

Are You Sure That Your Anxiety Isn't Just an Allergy? Because you can't think clearly while under attack.

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Imagine this. You get stung by a bee. Your heart races, your skin itches, your throat tightens. You panic. You may even feel like you're dying.

No one calls that a mental disorder. It's a **biological reaction**.

But what if your own immune system was giving you that same signal, **every day**?

What if anxiety isn't just in your mind—what if it's in your **immune system**?

The Overlooked Link: Anxiety and Eosinophils

Eosinophils are white blood cells designed to fight parasites and mediate allergic responses. But when overactive, they can:

- Wreak havoc on gut lining and digestion
- Trigger systemic inflammation
- Cross-talk with the nervous system

In our recent analysis of hospital data (MIMIC-IV):

22.1% of patients with elevated eosinophil counts also had mental health diagnoses vs. 9.5% in a matched control group

That's a doubling of risk. And no one is talking about it.

The Body Screams Before the Mind Breaks

What happens when the gut is inflamed, the skin is reactive, the air is hostile? The **autonomic nervous system (ANS)** goes on alert.

And when it never turns off, we call it:

- Panic attacks
- ADHD
- Depression
- Dissociation

But maybe it's **not a malfunction**. Maybe it's a body trying to survive **an internal war**.

A Personal Case: Me

I had parasites as a child. I have elevated eosinophils. I choke on food. I hallucinated as a child. My colon bleeds to the touch. My MRIs show white matter damage.

But for decades, I was told it was all **in my head**.

Cannabis helped. Prednisone helped. But no psychiatric med could ever touch the **root cause**:

An immune system that wouldn't stop screaming.

Could This Be You?

If you:

- React to foods, environments, or chemicals
- Have a history of gut problems, rashes, or asthma
- Feel like you're constantly on edge, but your labs are "normal"

Then maybe, just maybe, your anxiety is **not psychological**.

It might be allergic.

And that's treatable.

This is a Call to Action

To patients: Start tracking your immune markers. Notice how your body reacts before your mind spirals.

To doctors: Stop dismissing eosinophils as incidental. They could be the **Trojan horse of modern psychiatry**.

To researchers: We need to connect the dots between **neuroinflammation, ANS dysregulation, and immune hypersensitivity.**

Because you can't calm the mind while the body still thinks it's under attack.