The Use of a Dietary and Antibacterial Regime in the Management of Intrinsic Allergy

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Patients with 'intrinsic allergy' of the respiratory tract or atopic eczema were investigated in a prospective trial of a dietary regime with concurrent administration of iodochlorhydroxyquinoline (clio-quinol).

Six cases of asthma were treated; 5 improved. Twenty-one cases of rhinitis were treated; 18 improved. Eight cases of atopic eczema were treated; 7 improved. The dietary regime identifies patients sensitive to the 9 most important food groups. Among the 27 food-sensitive patients, sensitivity to the pip and nut group of foods was most common (21 cases). Milk, cheese, and eggs were less important (12 cases of each). Some patients were upset by as many as 7 different food groups, others by only 1. The mean number of food groups to which the patients were sensitive was 3.8.

Seven patients in a group of 30 would not have been helped if the diet and clioquinol had not been employed simultaneously. Three others required clioquinol, but were not food-sensitive. Since clioquinol is hardly absorbed, it is presumed that its beneficial effect was due to its presence in the gut, but the mechanism of action is not understood.

The dietary regime is suitable for routine use, but clioquinol can cause peripheral neuropathy if taken for long periods.