

PRINT PAGES 14, 28, 29 & 34 TAKE NOTES!

resource guide

THE NERVOUS SYSTEM ALLERGY BLUEPRINT™

Why Your Body Reacts & How to Restore Regulation From Within

TRULY CHIROPRACTIC



HI, WE ARE THE TRULY CHIROPRACTIC TEAM

If you or your child deal with recurring allergies, congestion, or seasonal reactions, you're not alone.

At Truly Chiropractic, we focus on helping families understand how the nervous system and immune system influence allergy responses. When these systems become overwhelmed, the body can start reacting more strongly to everyday triggers.

This guide will walk you through what's happening in the body and simple steps that can help support better balance.

Welcome, we are...

HERE FOR YOU!

Truly Chiropractic is a family wellness chiropractic practice specializing in prenatal, postpartum, pediatric, and nervous-system-focused care. Our goal is simple: to help the body move out of survival mode and back into balance. When your nervous system is supported, your body can regulate, adapt, and heal more effectively.

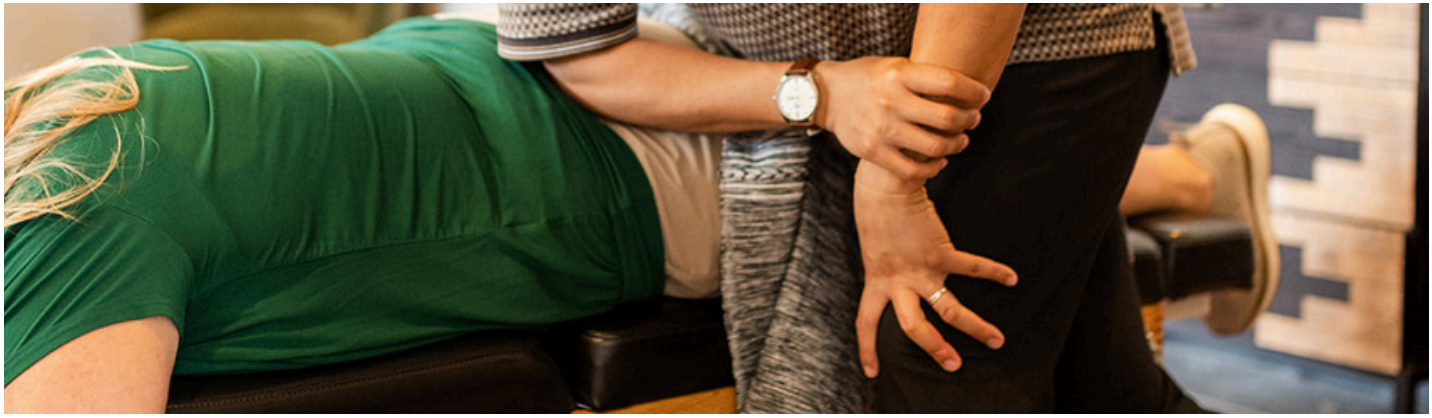


The Doctor Team at Truly Chiropractic has certifications in Webster technique (*specific for pregnancy*), The Pediatric Experience as well as the Life University Pediatric Adjusting Certification, the ICPA, & BIRTHFIT.

This guide will walk you through how allergies are driven by nervous system regulation, and how supporting that system can help the body become less reactive and more resilient.

LET'S DO IT!


FAMILY WELLNESS CHIROPRACTOR
RELIEF IS MORE THAN
MASKING symptoms
IT'S HELPING YOUR
NERVOUS SYSTEM
heal
SO YOUR BODY CAN
FEEL SAFE AGAIN
TRULY CHIROPRACTIC



ARE YOU TIRED OF THE SAME FRUSTRATING CYCLE? ↴

ALLERGEN (TRIGGER) → REACTION → MEDICATION → TEMPORARY RELIEF → REPEAT

You're not alone. Thousands of families describe the exact same pattern. And one of the most overlooked reasons allergies persist is this:

Your nervous system plays a powerful role in how your immune system responds.

Research in immunology continues to show that allergies are not just an immune issue — they're part of a neuro-immune pattern, meaning the nervous system and immune system are constantly communicating with one another.

When the nervous system is overwhelmed or stuck in fight-or-flight, the immune system becomes more reactive, more sensitive, and quicker to over-respond to everyday triggers.

This guide will help you understand how that connection works and what steps you can start taking today to support a more regulated, resilient system.

CHAPTER



NUMBER 1

WHAT MOST FAMILIES DON'T KNOW ABOUT ALLERGIES

CHECKLIST INCLUDED

What you will learn

Most allergy treatments focus on symptom relief. In this chapter, we'll explore how the nervous and immune systems work together — and why that connection matters for breaking the allergy cycle.

WHY ARE MY ALLERGIES SO BAD? ⤵

YOUR NERVOUS SYSTEM SETS THE "REACTIVITY THRESHOLD".

Most people think allergies happen simply because pollen, mold, cedar, or grass levels are high.

But biology tells a deeper and far more hopeful story.

➜ Allergies are not just an immune issue, they are a neuro-immune pattern.

➜ The nervous system determines how intensely your body reacts.

➜ And when the nervous system is dysregulated, the immune system becomes hypersensitive.
dy reacts.



MODERN IMMUNOLOGY SHOWS THAT THERE IS CONSTANT, TWO-WAY COMMUNICATION BETWEEN:

Barrier tissues such as the skin, gut lining, sinus membranes, and airways; immune cells that release histamine and drive allergic responses; and nerve endings that detect irritation and signal symptoms.

Together, these systems form an integrated alarm circuit.

When one part becomes overwhelmed, the entire system can increase its sensitivity.

THINK OF IT THIS WAY

Your immune system is the smoke detector. Your nervous system controls the sensitivity setting.

A well-regulated nervous system keeps that alarm calibrated correctly — responding to real threats while ignoring harmless exposures.

But when the nervous system is stuck in a constant state of high alert, the alarm becomes overly sensitive.

A little dust → *sirens*
A lit candle → *panic*
A mild allergen → *full inflammatory cascade*

The issue isn't that the immune system is "broken."

The sensitivity setting has simply been turned too high.

High Alert → Lower Threshold → Bigger Reactions

Research shows that factors such as sympathetic stress hormones, vagal tone, and perceived threat all influence how reactive mast cells (the cells that release histamine) become.

So, what does this mean in practical terms?





➜ The more stressed the nervous system becomes, the more reactive the immune system may be.

➜ The body may react faster, more intensely, and to more triggers, even familiar ones.

This helps explain many real-life allergy stories families share with us:

“My kid’s allergies exploded after a stressful school year.”

“I only react this badly when I’m exhausted.”

“After the baby was born, my allergies went wild.”

“Every time I’m run down, everything irritates me.”

These experiences aren’t random.

They’re often signs of a nervous system that’s carrying more stress than it can comfortably regulate.

So what pushes the nervous system into high alert in the first place?

LET’S LOOK AT THE MOST COMMON STRESSORS.

CHAPTER



NUMBER 2

THE TOP NERVOUS SYSTEM STRESSORS THAT MAKE ALLERGIES WORSE

CHIROPRACTIC EDUCATION

What you will learn

Allergy symptoms don't worsen randomly. In this chapter, you'll see how common life stressors like poor sleep, illness, and environmental irritants can increase nervous system load and amplify immune reactions.

TOP 5 NERVOUS SYSTEM STRESSORS

When the nervous system is under increased stress, the body's reactivity threshold lowers. That means the immune system becomes more sensitive, reacting faster and more intensely to triggers that might normally be tolerated.

Several common stressors can contribute to this shift:

→ EMOTIONAL OR LIFE STRESS

Stress hormones such as norepinephrine and CRH influence mast cells — the immune cells that release histamine during allergic reactions.

This helps explain why allergies often flare during periods of increased stress, including school stress, family transitions, postpartum recovery, travel, or chronic overwhelm.

→ POOR SLEEP

Sleep is when the body regulates inflammation and restores nervous system balance.

When sleep is disrupted, inflammatory signals rise and allergy control often worsens.

Even one poor night of sleep can increase next-day sensitivity.

→ ILLNESS OR RECENT INFECTION

When the immune system is working hard to fight illness, the nervous system is also under greater demand. This added load can temporarily lower the body's reactivity threshold.

This helps explain why many families notice new allergy symptoms after illness, or stronger reactions following a lingering cold or infection.

→ BIG TRANSITIONS FOR KIDS

Children's developing nervous systems are especially sensitive to change. Events like starting school, moving homes, schedule shifts, or developmental leaps can increase nervous system stress and influence immune responses.

These aren't just "emotional challenges" — they are nervous system load events that can affect immune regulation.

→ ENVIRONMENTAL IRRITATION

Environmental irritants can also increase nervous system stress. Poor air quality, mold exposure, strong fragrances, and chemical irritants can all signal to the nervous system that the environment is unsafe.

When this happens, the body may lower its tolerance threshold and become more reactive to allergens.





WHEN THE NERVOUS SYSTEM IS OVERWHELMED ↴

When nervous system load becomes too high, the body can shift into a constant protective mode.

In this state, many families notice patterns like:

- Pollen season feels much harder
- Dust triggers reactions more quickly
- Skin flares more easily
- Foods feel more irritating
- Sleep becomes lighter or disrupted
- Symptoms last longer

This doesn't mean something is "wrong" with your body.

Often it means the nervous system has lost its margin for stress.

And when that margin disappears, the immune system begins reacting in ways that are meant to protect — not sabotage.

THE GOOD NEWS?↴

If the nervous system can learn patterns of heightened reactivity, it can also learn patterns of *calm regulation and resilience*.

Supporting nervous system function helps restore that margin — allowing the immune system to respond more appropriately over time.

This is why neurologically-focused chiropractic care aims to support nervous system regulation and help the body move out of constant “high alert.”

WHAT’S THE BIGGEST TAKE AWAY OR LESSON SO FAR?



CHAPTER



NUMBER 3

WHY DO ALLERGIES GET "STUCK" | NOTES SHEET TO PRINT

What you will learn

Chronic allergies don't happen randomly. In this chapter, you'll learn the three biological mechanisms that keep allergy patterns stuck — and why symptoms continue even when you're doing everything "right."



WHY DO ALLERGIES GET “STUCK”

Based on modern neuro-immunology, there are a few key reasons allergy patterns can become persistent.

Understanding these mechanisms often helps families realize that their symptoms aren’t random — they’re part of a biological loop.

1. CHRONIC STRESS TURNS MAST CELLS INTO “TRIGGER” CELLS

Mast cells are immune cells responsible for releasing histamine, the chemical behind many allergy symptoms like sneezing, itching, watery eyes, swelling, hives, and congestion.

BUT HERE’S THE PART MOST PEOPLE NEVER HEAR

➜ Mast cells are directly connected to the nervous system's stress pathways.

➜ Stress hormones like CRH and norepinephrine can activate these cells.

➜ Under stress, mast cells release histamine faster and more intensely.

Research shows mast cells sit beside nerve endings and respond to nervous system signals.

When the body perceives stress or danger, these cells react as if the body is under attack.

2. AN OVERWHELMED NERVOUS SYSTEM CAN WEAKEN THE BODY'S BARRIERS

Your skin, airways, and gut lining are the body's first defense against allergens.

These act as the first line of defense against allergens and irritants. Think of them like the security guards of the immune system.

But when the nervous system is under chronic stress, those barriers can weaken.

Modern research shows:

➜ Acute psychological stress can increase gut permeability

➜ Chronic stress can weaken airway and skin barriers

➜ Mast cells communicate with nerves in these tissues, amplifying sensitivity

When these barriers weaken, allergens pass through more easily — triggering bigger reactions to smaller exposures.

This is why many families say:

"My child reacts to everything now."
"Foods I used to tolerate bother me."
"My skin flares over nothing."

The issue isn't always exposure. It's reduced resilience in the body's protective barriers.

3. POOR SLEEP RAISES INFLAMMATION AND REDUCES IMMUNE RESILIENCE

Sleep isn't just rest — it's when the body resets key systems, including the nervous and immune systems.

Research shows that sleep disruption is common in conditions such as asthma, allergic rhinitis, and eczema.

Poor sleep increases inflammatory signaling and makes it harder for the body to regulate immune responses.

When sleep quality drops, the body struggles to fully reset: airway inflammation can remain elevated, mast cells stay more reactive, the gut lining becomes more vulnerable, histamine clears more slowly, and sensory nerves remain hypersensitive.

Over time, this makes the body less resilient to environmental triggers.

THE REAL REASON ALLERGIES FEEL "CHRONIC"

These factors reinforce each other in a cycle:

Stress → Barrier Breakdown → Poor Sleep → More Stress → Increased Reactivity

When this loop continues, the body stays in a heightened defensive state.

This is why medications can help manage symptoms — which is often important — but won't resolve the underlying pattern.

To truly shift the cycle, the nervous system itself needs *support and regulation*.

That's why neurologically focused chiropractic care aims to support nervous system balance — helping the body move out of constant "high alert" and back toward resilience.


FAMILY WELLNESS CHIROPRACTOR
IF YOU'VE BEEN DOING
all the right things
AND STILL FEEL STUCK,
IT'S NOT BECAUSE
YOU'RE BROKEN. IT'S
BECAUSE YOUR BODY
NEEDS A NEW
approach
TRULY CHIROPRACTIC

CHAPTER



NUMBER 4

HOW CHIROPRACTIC HELPS “UNSTICK” ALLERGIES

CHIROPRACTIC EDUCATION

What you will learn

Lasting allergy relief begins with nervous system regulation. In this chapter, you’ll learn how chiropractic care helps restore balance and reduce immune reactivity.

REGULATING THE NERVOUS SYSTEM → SUPPORTING THE IMMUNE SYSTEM → REDUCING REACTIVITY

Modern neuro-immunology shows the nervous system strongly influences mast cell activity, barrier tissues (gut, skin, airways), airway sensitivity, gut permeability, sleep regulation, and immune reactivity.

Because of this connection, improving nervous system regulation can change how the body responds to allergens.

Neurologically focused chiropractic care works upstream, helping the body regulate the systems that influence the allergy cycle.





WHY CHIROPRACTIC ISN'T "TREATING ALLERGIES"

Most families are taught a simple model: When symptoms worsen → treat the symptoms.

But allergy flares are often signals that the body's stress-response systems are overwhelmed.

Chiropractic doesn't treat the allergy itself. It supports the nervous system that coordinates the body's response.

When the nervous system becomes more regulated, the immune system becomes less reactive.

Here's how that happens

1. SHIFTING THE NERVOUS SYSTEM OUT OF FIGHT-OR-FLIGHT

A dysregulated nervous system is like a car stuck with its foot on the gas.

Muscles tighten, breathing becomes shallow, inflammation rises, mast cells become more reactive, barrier tissues weaken, and airway nerves grow hypersensitive.

Research shows chronic sympathetic activation ("fight-or-flight") lowers the body's reactivity threshold and amplifies neuro-immune feedback loops.

Gentle chiropractic adjustments help restore communication within the nervous system, supporting a shift toward parasympathetic regulation — the body's "rest and regulate" state.

This shift supports calmer airway reflexes, healthier breathing patterns, improved gut motility and barrier function, and reduced nervous system stress signals.

As the nervous system becomes more regulated, the immune system can respond more appropriately.

2. SUPPORTING THE VAGUS NERVE

The vagus nerve plays a central role in the body's "inflammatory reflex," a system that helps regulate inflammation.

Research suggests that stronger vagal tone supports reduced inflammatory signaling, improved heart rate variability (HRV), healthier digestion and gut function, and more balanced nervous system regulation.

As vagal tone improves, many families notice allergy symptoms becoming less intense, less frequent, and shorter in duration.

Children often respond especially well because their nervous systems are highly adaptable.

3. STRENGTHENING THE BODY'S BARRIER SYSTEMS

One of the most important discoveries in modern immunology is the role of barrier tissues in allergy development.

Your gut lining, airway lining, and skin barrier act as the body's first line of defense, preventing allergens from triggering unnecessary immune reactions.

However, chronic nervous system stress can weaken these barriers, making the body more vulnerable to irritation and inflammation.

Because the autonomic nervous system regulates these tissues, improving nervous system balance helps support stronger barrier integrity.

As regulation improves, many families notice healthier breathing, better gut–brain communication, improved tissue repair, and calmer skin responses.

4. RESTORING RESTORATIVE SLEEP

Sleep is when the nervous and immune systems reset.

When sleep improves, the body can better:

- Regulate inflammation
- Repair barrier tissues
- Balance immune responses
- Recover from environmental stressors

Many families report that better sleep is the first change they notice when their nervous system begins regulating more effectively.

5. INSIGHT SCANS REVEAL WHAT'S HAPPENING BENEATH THE SURFACE

Most parents have never seen how their child's nervous system is functioning — only how to manage symptoms.

INSiGHT scans change that.

INSIGHT SCANS: MEASURING YOUR NERVOUS SYSTEM HEALTH

One of the most powerful ways we track your nervous system health at our office is through Insight Scans. These are gentle, non-invasive scans that help us see exactly how your nervous system is functioning. No needles, no stress, just information your body is giving us. Here are the three main tools we use:



→ HEART RATE VARIABILITY (HRV):

HRV measures the variation between each heartbeat. It may sound strange, but more variation is actually better. It means your body is flexible, adaptive, and responsive to stress in a healthy way. Higher HRV means your parasympathetic (rest and digest) system is active and your body can recover well from stress. Lower HRV usually points to your fight-or-flight system being stuck on high.



→ INFRARED THERMOGRAPHY:

This tool uses a gentle heat-sensitive camera to read the surface temperature of your skin. Why does this matter? Because your body's temperature is influenced by nerve activity and blood flow. If one area is warmer or cooler, it can be a clue that certain nerves or muscles are working too hard or that stress is showing up in specific regions of your body.



→ SURFACE ELECTROMYOGRAPHY (SEMG):

This scan uses little sensors (just stick-on patches) to measure the electrical activity in your muscles. It shows how tense your muscles are even when you're not moving. Stress, poor posture, or nerve irritation can all cause muscles to stay overactive. This scan helps us see if your nervous system is asking your muscles to stay "on guard."

Each scan takes just a few minutes and provides real, objective insight into how your nervous system is doing. You'll receive a simple report showing any imbalances like low HRV, hot spots on thermography, or elevated muscle tension on sEMG. It's one of the clearest ways we can turn vague feelings of "stress" into measurable data we can do something about.

Together, these tools give you a starting point and a way to track your progress over time. Whether it's through chiropractic care, breath-work, better sleep, or lifestyle shifts, we'll use these scans to help guide your healing journey. We've covered a lot today! At our office, we specialize in nervous-system focused chiropractic care that's gentle, personalized, and designed to help your body do what it was made to do: HEAL.

If you're ready to take the next step, we invite you to schedule your Insight Scan appointment with us. This simple scan could be the beginning of a whole new chapter in your health and peace of mind.





THE BIG PICTURE

Allergies often persist when the nervous system remains stuck in high alert.

Chiropractic care helps support the body in moving out of that state by encouraging nervous system regulation, healthier barrier function, improved vagal tone, deeper sleep, reduced stress signaling, and stronger overall resilience.

When the nervous system learns to be calm, the immune system becomes less reactive. And that's where lasting change can begin.

You're not stuck with confusing symptoms or endless trial and error.

There is real insight into why your body reacts the way it does — and there are steps you can take to support it.

Next, we'll explore simple steps you can start taking at home to calm the allergy cycle.

CHAPTER



NUMBER 5

WHAT YOU CAN START DOING TODAY | NOTES SHEET TO PRINT

What you will learn

Small changes at home can make a meaningful difference in how your body responds to allergies. In this chapter, you'll learn simple ways to support your nervous system and reduce common triggers.

CALMING THE ALLERGY CYCLE

SIMPLE, SCIENCE-INFORMED WAYS TO LOWER ALLERGY REACTIVITY

Use this page as a checklist. Mark the items you already do and circle one or two new habits to try this week

STRENGTHEN YOUR BODY'S BARRIER SYSTEMS

□ Eat regular meals built around whole foods.

□ Drink water consistently throughout the day.

□ Include gentle daily movement like walking or stretching.

□ Maintain consistent sleep and wake routines.

IMPROVE YOUR HOME ENVIRONMENT

Improve Bedroom Air Quality

□ Add a HEPA air purifier to the bedroom where you sleep.

□ Keep windows closed on high-pollen days, especially overnight.

□ Dust and vacuum weekly to reduce allergens in bedding and carpet.

□ Switch to fragrance-free laundry detergent for sheets and pillows.

Manage Humidity & Mold

□ Keep indoor humidity around 40–50%.

□ Use a dehumidifier if your home tends to feel damp.

□ Run bathroom ventilation fans during and after showers.

□ Fix leaks quickly to prevent mold growth.

Reduce Fragrance Exposure

□ Remove or reduce perfumes, candles, plug-ins, and scented cleaners.

□ Try a 30-day fragrance-free experiment and notice how your body responds.

RESTORE SLEEP

Anchor Your Wake Time

□ Choose a consistent wake time and keep it within 30 minutes each day.

Create a Calm Evening Environment

□ Dim lights after sunset to support natural sleep cues.

□ Limit screens for 60 minutes before bed.

□ Keep bedrooms cool, dark, and quiet.

Support Comfortable Nighttime Breathing

□ Use saline nasal spray before bed if congestion is present.

□ Maintain comfortable bedroom humidity levels.

□ Support rib and diaphragm mobility through appropriate care.

MY NEXT STEPS

Take a moment to choose 1–3 small changes you want to try first.

Small steps done consistently often create the biggest shifts.

CHAPTER



NUMBER 6

THE MOST IMPORTANT NEXT STEP: A NERVOUS SYSTEM ASSESSMENT

CHIROPRACTIC EDUCATION

What you will learn

Chronic allergies are often influenced by nervous system stress. In this chapter, you'll learn why assessing nervous system function can reveal the root of persistent symptoms — and guide the path toward lasting relief.



THE MOST OVERLOOKED ROOT CAUSE OF CHRONIC ALLERGIES ↴

Most families spend years trying to manage allergies from the outside in.

They clean up their home environment, adjust diet, rotate supplements, and try new strategies to reduce triggers.

These are all helpful steps. But when symptoms persist, another system may be influencing how reactive the body becomes.

→ **The nervous system.**

When the nervous system is under chronic stress, other systems in the body can become more reactive.

You might notice patterns like restless sleep, strong reactions to pollen or dust, skin flares such as eczema or itching, digestive sensitivity, elevated stress hormones, stronger histamine responses, or reactions to smaller triggers over time.

These symptoms can feel confusing because they appear in different parts of the body.

But research increasingly shows that the nervous system plays a major role in regulating immune responses.

When the nervous system becomes more regulated, immune reactivity improves as well.

WHY CHIROPRACTIC IS A FOUNDATIONAL FIRST STEP

Chiropractic care doesn't aim to treat allergies directly.

Instead, it supports the nervous system that coordinates the body's responses. When the nervous system becomes more regulated, many other systems begin functioning more smoothly.

Neurologically focused chiropractic care may support:

- improved autonomic balance
- healthier vagal tone and inflammation regulation
- improved breathing mechanics
- better gut–brain communication
- deeper, more restorative sleep
- reduced nervous system stress signals

In other words, chiropractic supports the internal environment that healthy immune responses depend on.



THE MOST IMPORTANT NEXT STEP: A NERVOUS SYSTEM ASSESSMENT

At Truly Chiropractic, we use INSiGHT scans to assess nervous system regulation in a safe, radiation-free way.

These scans help identify where the nervous system may be under stress, how much “fight-or-flight” load the body is carrying, and patterns that may be contributing to symptoms.

We review the results together.
So you can see what’s happening instead of guessing.

We create a personalized care plan.
Designed around what your nervous system actually needs.

Families often tell us things like:

"This finally makes sense."
"No one has ever explained it like this."
"We wish we had found this sooner."

WHAT HAPPENS DURING YOUR VISIT

When families come in, we focus on clarity first.

We listen to your story.
Your body has reasons for reacting the way it does.

We identify patterns of nervous system stress.
This often helps explain symptoms that previously felt confusing.

READY TO SUPPORT YOUR BODY AT THE ROOT?

If you’re ready to take the next step toward calmer, more resilient health for your family, we’d love to help.

Book your Nervous System Assessment + INSiGHT Scans below.

→ [Schedule Your Assessment]

Let’s help your body move out of constant reactivity — and back toward balance.

YOUR NOTES

Congratulations

ON YOUR NEXT STEP TOWARD HEALING

IF ANY PART OF THIS RESONATED WITH YOU, PLEASE KNOW THAT YOU'RE NOT ALONE. MORE IMPORTANTLY, KNOW THAT THERE'S A PATH FORWARD.



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