ALLERGIES

Allergies are the result of an over-reactive immune system. The immune system mistakes allergens as a threat to the body and starts building a defense. This reaction is similar to the one your body uses to fight off a cold, virus or toxin. Histamine is released, causing swelling, leading to symptoms including (but not limited to) headache, hives, sneezing, runny nose, itchy eyes and labored breathing. The most common triggers are pollen, mold, dust, and pet dander. Some allergies can cause symptoms all year round.

We are all born with genes that make us more or less susceptible to getting allergies. We are more likely to develop allergies when we are weak from illness, hunger, lack of sleep, poor digestion and malnutrition.

ALLERGIES ARE ON THE RISE
The report of allergies is increasing worldwide. This is partly due to climate change and increased amounts of carbon dioxide. As carbon dioxide increases, plants generally grow at a greater rate and earlier in the season. Of course, with more growth comes more pollen and other allergens.

TO REDUCE ALLERGY SYMPTOMS
Eat: a moderately low-fat, high-complex-carbohydrate diet
Dark green, leafy vegetables
Deep yellow and orange vegetables
Nettles, bamboo shoots, cabbage, beet tops, beets, carrots, yams
Onions, garlic, ginger, cayenne, horseradish

Drink: 1/2 of body weight in ounces of water daily

Eliminate: alcohol, caffeine, and dairy products
Bananas and citrus fruit, chocolate, food colorings (tartrazine), peanuts, red meat, sugar, wheat

Supplements, Vitamins and Minerals:
Bioflavonoids (e.g., quercetin, catechin, and hesperidin)
Omega 3
Probiotics (e.g., lactobacillus acidophilus and bifidus) 1-4 billion organisms per capsule
Multivitamin or Greens
Vitamin A
Vitamin C - Take 1-3 grams 2 to 3 times daily or to bowel tolerance
MSM
Vitamin E
Zinc

Herbs: (Dr. Lisa Lewis)
Dong quai (Angelica sinensis) - Used as an antihistamine and anti-inflammatory.
Eyebright (Euphrasia officinalis) - Reduces congestion and secretions. It is good for itchy eyes, sneezing, and excess mucus.
Gingko (Gingko biloba) - Contains bioflavonoids and is used as an antioxidant and anti-inflammatory.
Milthistle (Silybum marianum) - Helps reduce allergic, inflammatory, and histaminic reactions and supports liver function.
Red clover (Trifolium pratense) - Helps build the body’s resistance to allergies.
Stinging nettles (Urtica dioica) - Used as an antihistamine and anti-inflammatory.
Yarrow (Achillea millefolium) - Reduces congestion and secretions.
Make a tea of one herb or a combination of herbs. Take 3 to 4 cups a day. If the herbs are in tincture form, combine several of them and take 1-3 dropper 3 to 4 times a day.

Homeopathy: (Dr. Lisa Lewis)
Allium cepa - Indicated for bland, non-irritating discharge from eyes; copious, watery, acrid discharge from nose; hoarseness; and feeling better in cool air and open room.
Euphrasia - Indicated for symptoms such as copious, watery, acrid discharge from eyes; non-irritating discharge from nose; dry, hard cough; much sneezing; diarrhea; and feeling worse in open air.
Natrum muriaticum - Indicated for watery or egg white-like discharges; cold sores; no sense of taste or smell; headaches; and feeling better outside.
Nux vomica - Indicated for runny nose in daytime, then dry nose at night; violent sneezing; nose feels blocked but there is watery nasal discharge through one nostril; and feeling worse outside.
Wyethia - Indicated for extreme itching in the nose and throat; throat feels swollen; back of throat is dry and burning; and sensation as if something were in nasal passages.

Self-Care:
Since allergies are similar to autoimmune disorders we must look at the emotional implications. The body is literally attacking itself. Counteracting feelings of worthlessness, anger, anxiety, fear and distrust can be done by rewarding ourselves with a little more pamper time. Activities can include: meditation, affirmations, walks and anything that feeds your soul and feels good.

Other Therapies:
Hydrotherapy
Detox
Castor Oil Packs
Hot foot baths
Nasal flush

Foot Zone Therapy
When treating someone with allergies, you will notice congestion in the sinuses and lymph, especially at the base of the toes. You will also feel crunchiness in the lung area. Since the sinuses run up through the brain, you will often feel congestion on the top of the toes. You will want to try to break up the blockages in these areas as well as any you may find in the endocrine glands and hormone balance. It is important to do a thorough treatment on the lymphatic system and make sure to remind your client to drink plenty of water during and after the zone.