

Abstract Submission: Barbara Boot

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1st International Congress of Micro-Immunotherapy 2017, Mallorca, Spain

Theme: “Immunomodulation and chronic diseases through the prism of autoimmunity: new concepts, new perspectives”

Category: 8 – Therapeutics

– New therapeutics for autoimmune disease (Micro-Immunotherapy: Kinesiology)

Preference for presenting: Plenary Speech (preferred in German) and Poster-presentation

Topic: Case control study on “Autoimmune diseases and allergies from the perspective of micro-immunotherapy with Multi-Integrative Kinesiology”

Title: Is treating pollen allergic patients with Multi-Integrative-Kinesiology-Activity a feasible intervention approach?

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Introduction

A case control study in 2008 and a more recent follow-up study aim to clarify whether or not a complementary alternative approach with Multi-Integrative-Kinesiology-Activity (MIKA) is more effective when compared to only using a System-Immune-Therapy (SIT) approach. The hypothesis, that whether Pollen Allergy (PA) is exclusively an immunological / morphological stress response, or further influenced by individual emotional and functional responses (EFR) and/or correlated to an allergen - psycho-social environment (PSE) was tested with 24 participants over a 3 year period.

Method: A clinical case control study determined the individual emotional and functional responses and their involvement in the allergy related psycho-social environment using the diagnosis system Voice Frequency Analysis (VFA) by Heinen A. (Heinen and Scherf 2007). Additionally, participants completed a sensitivity- and symptom-score survey created by Bencard Allergy GmbH, Munich.

Study Design: A total of 26 participants with pre-treatment of SIT and persisting symptoms were recruited. VFA-measurements were conducted one week prior to commencing MIKA intervention, the day of first MIKA intervention and on the day of the final MIKA intervention. The intervention took place during the maximum pollination period. MIKA intervention and control measurements

were repeated over a 3 year period (2008, 2009 & 2010). Additionally, a follow-up survey and VFA in 2016 aimed to determine the long-lasting effects.

Results: Each of the 26 participants stated that there had been a change of their pollen allergic symptoms with regard to the respiratory tract and eyes and which occurred after the intervention through MIKA. Data evaluation from the three year period suggests that changes were highlighted significant ($p < 0,000$). It was further demonstrated that the VFA can be considered an appropriate method of measurement within medicine for psychosomatic illness, as system parameters measured by SFA were mostly correlated significantly to the questionnaire test, $r > 0.5$; $p < 0.05$.

Discussion: The study suggests that applying MIKA in the treatment of PA is likely to benefit patients, as it influences the entire internal and external milieu of the organism (psycho-neuro-endocrine-immunology). In addition, people receiving MIKA are also more likely to improve their individual emotional and functional responses (ESP) on a long term basis. The results suggest further that the application of MIKA may prove feasible within other chronic diseases and psychosomatic illness.

Keywords: pollen-allergy, "Allergy" a unique reaction, complementary and alternative medicine, Multi-Integrative-Kinesiology-Activity, meridian-specific-technique, trauma therapy, micro-immune therapy with MIKA, Voice-Frequency-Analysis, stress-management,

Publications:

Boot, B. & Heinen, A., (2009). *Case control study to reduce stress levels with pollen allergic patients using Multi- Integrative-Kinesiology-Activity (MIKA), and the functional measurement method of Voice-Frequency-Analysis (SFA) [Stimmfrequenzanalyse] by Heinen* (Unpublished Master's thesis). Inter-Universitäres College Graz/ Schloss Seggau, Austria.

Boot, B. (2009). *Summary of unpublished Master Thesis in German*, Available from http://www.interuni.net/static/download/publication/komplementaer/SZ_2009_Boot_Kinesiologische_Arbeiten-MIKA-Stimmfrequenzanalyse.pdf

Conference Presentations:

Boot, B. (2009, November). *Treatment of pollen allergy with Multi-Integrative Kinesiology Activity (MIKA) and voice frequency analysis (VFA) as controlling method – controlled trial practice with 26 patients*. Poster-presented at the Congress of Complementary and Alternative Medicine, Berlin, Germany.

Boot, B. (2010, December). *Follow-up measurements with voice frequency analysis (VFA) and a symptom-score 1-2 year treatment of pollen allergy with Multi-Integrative Kinesiology Activity (MIKA)*. Poster-presented at the Congress of Complementary and Alternative Medicine, Berlin, Germany.

Background:

Medical-technical assistance for laboratory (1976 – 1981). Primary focus on Bacteriology, Haematology and Paternity testing.

Health Practitioner (1995 – present). Specialising in Multi-Integrative-Kinesiology-Body- Process-Activity. Primary Focus: Treatment of Allergies; Chronic disease-, pain and stress-management;

Learning disabilities; Psycho-somatic disorders; Regulation of psycho-emotional, psycho-social, endocrine and nerve system.

Instructor for Applied Kinesiology (1999 – 2016). Specialised in: Touch for Health; Three in One Concepts; Multi-Integrative-Kinesiology Allergy Activity.

MSc Complementary and Psychosocial Health Sciences (2009)

Additional certification and expertise in: Craniosacral Therapy; Trauma Therapy; Shiatsu Therapy; Microkinési-Therapy.