

PO-037

Treatment of pollen allergy with Multi-Integrative Kinesiology Activity (MIKA) and voice frequency analysis (VFA) as controlling method—Controlled trial practice with 26 patients

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Objective: A controlled practical study should clarify whether pollen allergy patients treated with specific immunotherapy (SIT) targeted to immunological stress response and still suffering from pollen allergy symptoms improve under treatment with Multi-Integrative Kinesiology Activity (MIKA).

Method of measurement: To determine the patient's individual emotional and functional responses and their involvement in the allergy-related psycho-social environment, the diagnosis

system Voice Frequency Analysis (VFA) by Heinen (Poster 84, 85 Allergo J. 16/2007, 582) was applied in addition to sensitivity- and symptom-scores.

Treatment method: Multi-Integrative Kinesiology Activity (MIKA) Design of study: Treatment of 15 patients with pre-treatment of SIT and remaining symptoms. *VFA-measurements:* 4 weeks before MIKA, day of first MIKA, day of last MIKA, during maximum pollination in 2008 and 2009. The control groups contained 16 healthy persons and 20 pollen allergy patients after SIT treated with placebo (NaCl).

Hypothesis: MIKA can significantly improve the effect of SIT and improve and stabilize the success of treatment on a 1 year basis.

Discussion: The study suggests, that MIKA, which in addition to SIT concerns the patient's individual emotional and functional responses and thereby the entire internal and external milieu of the organism, stabilizes pollen allergy patients on a long-term basis. The individualized emotional-functional diagnosis by VFA is an appropriate tool to monitor this finding. The additional attention to individual emotional and functional responses – in the sense of an integrated medicine – can to be of great importance for success in the treatment of pollen allergy patients.

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