



# Vitalia HEALTHCARE

## Natural Ways to BEAT Spring Allergies!!

Yes, its spring time. The trees and flowers are starting to bloom. The weather is getting warmer. But for many it also means the start of allergy season. Sneezing, wheezing, runny nose, watery eyes..... miserable!!!!

Many people choose over the counter allergy medications. But these can have side effects such as drowsiness, headaches, and dry mouth. These medications may help the sneezing and itching, but not much for the congestion. About 1/3 of allergy sufferers say their medications don't even work.

Luckily, there are many natural treatments available that can be just as effective as the medications without all the side effects.

The treatment of allergies should be in 3 parts:

1. Cleaning up the home environment and diet
2. Natural treatments
3. Prevention of future seasonal allergies

### **1. Cleaning up the home environment and diet:**

Dust is one of the biggest culprits for allergies. Who really knows what is living on those dust bunnies ☺

Clean up the dust on a regular basis. Keep windows closed during high pollen counts. Get a good air purifier/filter. I recommend the Nikken Air - Power 5 Pro system. [www.nikken.com/holistic](http://www.nikken.com/holistic)

Get rid of feather pillows and blankets. These can make allergies worse. Get hypo-allergenic fills instead. Get a mattress cover and clean it once a week. Change pillowcases every 2 days. Run blankets in dryer for at least 30-45 min once a week.

Diet: Food intolerances are clearly linked with seasonal allergies. Get tested for your food sensitivities. By eliminating the foods that are irritating your immune system, you are reducing the burden on your immune system, making it stronger and able to handle the seasonal allergens better. Please refer to the lab testing portion of this website for more information on food sensitivity testing.



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Milk can increase mucus production so avoiding or limiting milk products, especially cheese.

Include spicy foods such as cayenne pepper, ginger, onions, garlic. These will help to thin mucus and clear the congestion.

Studies show people with allergies to grass may also react to tomatoes, peanuts, wheat, apples, carrots, celery, peach, melon, eggs and pork. People with allergies to ragweed may also react to cucumbers and melon.

Plenty of water, sleep, stress management. It is important to lay a good foundation for the immune system.

## **2. Natural Treatments**

Seasonal allergies occur when your immune system overreacts to normally harmless airborne particles. Mast cells in your body, lining the mucus membranes, release histamine. This leads to the symptoms of seasonal allergies.

Natural anti-histamines can be very effective in reducing the symptoms of allergies and providing relief without the side effects of over the counter medications.

**\*The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. \***

1. Quercetin is a bioflavonoid that stabilizes the membranes of the cells that release histamine, which triggers allergic symptoms. Dosage: 400 mg twice a day before meals. As a nasal spray, Quercetin is available as QC Nasal spray; dosage 1-2 sprays each nostril 3x/ day

2. Vitamin C: a natural anti-histamine and immune stimulant. Dosage 1,000 mg 3x/day. Buffered is best.

3. Freeze dried stinging nettles (*Urtica dioica*). Aerial parts of the young plant are freeze dried and capsulated. Use as directed.



4. Omega 3 fish oil has potent anti-inflammatory and immune stimulating effects.

5. Luffeel Homeopathic natural anti-histamine nasal spray. This homeopathic spray locally reduces inflammation of the mucous membranes, acts as a decongestant, effectively reducing symptoms of allergic rhinitis. Available at Vitalia Health Care or natural health pharmacies. Dosage: 2 sprays each nostril 3x/ day

Neti-lota pot: rinse the allergens away with salt water. An Italian study found nasal flushing was a good way to treat and prevent seasonal allergies.

### **3. Prevention of future allergies**

Prevention is always the best treatment. Start 2 months before allergy season begins. Strengthen the immune system. Start taking your supplements. Be very strict at eliminating your food intolerances.

Sublingual desensitization: A few months before allergy season, we administer small diluted doses (1:1000 dilution) of a certain allergen on the tongue. This will help to build immunity to that allergen over time so the body essentially "gets used to it" and stops reacting to it. This will require getting a blood test to determine your environmental allergies and then start a desensitization program.

Just like allergy shots, but this is natural, safer and no needles!!! Available at Vitalia Health Care.

All supplements and lab tests are available at Vitalia Health Care.