

Patient Information Center: A Natural Approach To Fighting Allergies

Millions of Americans alter their summer activities because of allergies. For many of us allergies mean not being able to enjoy a certain outdoor-part of their life. Doing yard work, playing golf, or taking a walk should all be part of summer-time fun. But, for allergy sufferers it can mean misery.

While anti-histamines (both prescription and non-prescription) have helped to reduce the severity of some allergy symptoms, these are not without side-effects, especially in children whose allergies may be treated with a lifetime of medication, and do nothing to resolve the cause of the allergies, but merely reduce to symptom severity.

For this reason, natural alternatives to anti-histamine medication should be pursued. Because allergies are caused by an improper immune response, reducing allergies requires improving the health of the immune system. There are several ways to help accomplish this:

Nutrition is vitally important for a properly functioning immune system. Without the essential nutrients, the body cannot produce the cells need for immune function, and allergies are a good example of a sputtering immune system. Eat more fruits and vegetables. Drink more water. Get more complex carbohydrates and essential fatty acids into your diet by eating whole grains and fresh fish. It is important to note that even food can be a source of allergies. If you find this to be the case, consider supplementing your improved diet with vitamins and minerals.

Exercise is also helpful is boosting immune function. The activity of aerobic exercise helps to stimulate proper immune cells (Igg), and suppress histamine-producing immune cells (Ige).

One of the best ways to improve immune system function is to improve nervous system function. Because the nervous system regulates the immune system, a properly functioning nervous system is better able to coordinated immune cell activity. Chiropractic adjustments have helped many allergy sufferers by improving the health of the nervous system.

By improving your overall health through diet, exercise, and chiropractic adjustments a healthier you may mean an allergy-free you.

Source: (Iowa Chiropractic Association)