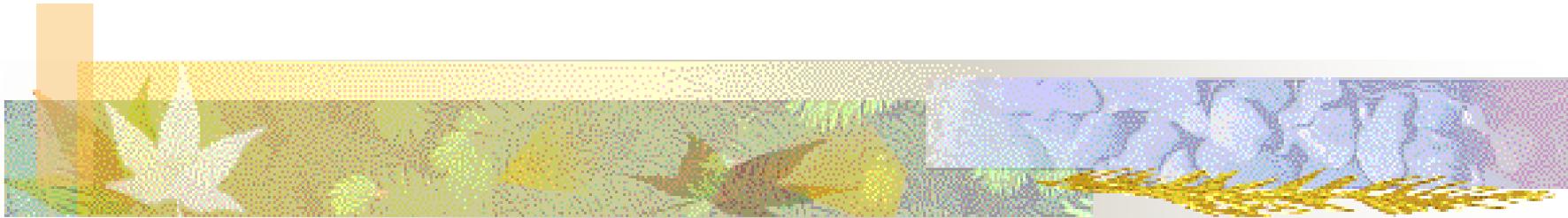


# Reducing Springtime Allergy Symptoms, *Naturally*



Dr. Jody Stanislaw, ND, CDE

[DrJody@DrJodyND.com](mailto:DrJody@DrJodyND.com)

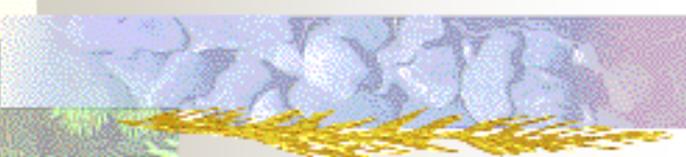
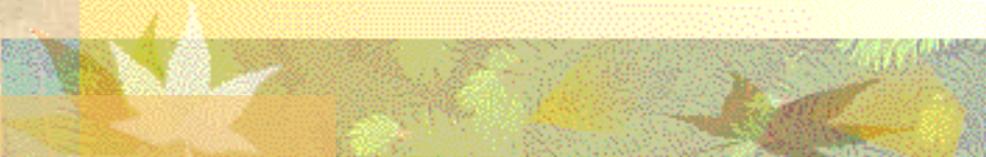


# Got allergies?

- **Runny nose**
- **Itchy & Watery eyes**
- **Sneezing**
- **Coughing**
- **Dark circles under the eyes**
- **...aka 'hay fever' or 'allergic rhinitis'**



*What causes these  
annoying  
symptoms?*



# Springtime pollen

- Pollen = tiny grains released into the air by trees, grasses, and weeds for the purpose of fertilizing other plants
- The higher the pollen count = the greater the allergic symptoms
- Worse on windy days
- Better on rainy days



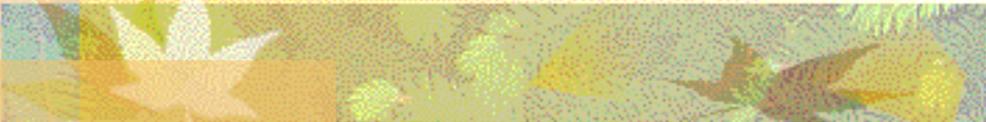
## **The worst offenders (trees):**

- Alder,  
Ash,  
Aspen,  
Beech,  
Box Elder, Cedar,  
Cottonwood,  
Cypress, Elm, Hickory, Juniper, Maple,  
Mulberry, Oak, Olive, Palm, Pine, Poplar,  
Sycamore, Willow



## **The worst offenders (grasses & weeds):**

- Bermuda, Fescue, Johnson, June, Orchard, Perennial Rye, Redtop, Saltgrass, Sweet vernal, Timothy



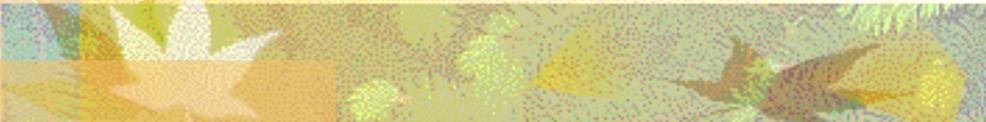
# The role of the Immune System

- The ‘immune system’ refers to cells that duplicate anytime the body senses an invader
- Immune system cells attack invaders such as bacteria & viruses
- Pollen gets into the nose and can activate the immune system (*though not in everybody\**)
- Immune system cells release chemicals called histamines to initiate attack of the invader, yet also cause the irritating allergy symptoms



## Two treatment approaches:

- Fight the body's response via anti-histamines & decongestants + only treat the symptoms (eg: eye drops)
- OR
- Keep the body from over-reacting in the first place!



# Problems with using drugs to fight the body's response...

- Can make you sleepy
- Make your liver work extra to cleanse the drug from your body
- Nasal sprays are addicting = they lose their power the more you use it, thus causing chronic congestion...not good!
- Not addressing the fact that your immune system shouldn't be over-reacting in the first place...*pollen is not a dangerous invader that the body needs to spend energy attacking*



**A natural approach to treating allergy symptoms is to...**

*... Treat the problem at its root and keep the immune system from over-reacting in the first place!*



## What causes the immune system to over react?

- High sugar/processed foods
- Lack of eating vegetables & fruit
- Nutrient deficiencies
- Lack of sleep
- Lack of exercise
- Chronic lack of joy & feelings of sadness & isolation



## Particular foods shown to irritate the immune system:

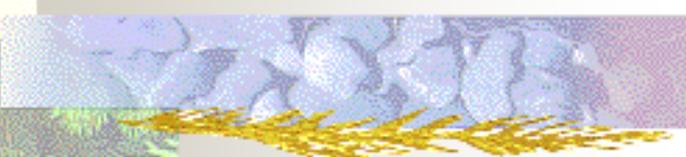
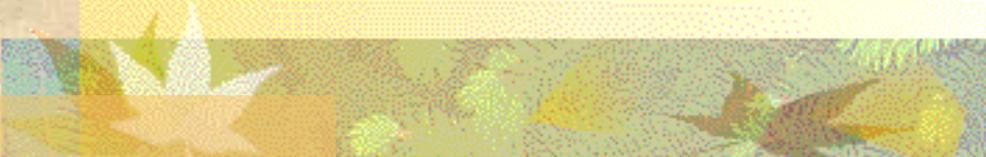
- Wheat
- Milk, Dairy
- Soy
- Peanuts
- Tree nuts
- Shellfish
- Fish
- Eggs

...These 8 foods account for 90% of all food-allergic reactions.



# Great Preventative Step:

- **1 teaspoon *locally* produced honey per day**, starting a few months PRIOR to the pollen season
- Locally produced honey, which will contain pollen spores picked up by the bees from local plants, can act much in the same way as a natural type of vaccine. By introducing a small amount of allergen into your system, your immune system is activated and over time can build up your natural immunity against it.



## Key Anti-Allergy/Immune Boosting Nutrients

- Vitamin C
- Magnesium
- Beta-Carotene
- Quercitin

....eat foods containing these immune boosting ingredients to reduce your spring allergy symptoms!



# Vitamin C

Naturally reduces production of histamine =  
a natural anti-histamine

- Green & Red Peppers
- Oranges, Strawberries, Kiwi Fruit
- Cabbage
- Potatoes



# Beta- Carotene

Converts into Vitamin A which keeps the respiratory system healthy + is a powerful antioxidant

- Sweet Potatoes
- Winter Squash
- Kale, Spinach, Collard Greens
- Carrots



# Magnesium

Relaxes muscles throughout the body =  
relaxes constricted airways + a deficiency  
may cause excess histamine release

- Almonds, Peanuts, Seeds
- Spinach
- Avocados
- Oysters
- Buckwheat



# Quercetin

Rich in bioflavonoids + a natural anti-histamine + natural anti-inflammatory

- Apples, Pears, Cranberries
- Grapefruit, Grapes
- Spinach, Kale
- Cabbage



# Ginger

A natural anti-histamine & decongestant

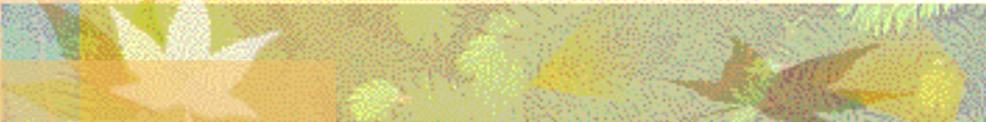
Dilates constricted bronchial tubes thus improving breathing

- + Improves circulation, lowers cholesterol, stabilizes blood pressure & blood glucose levels
- + Alleviates migraines & nausea
- + Reduces inflammation & menstrual cramps
- + Healing to digestive tract
- + May prevent spread of ovarian & colon cancer...



# Anti-Allergy Foods Summary:

- **Berries** (powerful antioxidants to build immune system strength)
- **Citrus Fruits** (vitamin C)
- **Dark Leafy Greens** (high in all key nutrients)
- **Ginger** (antihistamine + decongestant)
- **Local Honey** (natural immune booster)
- **Omega 3s** (natural anti-inflammatory)
- **Probiotic** (immune system booster)



**1st step in treatment is to ensure the following:**

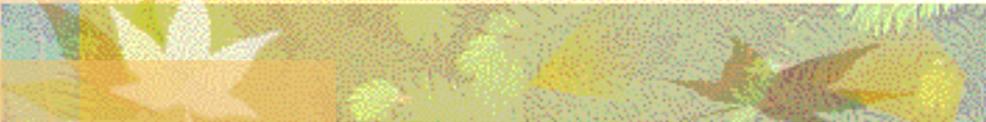
1. Wholesome nutrition
  2. Adequate sleep
  3. Regular exercise
  4. Make time for relaxation & joy
- † *...All of these 'medicines' will help soothe & calm the immune system, thus allowing it to operate efficiently*



## 2nd step: Ensure adequate nutrient intake

Whole foods diet, first & foremost

- + Multivitamin
- + Vitamin C 1000mg 1-3x's/day
- + High quality omega 3 fish oil
- + Probiotic
- + Magnesium citrate 1-200mg 3x's/day



## **3rd step: Identify if you have food allergies**

1. Sleepy after eat a particular food?
2. Stuffy nose in a.m. after having eaten a particular food?
3. Excessive gas? Bloating?
4. Constipation?
5. Foggy thinking?



## 4th step: Herbal support

- **Quercetin** = (found naturally in onions, apples, black tea....but also available as a supplement) has anti-inflammatory properties
- **Bromelain** = (an enzyme found in pineapple) a natural anti-inflammatory
- **Butterbur herb** = shown in one study to be just as beneficial as Allegra for reducing symptoms, but without the drug side effects
- **Anti-allergy combo**, such as: eye bright, golden seal, golden rod, echinacea, cayenne
- Intranasal **NAC** (anti-oxidant/anti-inflammatory)



## Natural symptom relief:

- **Nasal irrigation** = 8oz warm water + 1/2 tea salt + 1/4 tea baking soda --> run through nasal passageways with a squeeze bottle or neti pot
- = will clear out mucus (thus eliminate a ‘home’ for bacteria/viruses to replicate in) & open sinus passages (thus allow you to breathe again!)



## Avoidance tips:

- Stay inside when the pollen count is high (highest in the morning)
- Air purifier for home &/or office
- Dust every surface + clean the air filters in your home often (wear a mask)
- Wash your hair after going outside & before bed
- Wash all clothes after being outside
- Wash bedding weekly in hot water
- Vacuum twice a week & wear a mask



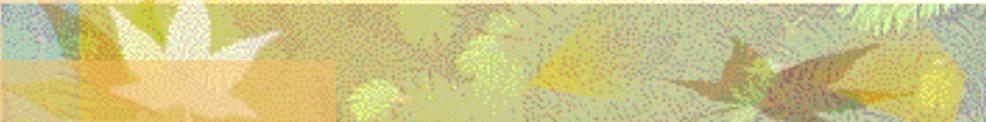
# Preventative measures:

- Drink 8+ ounces of water/day...staying hydrated thins out mucus & encourages drainage
- Hot tea (decaf) = hydration + heat is good to drain sinuses
- Avoid caffeine & alcohol (both can dehydrate you + alcohol can worsen sinus swelling)
- Do not smoke nor be around smoke (will irritate the sinuses)



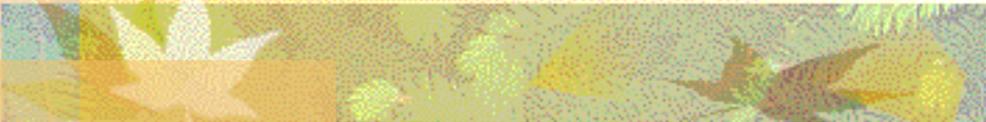
## Preventative measures:

- Nasal irrigation morning & night
- Breathe in warm steam daily to keep nasal passages moist
- Use a humidifier
- Avoid cleaning products with harsh chemical scents...choose natural 'green' cleaning agents instead



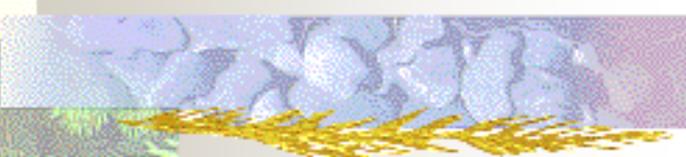
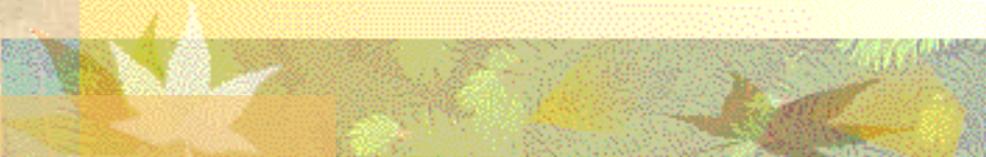
## Treat the whole body

- **Adrenal stress?** --> leads to disturbance in immune response
- **Liver congestion?**--> hampers body's ability to clear out toxins
- **Respiratory weakness?**--> hampers body's ability to sweep out pollen (via broken cilia & dry, irritated air passageways)



# Do a Spring Detox Cleanse!

- + 10 day healthy eating plan
- + Researched medical nutritional support for aiding the body in ridding itself of toxins
- + Daily easy walk to move the fluids of the body to assist in the detox process
- + Lifestyle tips to aid in detox



## Benefits of a doing a Spring Detox Cleanse:

Have more ENERGY

Lose weight

Sleep better

Improved digestion

Less irritability

Improved moods

Clearer thinking

...feel better than ever!



# Check Thyroid

- Often allergic symptoms resolve once hypothyroid has been identified & treated



**Want to learn more?  
Let's work together:**

**[www.ConsultWithDrJody.com/  
type1](http://www.ConsultWithDrJody.com/type1)**