



Natural Ways to BEAT Spring Allergies!!

Spring is in the air! It's time to welcome the warmer weather and new blooms. But for many, it's also time to welcome the start of allergy season. Sneezing, wheezing, runny nose, and itchy eyes. But this season doesn't have to be a miserable one if you suffer from allergies. Supporting your respiratory and immune systems **NOW** can greatly reduce the allergy symptoms that can start with spring.

Follow these simple guidelines to reduce your allergic symptoms without all the side effects of over the counter medications.

Start NOW to prevent the symptoms that will come with spring and summer.

The treatment and prevention 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:

Spring is the time we clean up our homes and work place. But many of us don't realize how many allergens are in our living space. From dust to feathers, cleaning up our homes can result in big improvements in allergy symptoms.

1. DUST: 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

2. FEATHERS: 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.

3: 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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Get tested for a milk allergy. Milk can increase mucus production so avoiding or limiting milk products, especially cheese. If you are not allergic to milk, eating yogurt can significantly reduce the incidence of hay fever attacks, especially those triggered by grass pollens.

Researchers at Giessen University in Germany found that eating three bananas contain enough magnesium- 180 mg- to reduce a hay fever attack. Magnesium can also be taken in a supplement form.

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.

4: **LIFESTYLE:** 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 in 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.



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4. Omega 3 fish oil has potent anti-inflammatory and immune stimulating effects. A 2010 study in the found that children who took fish oil in early childhood (before age 3) had a significantly reduced incidence of developing upper respiratory infections and allergies. [Journal of Pediatrics](#). 2010 Jun;156(6):902-6, 906.e1. Epub 2010 Mar 15.

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

6. Probiotics have been found to significantly reduce hay fever symptoms when started early in the season. In a 2009 study, supplementation with a probiotic combination of Lactobacillus acidophilus and Bifidobacterium lactis resulted in significantly less symptoms of runny nose, nasal congestion and itchy eyes. [World J Gastroenterol](#). 2009 Jul 14;15(26):3261-8.

7. Spirulina is very effective in reducing the frequency and severity of hay fever symptoms. Spirulina is a blue-green alga that is produced and commercialized as a dietary supplement. A double blind, placebo controlled study, evaluated the effectiveness and tolerability of spirulina for treating patients with allergic rhinitis. Spirulina consumption significantly improved the symptoms and physical findings compared with placebo including nasal discharge, sneezing, nasal congestion and itching. Spirulina is clinically effective on allergic rhinitis when compared with placebo. *Eur Arch Otorhinolaryngol*. 2008 Oct;265(10):1219-23. Epub 2008 Mar 15.

8. Vitamin E. Gamma tocopherol, the primary form of dietary Vitamin E, is very effective in reducing the inflammation of the airway passages, and preventing allergy symptoms. In this study, the researchers report taking Vitamin E for 4 days significantly reduced the inflammation seen with seasonal allergies. The levels of Eosinophils that trigger inflammation in response to allergens were reduced in the tissues of the lungs, nose and sinuses. I recommend supplementing with 400 IU of mixed tocopherol Vitamin E at least 2-3 weeks before allergy season, and then during allergy season. *Clin Exp Allergy*. 2008 Mar;38(3):501-11. Epub 2007 Oct 26.

9. 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.



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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.