

such as wool, may be found in clothing, cushions, fabrics, blankets, sweaters, the linings of gloves, rugs, toys, furniture stuffing, and myriad other household items. Feathers and down feathers in bedding and jackets must be considered as well. Items made from rabbit fur (Angora) can have extra amounts of allergens because the fur is too delicate to remove all traces of dander and dried saliva. Some clothing and goods from foreign countries may contain unexpected animal fur content.

### Symptoms (partial list)

Coughing	Postnasal Drip
Itching	Red Rash (Hives)
Sneezing	Nose-Rubbing
Hay fever	Swollen Eyes
Headache	Poor Concentration
Wheezing	Muscle Aches
Fatigue	Shortness of Breath
Depression	Learning Problems
Insomnia	Tightness In Chest
Leg Aches	Difficulty Talking
Moodiness	Poor Concentration
Dermatitis	Ear Infections
Backaches	Hunched Shoulders
Yawning	Throaty Sounds
Halitosis	Facial Twitches or Tics
Belching	Red Earlobes
Dizziness	Wiggly or Twitchy Legs
Tachycardia	Aggressive Behavior
Watery Eyes	Poor tolerance for Exercise

Americans love animals and are more inclined than any other people in the world to have pets in the home and that number is increasing. With that increase has come an increase in animal allergies, but it doesn't have to be that way.

### NAET

(Nambudripad's Allergy Elimination Technique) is a natural, painless, and noninvasive treatment used in desensitization, reduction, or permanent elimination of various food, chemical and environmental allergies. Most asthma and lung disorders are caused from allergies, and a surprising number of other diseases may be caused by allergies.

### Asthma

"Asthma is a chronic lung disease characterized by recurrent attacks of breathlessness, airways (bronchial tubes) that become hyperactive and constrict when exposed to a variety of stimuli," obstruction of the bronchioles that is reversible with NAET.

**Mark W. Light, M.D.**  
**Vickie Van Scyoc, R.N.**

Chico Integrative Health

1279 E. First Ave Ste C  
Chico, California 95926

530-899-7300

marklightmd@gmail.com

www.ChicoIntegrativeHealth.com

www.RN4NAET.com

www.NAET.com

# ANIMAL ALLERGIES and ASTHMA



**40 MILLION SUFFER ALLERGIES from DOGS, CATS and other animals RELIEF IS HERE!**

## NAET helps reduce and often eliminates animal allergies and asthma

Simple treatments with NAET bring amazing relief to clients experiencing allergies to animals.

- KEEP your beloved pet
- OWN a pet for the first time
- GO to friend's houses where there are pets and NOT become ill
- VISIT farms and zoos and other locations with animals and pets without concern for your health and well being

Results are astounding, and clients are thrilled with the results.

### Common Allergy Issues

- Pet allergies can strike anyone at any age in their life.
- Pet allergies can be the most distressing of allergies, forcing us to make difficult decisions such as: find another home for our pet, not visit friends or colleagues who have pets, or even have to move.
- Most people that suffer from pet allergies often have allergies to other substances such as milk, pollens or molds.
- The longer a pet lives in a home the more its allergens will have spread everywhere. Air currents from forced-air heating, air conditioning and fans spread the allergens further throughout the house causing greater symptoms.
- Animal allergy is an immune reac-

tion in the human body to the naturally occurring dead skin flakes (dander), saliva, urine or scent gland excretion of an animal, which is then called an allergen.

- The allergen spreads either through contact or through the air - carried on very small, invisible particles. It lands on the lining of the eyes (conjunctive), nose and mouth, and may also be inhaled directly into the lungs.

### Source Of Pet Allergies

Any animal with fur, feathers, skin or scales can trigger an allergic reaction. Common pets and farm animals include: cats, dogs, rabbits, gerbils, guinea pigs, hamsters, ferrets, mice, horses, cattle, monkeys, goats, pigs, sheep, chickens, geese, parrots and any other birds. Of these, research indicates that cats are by far the worst offenders, followed by dogs and horses. There is no relationship between the pet's hair length and allergen production as even a hairless dog or cat can cause allergy symptoms, as well as other animals such as lizards and snakes.

### The Allergens

- Fur, hair, and feathers themselves can be the source of allergens and they can also be the carriers of other allergens stuck in them, such as dander, pollens, shampoo residue, flea repellent, poison oak, or other environmental substances.
- Dander is microscopic scales of dead skin similar to, but much smaller than, the dandruff on the human scalp, which all pets

and other animals constantly shed. They are so tiny you seldom, if ever, know they are circulating in the air or laying on surfaces.

- Dander allergens are sticky and adhere to everything. On hard materials, such as walls and furniture, they may appear as dust and are easy to clean, yet, once adhered to soft materials, such as carpets, upholstered furniture, mattresses, and clothing, are difficult to remove. Dander is a potent allergen which can stay active in a home for over 10 years, even after the pet is removed. Air circulation ducting is an especially good hiding place for dander to reside.

- Cat saliva can be especially a problem for sensitive people because cats lick themselves. There is a particular protein in cat saliva that sticks to their fur and dander so that, when it dries and becomes airborne as microscopic particles, can produce or exacerbate allergic and/or asthmatic symptoms.

- Cat allergen is particularly sticky and is carried on clothing, so it is almost impossible to avoid exposure as you may know many people who have cats and carry the allergen with them. Of course, one or more cats in your own environment will increase the level of exposure and potential allergy symptoms.

- Studies also prove that another allergen from cats is their scent glands. Cats have scent glands on their faces and at the base of their tails. Male cats who are not neutered generate the most scent.

- Clothing and goods made from animal fur or feathers are potential sources of allergens to sensitive people. Animal fur,