
Nutritional Supplements for Allergies

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for Allergies by Venus K. Moshrefi

An allergic

reaction occurs when the immune system misinterprets a normally nontoxic substance, such as grass, pollen, a detergent, or a certain food, as a harmful invader. The immune system then responds to this perceived threat, called an allergen, by releasing substances called histamines.

Histamines produce a wide range of bodily

reactions, including respiratory and nasal congestion, increased mucus production, skin rashes and welts, and headache. In the case of an actual threat to the body, in the form of, say, a flu virus, these reactions would form an important line of defense against the invader, helping to trap it and expel it, and encouraging you to rest and recover. But during the false alarm of an allergic response, the body overreacts to a harmless agent.

Why some people develop allergies to certain

substances and the others do not, is not totally clear.

It does seem that certain allergic responses, such as hay fever, have a genetic basis. An excess accumulation of mucus in the body, which attracts and stores the irritant, also contributes to or causes allergic responses.

In addition, stress and a generally depressed immune system may contribute to the severity of allergies.

CAUSES

Allergies happen when the immune system attacks a harmless substance.
Common triggers for allergies include mold; dust; tree, grass, or flower pollen; animal dander; feathers; insect's venom, especially from bee stings; metal, particularly nickel; household chemicals; and some cosmetics.

- * An excess of mucus, caused by a poor diet
- * Stress, which depresses the immune system
- * A break-down of the cellular communication which causes cells to overreact

SYMPTOMS

Allergic responses can produce any one or a combination of several of the following symptoms:

- * Nasal congestion
- * Sneezing
- * Coughing
- * Red, itchy, or watery eyes
- * Wheezing
- * Sore throat
- * Hives, rashes, eczema, or other skin eruptions
- * Headache
- * Fatigue
- * Fluid retention
- * Swelling of the throat and the tongue
- * Slow systemic inflammatory response that can effect each individual differently

ROOT CAUSES

- Genetics

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- Nutritional deficiencies
 - Poor digestion and detoxification
 - Limited diet (in cases of food sensitivities, the lack of variety in the diet)
 - Toxicity
 - Break-down in cellular communication

TREATMENT

Diet

Recommended Food

Base your diet on non-mucus-forming foods: whole grains (although wheat and gluten sensitivity is common), fresh vegetables and fruits, cold-pressed oils, and raw seeds and nuts. (Many people with environmental allergies also have reactions to nuts, so monitor your reactions carefully.)

To keep your immune system healthy, make sure to get enough lean protein. Seafood and tofu are good sources that don't encourage mucus production.

Optimally you need to drink half an ounce of water for each pound of body weight to thin mucus secretions.

Flaxseeds and flaxseed oil can reduce inflammation. Take 2 tablespoons everyday.

Food to Avoid

Eliminating foods that cause mucus should be a priority for any allergy sufferer. Mucus-forming foods include all dairy products, fried and processed foods, refined flours, chocolate, and eggs.

Detoxification

It can be very effective in individuals that have high toxic load of heavy metals or environmental exposure.

Can be done through oral agents or through active ionic detoxification or both.

The following is a suggested list of different high quality nutritional supplements that can be helpful. Keep in mind this is a general list and

you should seek a qualified practitioner's advice before using any nutritional and dietary supplements. I would like to put emphasis on the importance of high quality, potency and professional brand nutritional and dietary supplements. Low quality supplements may contain additives or coloring that could actually har

Vitamin C - it has a natural antihistamine effect.

Stinging nettles - it is effective for hay fever.

Methylsulfonylmethane (MSM) - it reduces allergic and inflammatory responses.

Quercitin - it has a natural antihistamine effect.

Eyebright - apply as a solution to irritated eyes.

Essential fatty acids - reduces inflammatory responses associated with allergies.

Thymus extract - calms the immune response

Probiotics - reduces the potential for allergies

Protease enzymes - decreases allergic and inflammatory responses

Digestive enzymes - assists in the digestion of food and reduce the likelihood of food sensitivities

Betaine hydrochloride - assists in the digestion of food and reduces the likelihood of food sensitivities.

Other Recommendations

- * Exercise to expel toxins, support the immune system, and reduce stress.
- * Don't smoke or expose yourself to secondhand smoke.
- * Avoid or reduce exposure to allergy triggers.
- * Xylitol nasal spray reduces allergy symptoms.
- * Drink plenty of water

About the author; Purchase high professional brand quality nutritional and dietary supplements, vitamins, minerals, homeopathic and herbal remedies at the online store at <http://www.WholisticCenter.com>, Venus K. Moshrefi Holistic Practitioner, MHA, RRT, CNC has over twenty years of experience

in the field of optimal wellness and nutrition. She is the founder of the Center for Wholistic Health and Healing in Monument Colorado. You can call for an appointment at (719)219-9646