

Best Line of Defense in Combating Allergies

Spring is the most prevalent time of year for seasonal allergies. One in five people, or an estimated 50 million Americans, suffer from some type of allergy.

Allergies are due to hypersensitivity of the immune system, which causes damaging responses that can affect the whole body. Things like pollen found outdoors, animal fur, dust or particular foods can produce severe reactions.

The biggest spring allergy trigger is pollen. Trees, grasses, and weeds release pollens into the air to fertilize other plants. The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens; this leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms that are all too familiar if you have allergies.

An allergy could seem worse at times because your immune system is compromised or possibly you've eaten a food you're sensitive to. Allergies can interact in unexpected ways. If you are allergic to pollens, you can also have allergies to foods that have similar proteins in them, such as certain vegetables, fruits and or grains (such as wheat).

Ways to Keep Pollens Down:

- Try to stay indoors whenever the pollen count is very high. The counts usually peak in the mornings.
- Keep your doors and windows closed during the spring months to keep allergens out. An air purifier may also help.
- Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.
- If you're highly allergic to tree, grass or weed pollens, wash your hair after going outside.
- Vacuum twice a week. Vacuuming can pick up pollen, mold, and dust that were trapped in your carpet.

Common Causes of Allergies Include:

- Pollen, from trees, plants and grass.
- Dust, including the kinds found around your home.
- Certain foods, especially those known to cause the most food allergies including gluten, dairy, tree nuts (especially peanuts), eggs, soy and shellfish.
- Insect bites and stings.
- Animal fur and dander.
- Mold.
- Certain medications, such as antibiotics.
- Latex used to make gloves or condoms.

Common Symptoms Associated with Allergies:

- Skin rash, redness, hives, dryness, peeling or itchiness.
- Tingling or itchy sensations in the mouth and on the lips.
- Swelling of the tongue, lip, throat or face.
- Itchy nose, congestion and stuffiness.
- Nausea and vomiting.
- Diarrhea and abdominal cramps.
- Coughing, wheezing and trouble breathing.
- Dizziness, lightheadedness and in severe cases loss of consciousness.

Some of the best foods and ingredients to incorporate into your diet to help you beat allergies:

- Elimination diets (such as gluten-free or dairy-free diet) to manage food allergies).
- Stay hydrated (helps to flush system out faster).
- Garlic - Raw garlic eaten every day will fight off all types of allergies by boosting your immune system.
- Lemons - Drinking lemon water throughout the day detoxifies the body and rids it of impurities.
- Green leafy vegetables - Leafy greens (including spinach, kale, collard greens, romaine, arugula and watercress) are a great source of essential vitamins, minerals, antioxidants and enzymes that aid detoxification and help reduce inflammation.
- Probiotic-rich foods – Probiotic foods support immune health and can help to repair a damaged intestinal lining. They include kefir, sauerkraut, kimchi, raw cheese, miso and kombucha.
- Bone broth – Bone broth, made from beef and chicken stock, is rich in many minerals and amino acids that support the healing of leaky gut, thereby helping to strengthen the immune system.
- Coconut milk - The best alternative for cow's milk is coconut milk, which is free of dairy, lactose, soy, nuts and grains.
- Almond butter and seeds - For people allergic to peanuts and peanut butter, almond butter is a safe and healthy alternative. It provides healthy unsaturated fatty acids, fiber, minerals like riboflavin and magnesium, and even some antioxidants. Flaxseeds, chia seeds, pumpkin seeds and sunflower seeds are also great sources of healthy fats and fiber.
- Gluten free flours and grains - Instead of using wheat flour when you cook or bake, try coconut flour, almond flour, spelt flour, oat flour and rice flour, which are all gluten-free.
- Breast milk - Studies show that exclusive breastfeeding seems to have a preventive effect on the early development of asthma and atopic dermatitis.
- Local raw honey (bee pollen) - Taking a tablespoon of local raw honey every day will help your body build a tolerance to the local pollen.
- Apple cider vinegar - Balances body PH.
- Quercetin - bioflavonoid that stabilizes the release of histamines and helps to naturally control allergy symptoms.
- Neti pot - Natural support system for allergies and many respiratory conditions. Used to help clear the sinuses and remove congestion.
- Stinging Nettle - Can effectively treat a wide range of health concerns including; urinary problems like urinary tract infections, benign prostatic hyperplasia, hay fever (allergic rhinitis), joint pain, sprain and strains, and insect bites.
- Eucalyptus oil – A study evaluated the effect various essential oils had in killing the highly allergic house mites and found eucalyptus oil ranked amongst some of the most potent.
- Frankincense oil – The cancer-killing capacity of frankincense has been well established in scientific literature for several years. Frankincense also has powerful effects when it comes to supporting the immune system.
- Probiotics - Use to reduced risk of allergies.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - **WHOLE HEALTH CONNECTION** • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.

Thanks, Sami