Reducing Springtime Allergy Symptoms, Naturally

Dr. Jody Stanislaw, ND, CDE

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
Quercitin

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

- **Quercitin** = (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
- Breath 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 riding 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