic inflammation, and other disorders involving dysregulation of the neuro-immune system.

Traditional allergists believe that an allergy to a substance is where it shows up on a laboratory test as an elevated immunoglobulin E (IgE) blood test. Some traditional allergists as of today only do IgE food allergy blood tests and not IgG, IgG4 and IgA blood tests.

"Reactions to" or "allergies" to saponins, nightshades, lectins, lactose intolerance, gluten intolerance, celiac disease, amylose, sugar alcohols are chemicals or genetic disorders that can simulate allergic reactions, but they do not fit the true definition of an allergy. I will discuss these in another blog.

There is a genetic predisposition to allergies, such as having certain HLA genotypes. Other people born with a good Motherboard can still develop allergies if toxic with mercury, other heavy metals, silicone breast implants, root canals, chemicals, EMF exposure, emotional abuse, etc.

People with Lyme disease, cell wall deficient bacterial infections, chronic viral infections (EBV, CMV, HHV-6), chronic mold exposure are more likely to have allergies than the general population.

Your need to remove all mercury amalgam dental fillings and root canals from an experienced biological dentist. The FAR-IR sauna will help your allergies, because it will detoxify you of thousands of poisons, which will make your immune system healthier.

Curing yourselves of "Leaky Gut Syndrome" will definitely help you. Aspirin, anti-inflammatories, too much sugar, Candida, stress, excess carbohydrate diet, alcohol, etc. can cause this.

Supplements to Help Allergies

Vitamin C two to three times a day until bowel tolerance.

Bioflavonoid extract 2 caps three times a day.

Stinging Nettles 2 caps three times a day

Moringa 1 teaspoon twice a day.

It is not important on the capsule size of milligram content. These will not harm, but will only help treat allergies. Vitamin C taken to bowel tolerance twice to three times a day helps the most.

Here is an acupressure template you can use. Do not treat life-threatening allergies. They should be treated only by an M.D. or D.O. who has had formal allergy training.

Use your 2nd, 3rd and 4th fingers to gently tap down the spine one vertebra at a time. Your thumb is finger #1. Start at T1 and gently tap in a continuous movement to L5. Do this the entire time you are giving your patients consciousness and subconscious instructions. You are using the Hua Tuo Jia Ji acupuncture points, inner and outer urinary bladder meridians. These are very powerful points in acupuncture.

"Have your immune system, your autonomic nervous system, your central nervous system, your peripheral nervous system, your body, mind and brain fully comprehend all allergies to "pine and evergreen pollens" and eliminate these allergies now.

Have your immune system, your autonomic nervous system, your central nervous system, your peripheral nervous system, your body, mind and brain to be fully aware of all allergy behavior with special attention to "pine and evergreen pollens", and have your mind-body's innate intelligence eliminate all allergies now.

With this renewed awareness:

Eliminate or delete all IgE, IgG, IgG4, IgA, IgM and IgD antibodies to "pine and evergreen pollens" now.

Eliminate all allergy inflammatory cells, carbohydrates, chemicals, proteins, secretions, antibodies and frequencies which were once formed from being allergic to "pine and evergreen pollens" now.

Eliminate these allergies from your body, mind and brain, your DNA, RNA, epigenetics, all cells in your body, all tissues in your body (ectodermal tissues, endodermal tissues and mesodermal tissues), all receptors' sites in your body, mind and brain; all receptor sites in the cytoplasmic and nuclear membranes now.

Rebalance all energetic pathways, all acupuncture meridians so you are now free from allergy to "pine and evergreen pollens. Eliminate all harm these allergens are causing you: physical harm, psychological harm, emotional harm and mental harm.

Neutralize you to all physical, psychological, emotional and mental harm caused by these allergens.

Eliminate all latent, inactive, active pernicious synaptic patterns, negative cellular memory, and recurrent pernicious data generated in you from being allergic to "pine and evergreen pollens" now.

Delete all informational faults, all sources, causes and reasons and all physical, mental, emotional and psychological weaknesses resulting in you being allergic to "pine and evergreen pollens" now.

Eliminate all faults in cellular, neurological and fascial communication causing you to be allergic to "evergreen and pine pollens" now. All of these faults are now replaced by optimal and healthy communication?

Neutralize you to the original incident and subsequent trauma, anchored emotion(s), engrams, and imprinted memory causing you to have this allergy to pine and evergreen pollen. Delete all actual and potential adverse reaction to triggers that resonate with this experience and that give rise to further allergy episodes now.

Decrease histamine to low optimal levels now. Decrease all IgE antibodies to low optimal levels now. Eliminate all IgE antibodies to "evergreen and pine pollens" now. Decrease eosinophils and basophils to low optimal levels now. You have totally cured yourself to being allergic to "pine and evergreen pollens" now."

This spiel that I do works! It may not work if I'm thinking what my wife is cooking for dinner. It will take you some time until you proficient in curing allergies. Playing the violin, piano and competing in ballroom dancing has kept me humble. Everything we want to master takes years of practice or at least 10,000 hours of high-quality practice. That being said, you will get results right away.

I use a similar technique to eliminate rape incidents, all emotional and mental traumas, etc. A few of these 10-minute treatments work so much better than years of

psychotherapy. Emotional and mental abuse incidents are stored as memories (negative energetic patterns) in your limbic system and your fascia.

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