

Allergy Season Home Care

Certain times of the year many people have problems coping with pollens, molds and other airborne allergens. In simple terms, an allergy is a body system overreaction to a normal stimulus. In other words, the body perceives a major attack and triggers an over-zealous response to a minor stimulus, such as pollen or dust.

In an effort to wash the irritant away from the mucus membranes, the body increases mucus secretions and triggers an inflammatory response of the body. This is a protective mechanism for the body, but when it is out of control it causes typical allergy symptoms, such as runny eyes and nose, itchy sensations and difficulty breathing. Traditionally this has been addressed with antihistamines, which are chemicals designed to work against an inflammatory mediator in the body, histamine. The down side of most prescription antihistamines and over-the-counter products is they dry out the mucus membranes too much and/or make the mucus sticky, which inevitably evolves into a common cold or sinus infection. Additionally, the side effects of many antihistamines, such as Claritin, Zyrtec, Benedryl and others, sometimes make you feel worse than the allergies themselves.

I have found, and many of my patients have found, good relief using a natural herbal product, **Inflavnoïd**, which has a natural anti-allergy effect helping to normalize the body's response to irritants. This natural supplement consists of many natural anti-inflammatory herbs and "spices" that are used in cooking, but are taken at therapeutic dosages and have a nice, symptom-reducing effect without the negative side effects of the drugs that leave you feeling "loopy."

Other common sense home care includes; not leaving windows open in the house or car. Make sure you shower every evening so that you don't bring the pollen and allergens with you to bed in your hair and literally, toss and turn in pollen and allergens on your pillowcase all night long (rubbing them into your face). Keeping the house well vacuumed, including vacuuming the ceiling and ceiling fans will help reduce airborne allergens in the house.

In the early stage of allergy symptoms with the itchy, runny nose and watery eyes, sometimes a cold pack placed over the sinuses and face, such as an ice pack wrapped in a moist towel, will help reduce the inflammatory phase and provide symptom relief. (Don't freeze your eyes!)

In the second stage of allergy symptoms, if you have made the mistake of using too many antihistamine drugs and they have dried you out causing sticky, mucus discharge in the back of the throat, nasal congestion and cough and cold; you can help thin the mucus with staying well hydrated, (drink water) eight to ten glasses per day. If you like garlic in your food, garlic helps to thin mucus and is a natural antibiotic if you start to get a cold. At this stage, a warm mist vaporizer used bedside while sleeping is very helpful. Additionally, using a Glyco-Thymoline product can help open up the sinus and nasal passages and be quite relieving.

Use a hand towel wringed out in hot water and saturate the cloth with the Glyco-Thymoline solution, lightly squeezing it through the cloth. Sit reclined, or lay down on your back if your comfortable, with this hot cloth covering as much of your forehead and face as you can tolerate, somewhat breathing through the cloth itself. A hot water bottle placed on top of this for ten to twenty minutes can be quite relieving. This can be done a few times per day and often the second or third application is even more relieving than the first. The **Glyco-Thymoline** can be found at **Medicap Pharmacy** and some specialty nutrition stores.

This is a good time to follow the anti-inflammatory meal planning to reduce additional stressors on the body. Additionally, chiropractic adjustments help the nervous system to “normalize” and many allergy sufferers note that their symptoms are lessened when getting regular adjustments. A direct mechanism is not well understood, but we do know that white blood cell production is increased after adjustments and that the nervous system controls much of the body’s immune function, so it makes sense to keep it running in good condition.

Anti-Inflammatory Meal Planning:

Avoid:

Bread, wheat, rye, oat barley
Refined grain (white)
White potato
Rice
Pasta
Refined sugar

Many adults have gliadin antibody “wheat sensitive” without being “gluten allergic.” Symptoms include unexplained chronic fatigue, attacks of diarrhea, headaches and anemia signs (decreased red blood cell volume and hemoglobin).

Try avoiding these items for one month and see how you feel.

Bananas, orange juice, milk, cheese and dairy products all increase mucus production, which will make your symptoms worse.

Classic American inflammatory producing diet:

Saturated fats = solid at room temperature

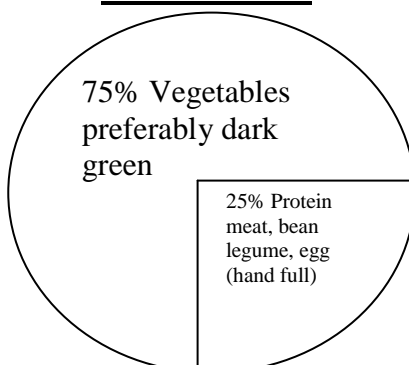
Butter, margarine, shortening, just about all pre-packaged foods, chips, cookies, etc. and “fast food”/fried food

Too many grain products, omega 6 and bad oils become inflammatory, pain provoking, artery clogging substances.

Not a good balance of good quality protein, carbohydrates and fat – potatoes and refined grains cause a spike in blood sugar levels, which cause storage of food in the form of body fat and a rebound sugar craving for more sweets.

Carbonated drinks and sodas deplete calcium and weaken bones.

MEAL PLATE



SNACK PLATE

