

ALLERGIES

The first place to start is always prevention. This involves boosting your immune system to help prevent the effects of an allergic reaction. The hard part of the immune **system is that it is often being “attacked” by many different agent such as** chemical stress (foods, environment, etc), emotional stress, and physical stress (trauma and posture). These tax your immune system and allow environmental allergens, such as pollen and ragweed **to be the “tipping point” causing misery and reactions.** Here are some common areas of prevention that can help:

Get Adjusted! Adjustments help allow the nervous system to coordinate every aspect of the immune system and organ function, such as the lungs, liver, etc.

Clean your house, especially the bedroom. The bedroom is big area that causes problems. Run a dehumidifier or air purifier in your bedroom and clean it frequently. Use non-allergenic pillows and have your bedding cleaned to kill dust mites. Avoid having pets **in the bedroom but if you can't, vacuum regularly. Change the heating duct filters** regularly.

Avoid Food Sensitivities. This one can be a bit harder to identify and is a subject that people are not as familiar with. Food *allergies* can be dramatic, such as the peanut example, however, much of the population has food *sensitivities* which means that they **are consuming foods that are inflammatory in nature or just don't work well with their** body. The affects can be runny nose, congestion, adrenal fatigue/loss of energy, etc over time and many people are unaware that these symptoms are occurring as a result of their food choices. Many illnesses, especially in kids, are related to food sensitivity **issues. In adults it can manifest in the form of Chrohn's disease. lupus, RA, adrenal fatigue, etc to name a few. Think of a food sensitivity like adding water to your car's gas tank.** In small amounts, your car may run but if you do it long enough your car eventually won't function the way you want it to. The five most common offenders are gluten, dairy, eggs, peanuts, and soy which is why there is so much hype **surrounding “gluten-free products”.** A common way to determine food sensitivities is blood work, but keeping a food diary can help you track your symptoms in relationship to your food intake. Elimination or reduction of foods can help. Remember these are generalities so ask me for more information to help determine your specific needs.

Avoiding or decreasing your sugar intake during flare-ups can also be beneficial as it wreaks havoc on the immune system.

Decrease your stress. This is just good advice in general but stress slowly nicks away at the immune system and release cortisol, which is a hormone that is highly inflammatory in nature.

Here are some tips to help counteract the effect of allergens to help ease the symptoms.

Eat foods that are anti-inflammatory: Many asian foods are naturally anti-inflammatory and include tumeric, ginger, curry powder (which is made of both) cinnamon, garlic, onions, grape seeds, vitamin C, stinging nettles, horseradish, and

echinacea to name a few. Drinking 1-2 cups of chamomile tea or eating a tablespoon of local honey can also help (especially if done in the weeks prior to help boost the **immune system prior to “allergy season”.**) **(If you are allergic to ragweed, start with only a few teaspoons of chamomile.)**

Nasal rinses: These typically involve the use of a Neti-pot or Naso-lean which are the two most common brands. They are irrigation systems that rinse the nasal passage with warm salt water. Please note that this is not the same as inhaler or products such **as Nasonex that are sprayed into the passage. First they do not “flush” the passages** and usually just moisten the passages for temporary relief. Secondly, all medications have a chemical component that is often irritating something else or causing a side effect.

Homeopathy: Allernest: is a product we proudly carry that can help. Check out health food stores (I recommend Natural Grocers) who often carry some over the counter remedies. Essential oils are also extremely beneficial and we are happy to help you find a qualified representative who can help you with buying quality oils (be leery of ones sold in stores). Be careful with medications. From personal experience if used frequently you will build tolerance to them (Claritin, Zyrtec, etc) and they do have side effects if used regularly)