

Various topics

Follow-up measurements with voice frequency analysis (VFA) and a symptom score 1 – 2 years after treatment of pollen allergy with Multi-Integrative Kinesiology Activity (MIKA)

Boot B.¹, Heinen A.¹

¹Interuniversity College for Health and Development, Graz / Castle of Seggau, Austria

Objective

Follow-up measurements were performed to clarify whether improvement of pollen allergy patients under treatment with Multi-Integrative Kinesiology Activity (MIKA) can still be found 1 – 2 years after initial treatment.

Background

Boot et al. (2009) reported on pollen allergy patients who were resistant to specific immunotherapy (SIT) but improved under treatment with Multi-Integrative Kinesiology Activity (MIKA). To determine patients' individual emotional and functional responses and their – potentially allergy-related - involvement in their psycho-social environment, the diagnosis system Voice Frequency Analysis (VFA) by Heinen (poster 84, 85 Allergo J. 16/2007, 582-583) was applied in addition to a symptom score questionnaire (Bencard Allergy Ltd, Munich). Patients were treated with MIKA during maximum pollination in 2008 and 2009. VFA measurements took place one week before MIKA, the day of first MIKA and the day of last MIKA (ECIM abstract 2009 by Boot et al.).

Method

Follow-up measurements with VFA and symptom score questionnaire (see Background) were performed on 23 patients during maximum pollination in Feb. / March 2010.

Results

Each of the 23 patients reported an improvement of their pollen allergic nose, eye and breathing symptoms after treatment with MIKA 2008 or 2009. Changes were statistically highly significant ($p < 0.01$, t-tests) and VFA and the symptom score questionnaire correlated significantly ($r > 0.5$; $p < 0.05$). Furthermore, changes also remained stable in 2010. This was shown with regard to both monitoring methods.

Conclusion

This study suggests that MIKA stabilizes pollen allergy patients on a long-term, i.e. min. 2 – 3 year basis. It appears MIKA goes beyond SIT by addressing the patient's individual emotional and functional responses and hence his or her entire internal and external milieu. Emotional and functional diagnosis by VFA is an appropriate tool for monitoring this finding. Directing attention towards individual emotional and functional responses - in accordance with the principles of integrative medicine - may be instrumental in bringing relief to pollen allergy patients.