

Allergies- Nothing to Sneeze At!

Being plagued by the unbearable symptoms of seasonal allergies does not have to be a life-long battle. Whether it is your friend's cat or the spring pollen that causes the sneezing, itchy eyes, runny nose, wheezing and more, a holistic approach will treat the underlying cause- the immune system.

It is suggested that 60% of the population suffer from some type of allergic response. As we subject our bodies and immune systems to more stress this number is rising. In truth, anybody can be allergic to anything and the reactions can express themselves in any area of the body. The questions remains, why are some people affected while others are left unscathed?

An allergic predisposition may be inherited if one of both parents has allergies. The 3 most common allergenic reactions know to be inherited are hay fever, asthma and eczema. A person with one or more of this triad is said to be "Atopic". Atopic individuals have a strong family correlation even though the form may switch or even skip a generation. Atopic individuals have up to 50% more T-Helper cells (immune cells) and therefore react more rapidly to low levels of offending invaders. Studies also show low levels of digestive enzymes and depleted levels of immune cells in the lining of the gut permitting easier entry of allergens into the blood stream.

Any factors which impair immune function will predispose a person to allergies. These factors include stress (emotional or physical), poor nutrition, smoking, drugs (prescription or recreational), and over-consumption of artificial and processed foods.

Our immune system manifests the allergy symptoms as a way of detoxifying the body of what it sees as invaders. This response is not normal and occurs mainly in those who have a hyper stimulated or overly sensitive immune system.

Treating allergies with pharmaceuticals is a purely symptomatic approach with dependency on the drugs often occurring. There are many undesirable side-effects of the drugs which often lead to the need for more drugs to treat the side-effects. This cycle continues to weaken the immune system and the allergies tend to get worse each year.

The holistic approach to allergies is the rebalancing and the regulation of the over-stressed immune system through the use of herbs, nutritional supplements and diet. Once the immune system is functioning optimally, it will not continue to produce the same strong reactions and then allergies decrease and most times disappear.