

# Living with Allergies

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## **Section1 : All About Allergies And How They Affect The Human Body**

If you have ever tried inhaling pollen, or eating something then finding out afterwards that you are covered in red blotchy spots, have a runny nose or watery eyes, then you have experienced firsthand the effects of allergies.

In common usage, an allergy is an adverse reaction toward an allergen. These are protein molecules that specifically cause an allergic reaction.

### ***What Happens When You Come In Contact With An Allergen?***

The immune system is set up to protect our bodies from harmful, foreign substances. Like viruses and bacteria (dirt and germs). Sometimes the immune system doesn't develop properly or is just oversensitive and doesn't react right.

In these cases, it reacts to things that aren't harmful and don't usually cause people any problems. These things are called allergens. The term allergen is just an easier way to say "things that cause allergies".

When the oversensitive or improperly developed immune system sees these allergens, it sends out chemicals like histamine. It's the histamines that cause the symptoms that are common with allergies.

Symptoms like itching, watery eyes, runny nose, swelling, hives or rashes. Different people have different symptoms, but the causes are the same.

The symptoms that are displayed depend on the part of the body the allergen comes in contact with. Allergens that are breathed in, like pollen or dust cause coughing or wheezing, stuffy or runny noses and an itchy nose and throat.

Plant allergies usually come in contact with the skin, so they cause rashes.

Food allergies usually result in nausea, vomiting, stomach pains or in severe cases, life threatening reactions. Drug allergies tend to involve the entire body, so they have a variety of symptoms.

When you have an allergy to a specific protein your body is hyperactive toward this protein. It sees the material as something that is attacking the body and it works to squash the threat, when in fact the protein is relatively harmless and triggers no excess bodily reaction in other people.

Once the body's immune system releases antibodies as a response to the allergen, it causes the release of histamine into the bloodstream, which is what causes you to exhibit the signs and symptoms we commonly see as allergies. The responsibility of the histamine is to engulf the protein molecule and flush it from the body. This causes some degree of inflammation and excess bodily secretions – such as teary eyes and watery nose.

An excess amount of histamine in combination with other chemicals can result in breathing difficulties in people who have asthma. In the most severe form, an allergic reaction can result in an anaphylactic reaction. In this case the individual has a massive reaction to the protein allergen that can quickly result in death if not appropriately treated.

People who have allergies to fish, shellfish, peanuts and bees are more susceptible to allergic reactions that culminate in an anaphylactic response. These are medical emergencies and require immediate care. If you know you have the potential to develop an anaphylactic response speak with your physician about using an epinephrine pen in emergency situations.

## ***Do You Have An Allergy?***

Do you think that you may be suffering from allergies? If you do, you may be looking for confirmation. The good news is that there are a number of approaches that you can take to help you determine if you do have an allergy problem.

Perhaps, the easiest way is by seeking the advice of a medical professional. Doctors are one of the best ways to receive a proper diagnosis. In fact, did you know that if you are suffering from allergies, you may be able to get a prescription medication through your doctor? Even if you aren't prescribed anything, your doctor will likely provide you with more information to help you alleviate your symptoms or even prevent them. This information may include natural ways that you seek relief from your allergy symptoms or tips on how to cope with them.

A healthcare professional may recommend a number of different steps. They may ask you to return home and do your own experiments. For instance, if you suffer from pet allergies you may remove the cat (the most common pet allergen) from the home or vicinity for several days or a week to determine if your symptoms resolve. Then reintroduce the pet to the environment and if your reactions return you have a high probability of being allergic to the pet.

This approach isn't common though because many health professionals are worried about what would happen if you had a severe allergic reaction when you reintroduce the pet to your environment again. So, chances are a number of tests will be performed under the supervision of your doctor or another trained professional. If you have a food allergy, you may have to sample foods that you believe may be causing the reaction, and so forth.

Another one of the many ways that a doctor may make a diagnosis, concerning allergies, is by having their patients describe their symptoms. In fact, symptoms are an

easy way for you to determine yourself whether or not you are suffering from allergies.

Although some allergies types do have different signs and symptoms, you will find that many are quite similar. These symptoms may include hives, a runny nose, sneezing, chest congestion, and a postnasal drip. Those who suffer from food allergies may experience a loss of consciousness or problems breathing. If you experience these symptoms, medical attention must be sought immediately. As for pet allergies, the above mentioned symptoms are often experienced, but some individuals may develop skin rashes where their pets brushed up against their skin.

Food allergies are known to cause the most severe allergic reactions, especially peanut allergies and wheat allergies. If you suspect that you suffer from these two food allergies, it is important to stop eating wheat or peanut products immediately and seek medical attention. On the other, hand if you are dealing with seasonal allergies, allergies due to pet dander, or mold and mildew allergies, you may be able to treat your symptoms naturally.

### ***Common Allergens In People***

Some of the most common sources of protein allergens are food, especially shellfish, peanuts and wheat. Other sources include bees, mosquitoes, chemicals, perfumes, makeup, over-the-counter medication, and antibiotics.

Eight foods account for 90 percent of all food-allergic reactions. They are milk, egg, peanut, tree nuts, fish, shellfish, soy, and wheat.

Some of these allergens may be outgrown, but others, such as peanut and shellfish, will remain lifelong allergies. Substitute foods are almost always available. Other common food offenders are chocolate, pork, and berries. An individual may be allergic to the gluten in wheat, rye, and oats, and products made from those grains.

Allergens also may affect the respiratory tract, bringing on sneezing, coughing, and difficulty breathing. The allergens, or protein molecules, that are involved are pollens, dust, smoke, perfumes, and various airborne chemicals.

A person also can become allergic to specific types of mold by inhaling the spores consistently. In the nose, the mold spores trigger a reaction in cells of the tissues beneath the mucous membranes that line the nasal passages. This results in the symptoms of an allergy. Because they are small, mold spores can evade the natural protective mechanisms of the nose and upper respiratory tract and reach the lungs. Here they bring on an allergic reaction in these tissues that resemble asthma.

Less frequently, inhaling mold spores can result in skin lesions similar to those of eczema or chronic hives. In all but the very warmest areas of the United States, molds are seasonal allergens, occurring from spring into late fall. But unlike pollens, molds do not disappear with the killing frosts of autumn. Actually, frost may help increase the activity of molds, which thrive on dying vegetation produced by cold temperatures.

House dust and animal hair (especially cat and dog hair) are also responsible for respiratory allergies in many people. Dust allergies are usually the responsibility of dust mites, minute arthropods that live in the dust and thrive off of dead skin cells. Asthma attacks are often triggered by contact with pet dander and dust mite feces or body parts. Symptoms of dust allergy are usually most severe in the spring and fall, and tend to subside in the summer when air conditioners bring down the humidity level in the homes. Mites are unable to drink water and must get fluids by absorbing them from the air. When the humidity level is low they begin to die off.

Exposure to man-made chemicals can also cause allergic reactions. An example of respiratory allergy caused by man-made allergens is "meat wrappers' asthma". This results from fumes of the price-label adhesive on the poly-vinyl chloride film used to

package foods. The fumes are produced when the price label is cut on a hot wire. When the fumes are inhaled, the result is burning eyes, sore throat, wheezing and shortness of breath, upset stomach, and other complaints. Studies have shown that exposure to these fumes for as little as five minutes have produced airway obstruction in food packagers.

Another source of respiratory allergy is the photochemical smog produced by motor vehicle exhaust in large cities. Smog is composed of oxides of nitrogen, hydrocarbons, and other chemicals activated by the energy of sunlight. When inhaled the smog has been found to impair the normal function of membranes in the lungs.

Medicines and drugs, such as penicillin can cause allergic reactions. Estimates of the incidence of allergy among those receiving penicillin range from one to ten percent. The National Institutes of Health has calculated that just three common drugs—penicillin, sulfonamides, and aspirin—account for as much as 90 percent of all allergic drug reactions.

Allergic reactions to medications, drugs and inoculations include asthmatic symptoms, skin rash, shock, and other symptoms. Scientists theorize that chemicals in certain drugs probably combine with protein molecules in the patient's body to form a new substance that is the true allergen.

Insect stings cause serious allergic reactions in about four of every 1,000 persons stung by bees, fire ants, yellow jackets, wasps, or hornets. A single sting to a sensitive person may lead to an anaphylactic response characterized by a serious drop in blood pressure, shock, and possibly death. There are more than 50 reported fatalities each year, and experts suspect that other deaths occur as a result of insect stings but are listed as heart attacks, stroke, or convulsions.

Recently physicians have found that using pure insect venom produces a reaction that determines whether a person is allergic to the sting. Scientists also have isolated the

major allergen in an insect venom for use in diagnosing and treating patients who are particularly sensitive to stings. These advances have led to an increasing ability to test for allergies to insect venom.

### ***Challenging Places To Live with Allergies***

Ever wonder what are the most challenging places for allergy sufferers to live?

The Asthma and Allergy Foundation of America wondered that too. So they've been researching and publishing a yearly report.

Each spring and fall, they gather information based on 3 factors. They check the pollen scores, the number of allergy medications used and the number of allergy specialists per patient.

Their report lists the top 100 places an allergy sufferer would find the most challenging. That's just a polite way of saying the 100 worst places to live with allergies.

Looks like Texas tops the list. They have 7 cities in the top 70. Austin is number 1 with a score of 100. This is one time a score of 100 and the number 1 spot isn't a good thing. San Antonio isn't far behind Austin with a score of 98.75. That puts it in second place.

Third place is claimed by Oklahoma City, OK. They get a score of 96.25. But it's not all bad in Oklahoma. Tulsa with a score of 83.00 is the only other city to make the list.

Florida has 11 cities in the top 100, with Lakeland leading the way with a score of 93.75. Orlando is right below them with a 93.20.

Los Angeles isn't far down the list ranking 11th, scoring 82.75. And our nation's capital

ranked 70<sup>th</sup>, with a score of 51.45. Seattle, WA. finished the list with a nice low score of 25.45.

### ***Who Gets These Allergies?***

It's estimated that 60 million Americans suffer from some type of allergy. That's 1 out of 4. It's the 5th highest chronic disease in America and the 3rd most common chronic disease in children.

Many people suffer from more than one allergy type.

Pollen from trees, grass and weeds are in the indoor/outdoor allergy category. Other common indoor/outdoor allergy triggers are mold spores, dust mite and cockroach allergen and cat, dog and rodent dander.

About 75% of people with allergies have indoor/outdoor allergies. The most common pet allergy is cat dander.

Skin allergies are another common allergy. The most common causes of skin allergies are plants like poison oak, ivy and sumac.

Allergic reactions can also be caused by skin contact with latex, cockroach and dust mites and even some foods. Skin allergies are the main allergy for about 7% of allergy sufferers.

While we hear a lot about food and drug allergies, they are the primary allergy of only about 6% of allergy sufferers. Food allergies are more common in children.

Peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish are responsible for 90% of all food allergies. Food allergies claim over 200 lives yearly. When it comes to common

drug allergies, penicillin is the winner.

Almost 400 Americans die every year from allergies to penicillin.

Latex and insect allergies both claim around 4% of allergy sufferers. Latex allergies result in 10 deaths a year and nearly 100 deaths a year are the result of insect allergies.

## Section 2: Different Forms of Allergies

Do you know what the main symptoms of allergies are? Do you know what to look for when it comes to allergies? Some are just very frustrating and annoying to most. However there are some people that have symptoms of allergies that can be very life threatening and dangerous.

The most common symptoms are:

- Breathing problems. This is one that can be very harmful for a person that has an allergy.
- Burning and itchy eyes known as Conjunctivitis.
- Coughing. It is a constant cough that will start to become painful for some.
- Diarrhea.
- Headache.
- Hives.
- Itchy nose, mouth, throat and skin.
- Runny nose.
- Skin rashes

Should you be affected by any specific allergies, you will likely find out because of several symptoms. But sometimes you can confuse other symptoms for just some common diseases like colds.

### ***Distinguish Between Colds and Allergies***

There are some distinctions between allergy symptoms and other diseases that help you and your physician to determine what you are suffering from. Subtle differences

could let you identify if what you are experiencing is just a simple cold, an asthma attack or if it is really allergies.

The cold is probably the first thing you'd blame if you don't suspect that the sneezing, having a runny nose and being teary-eyed is caused by an allergic reaction to a substance. But this is easy enough to identify, since colds occur mainly during the colder months of the year.

New research has pinpointed the lower levels of vitamin D in the body as responsible for the increased susceptibility to colds and the flu. Vitamin D and C are important to maintaining a strong immune system. You make Vitamin D with exposure to the sun and since during colder months most people remain indoors this cuts down on the amount of Vitamin D you will manufacture.

You should also check if you have allergic rhinitis, which would manifest itself in ways quite similar to colds. Some other allergies caused by airborne particles that your body is allergic to can cause asthma-like reactions, like coughing, wheezing, and having trouble breathing.

⇒ ***What you can do to distinguish between colds and allergies***

At some point you'll be able to notice an underlying trend when it comes to the occasions in which symptoms occur. Then you will be able to test out your suspicions, and consult an allergist to confirm if you are indeed allergic to a given substance.

The allergist can conduct tests on you so that you will be able to confirm with your doctor what substances you are allergic to. Once you've nailed it down, you will be able to get some firm advice on what to do to prevent or treat your allergies with, whether it's antihistamines or some other form of treatment like immunotherapy for allergies.

Although allergies and colds share many symptoms, there are some differences that

can help tell the two apart:

- ❖ Fever. If you have a fever, even a low one, it is much more likely to be from a cold than an allergy. Fever is not a common feature of allergies.
  
- ❖ Nonclear nasal discharge. When your nasal discharge is white, yellow or greenish mucus it is probably from a cold, not an allergy. A watery discharge is common for both colds and allergies, so it can be hard to tell which unless you are also running a fever.
  
- ❖ Sore throat. Allergies can cause itchy or scratchy throats, but if there is an actual throat pain (a sore throat), it is most likely from a cold.
  
- ❖ Swollen neck lymph glands. Swollen lymph nodes in the front of the neck usually are a sign of a cold, not an allergy.
  
- ❖ "Looking sick." People with allergies may be a bit more tired than usual, but they usually don't look very ill, whereas people with colds can appear sick and listless.
  
- ❖ Red, itchy, watery eyes. Eye symptoms such as these are more commonly seen with allergies than colds.
  
- ❖ Sneezing. People with colds will sneeze occasionally, but repeated, prolonged spells of sneezing are much more likely to reflect an allergy.

- ❖ Cough. Both allergies and colds can cause coughs that can be worse at night, but the cough usually doesn't last as long with colds as with allergies.
- ❖ Duration. All symptoms of colds usually subside within a couple of weeks. Allergy symptoms, on the other hand, may last for many weeks or months.

⇒ ***Symptoms that don't help differentiate the two***

- ❖ Snoring. Any cause of nasal congestion can lead to snoring, so this is not a good way to tell allergies from colds.
- ❖ Nasal, sinus, and/or ear congestion. This can occur with either allergies or colds and so it is not a good way to distinguish between the two.

Several other factors may lead you to suspect an allergy instead of a cold--or vice versa:

- ✓ Exposure to infection. Many people may suddenly develop allergy symptoms when the weather changes, but when everyone seems to be coming down with something, it usually is a cold, since allergies aren't contagious.
- ✓ Family history. A strong family history of allergies might lead you to suspect an allergy.
- ✓ Other allergies. People with other allergies (e.g., drug or food allergies) or asthma are more likely to have hay fever than other people.

- ✓ Seasonality. Although allergies and colds can happen anytime, allergies are much more common in the spring, early and late summer, and fall, while colds strike most often during the wintertime.
  
- ✓ Tests. Allergy tests (skin tests and blood tests) can sometimes help determine whether or not you have seasonal allergies. Although laboratory tests usually aren't performed when the common cold is suspected, an elevated white blood count suggests an infection rather than an allergy. It's interesting to note, however, that elevation of a certain kind of white blood cell called an eosinophil, or the appearance of eosinophils on a smear of nasal secretions, may indicate an allergy.

## Section 3: Allergy Relief

Until recently, not many people understood how complex allergies could be. In some ways, an allergic reaction is a pretty simple. Basically, you get an allergy attack when the body mistakes something that should be harmless for an intruder. It causes inflammation, fighting whatever food allergen, plant allergen, or what have you. This makes you feel sick. In spite of this seeming simplicity, however, allergic reactions are actually pretty complex.

For example, did you know that, even if you do not have any food allergies, the food that you eat can make you more vulnerable to an allergic reaction? Up until a few years ago, doctors did not really know how much of a role diet played in allergies. As a matter of fact, they are still learning about it!

For instance, eating a lot of fatty, processed food can make respiratory allergies worse. These foods cause inflammation, making the body more sensitive to common allergens. It is true that you can treat an allergic reaction by taking a Claritin, but in the long run, you might be better off eating better. It will do more for your health than most antihistamines.

### ***Skin Allergies***

The hardest part of having red, itchy skin, hives, or swollen spots on your skin is trying to concentrate on making your day as normal as possible, while avoiding scratching the itchy parts.

Allergies are often the cause of skin rashes, and some of them are quite common. Poison Ivy, laundry detergent and fragrances can cause contact dermatitis that is an

allergic reaction to the substance with which you had contact. The rash or itchy area will be restricted to the area that had contact.

An allergist can test if you are allergic to substances, or if your skin reacts to different possible allergens, by conducting a skin test. In a multiple-test method, the allergist will prick your skin to introduce various media in microscopic amounts, to see which pricks elicit a reaction from your skin.

The material type that your skin reacts on can be retested using different methods to confirm if the material in question is indeed your allergen. The allergist can also check to see how severe the reaction to your allergen is, that can range from mild to life threatening, using increasing concentrations of the allergen to measure reaction times.

Different forms of skin allergy reactions can be found in people. Eczema, also known as Atopic Dermatitis occurs most often in small children. It appears in the form of a red rash and blisters on the skin are quite common. The skin can break from being scratched aggressively, and chronic outbreaks will usually cause scarring.

Treatment usually consists of applying a topical solution on the site of the rashes to ease the itching, and your doctor will be able to prescribe treatment that is calibrated in strength to match your rashes.

Another common manifestation of skin allergies is the raised, red-colored bumps on the skin known as hives. While it can be disturbing to some, hives are not usually so itchy that you might break the skin by scratching. Hives are common enough that people of all ages are affected by them at one point or another.

A third form of allergic reaction is called contact dermatitis, and this is a common reaction to a substance which will cause a similar reaction to a rash when you come into contact with it.

The symptoms have more in common with Atopic Dermatitis, but the usual areas that the rash manifests itself are only where you've touched or come into contact with the substance. A good example of this is when you've touched poison ivy, and there are even common cases of people getting rashes because of their jewelry.

Once a rash breaks out on your skin, try not to scratch it because scratching does cause damage to the skin. This can introduce dirt and bacteria below the skin level causing more trouble if it gets infected.

Prior to self-treatment you should consult with your physician to ensure that the rash you believe is an allergic response really is one. With subsequent outbreaks you may be able to use the same treatment methodology recommended the first time. If a rash looks different with any following outbreaks you should seek the advice of your primary care physician. Although an itchy rash may be the result of an allergic reaction they can also be the result of other illnesses or disease processes.

### ***Nasal Allergies***

Nasal allergies are better known by its common name, allergic rhinitis. This type of allergy is extremely common, especially in the spring and fall months when pollen counts are extremely high.

If you have a reaction only during specific periods of the year, then you have a seasonal allergy, usually caused by pollen grains being spread out in the air at about the same time as your allergies. However, there are also perennial allergies that can happen no matter what day of the year.

A nasal allergy reaction is a bit like getting a sudden bout of a cold. You will sneeze, have watery eyes, have a runny nose with a clear liquid discharge, and all the other unpleasant side effects of a cold, like having a sore throat and cough.

All allergy attack is triggered by an allergen, which is the substance that your body recognizes as an outside threat and will attempt to block it. A common allergen during the summer months when flowers are in bloom is pollen, which can float around in the air and end up entering your respiratory tract.

Mold also does the same thing, so you can really feel like you are having a mix of irritants, which may be the case. The last common sources of nasal allergies are animals. These can be from the dog, cat, guinea pig or any other animal that has hair and dander. You may also react to dust mites living in your home.

Your physician will use a thorough medical history to determine your background experience with allergic reactions of all types, the times of the year you suffer and whether or not you have other blood relatives who have similar problems. A physical examination will determine how inflamed your mucus membranes are currently, and whether or not any further testing is necessary before he makes a recommendation for your treatment.

Treatment for nasal allergies may encompass daily medication to take care of the symptoms, recommendation that you avoid the allergen, such as getting rid of the cat, or immunotherapy so you don't have to endure the symptoms of allergies for the rest of your life. You may also have to modify your current living conditions, such as using the air conditioner during the spring and fall when pollen counts are at their highest, changing your mattress and pillow to reduce your exposure to dust mites or removing carpeting from the home.

### ***Treatment Ideas***

One of the first things that you will want to do, when looking to manage or treat your seasonal allergy symptoms, is know your triggers. When you experience a runny nose,

stuffy nose, a cough, or chest congestion, there is likely something in particular that is triggering it. For many, the culprit is pollen, ragweed, as well as mold. Many believe that mold is only found inside homes and other buildings, but mold is actually quite common outdoors, especially after rainfall.

Your physician will have access to prescription medications to help relieve your allergy symptoms. These should always be taken as prescribed. And, you should always tell your physician about any other underlying medical condition from which you suffer, even pregnancy. There are some allergy medications that cannot be given if you have other medical conditions because they will be detrimental to your health.

If you decide to seek relief from your seasonal allergies without the use of a doctor, but still with medication, you have the choice of an over-the-counter product or herbal drug. Before taking an over the counter product or herbal remedy, be sure to read all warning labels and all information that is provided to you. Some of these options can react with others or have side effects. Always check with your pharmacist if you are taking any other medication. These are the experts in drug interactions and side effects.

When you want to determine which allergy medications are the best, there are a number of important points that must first be taken into consideration. One of those points is the type of allergies. For example, different individuals suffer from different allergies. Some suffer from pet allergies, some suffer from mold allergies, some suffer from food allergies, and so forth. Some medications are better for those with certain allergies, as more targeted treatment is provided.

Insurance is another factor that should be taken into consideration. Many individuals like to research and compare prescription medications and over-the-counter medications for allergies. With that being said, some individuals do not have the opportunity to try both. For example, if you do not have health insurance, you may be unable to afford the cost of a healthcare visit, as well as the cost of prescription medicine. Many medicines that were once only available with a prescription are now

available without a prescription. And, you should try contacting the drug companies who often have scholarship programs available for patients who are unable to afford their medication.

As for what allergy medications are the best, you will find that it all depends on the type of allergy from which you suffer. If you are going to rely on over-the-counter medications speak with your pharmacist. While they are not able to diagnose your problems they can offer advice about the medication that would most likely treat your specific range of symptoms.

In addition to speaking with a healthcare provider or using the internet to research allergy medications, it is also a good idea to speak to those that you know. You may be surprised just how many individuals there are that suffer from allergies. There is a good chance that some of your friends, family members, neighbors, or coworkers suffer from allergies. If they do, inquire as to how they treat those symptoms. If they have tried multiple prescriptions or multiple over-the-counter allergy relief medications, which ones did they like or dislike and why? Were there side effects? These are all important questions that you will want to ask.

### ***Air Purifiers***

Although there are a number of natural and affordable ways to treat allergies, you may be interested in buying an allergy air purifier.

To understand exactly how air purifiers can help those with allergies, it is first important to know what they are. Air purifiers are machines that are typically small in size. Their goal is to remove contaminants from the air. Although air purifiers are advancing in technology, many rely on the use of air filters. These filters will trap many of the contaminants in the air that cause allergic reactions, preventing them from reentering your environment.

Common air contaminants that are removed include dirt, dust, dust mites, pet dander, secondhand tobacco smoke, mold, and mildew. When these contaminants are eliminated from the air, most will see relief, possibly even right away.

There are a large number of air purifiers currently available for sale giving you a number of different options. First, you will want to examine those that boast the fact that can help with allergies. When looking to buy an air purifier for allergies, it is first advised that you examine HEPA air purifiers. Air purifiers that use HEPA technology come highly rated and recommended. All air purifiers capture and hold potentially harmful particles from the air, including mold, dust mites, and pet dander, but some do it better than others. It has been said that HEPA air filters trap around 90% of particles in the air, on average. This percentage is much higher than most other air purifiers and air filters. Ionic air purifiers actually expel ozone into your environment and cause more health problems than they help.

Another great way to go about buying an air purifier that will produce good, quality results is by asking those that you know for recommendations. You can and should speak to your neighbors, coworkers, family, friends, and well as your doctor. Air purifiers have increased in popularity over the past few years. This is mostly due in part to the fact that many want to improve their health and the air inside their homes. If an individual that you know uses an air purifier, ask them for information on their purifier. Do they like it? What are the pros and cons of owning?

Another tip to help you choose an air purifier for allergy relief is by doing research online. If you like the price of an air purifier that you see available for sale locally, you may want to refrain from buying it right away. Instead, write down the make and model and do the research online when you get home. Many air purifiers are rated and reviewed online. Reading reviews and examining ratings can help you save money by avoiding air purifiers that are not worth their cost or too costly to maintain.

To seek the ultimate level of relief, a whole house air purifier is recommended. If you cannot afford the cost of one, be sure to carefully choose the rooms that you place an air purifier in. Rooms that you use the most, like your bedroom where you sleep for 6-8 hours a day or rooms where your allergies bother you the most, should have an air purifier in them. Use your air purifier as much as possible, especially when you are home. If your air purifier uses an air filter, be sure to clean it or replace the filter when needed.

### ***Natural Approaches***

Unfortunately, not everyone benefits to the same degree from medications. That leaves many individuals wondering if there is a way that they can seek more natural relief, without the use of traditional medicine drugs.

Many people find relief from their allergies by changing their diets to seek relief. Foods such as lime juice mixed with water, fresh squeezed vegetable juices or bananas have been shown to help boost the immune system and regulate the allergic response. Another natural way to relive some of the symptoms that are associated with allergies is with vitamin B5.

Despite the fact that natural ways to seek relief from allergies are most commonly associated with natural remedies that involve certain foods, vitamins, and herbs, there are other steps that you can take. For example, you can remove yourself from your trigger factors. For example, if you have allergies that are due to mold and mildew, avoid areas in your home where mold or mildew is present, like your basement. If you suffer from allergies due to dust, consider hiring a professional cleaning service or you can clean more often, which should reduce the amount of dust that accumulates overtime.

Green tea is another easy and natural way to seek relief from allergies. Some teas have natural antihistamines in them. These are an affordable way to seek relief that also has other overall health benefits. Even teas without natural antihistamines in them can help. The comfort and calmness provided may be welcomed with open arms by those suffering from severe allergy symptoms.

In keeping with the food that can help those suffering from allergies, it is also important to examine the foods and drinks that should be avoided. Those who suffer from allergies are encouraged to avoid caffeine drinks, such as coffee and soda, as well as alcohol. This is because these items contain many additives



# The Natural Way of Dealing With Allergies

## What are Allergies?

Allergies are described as **abnormal responses within the body to things or substances that are typically harmless**. However, this incorrect response causes the [immune system](#) to react to the substance (known as allergens) as if it was harmful. The symptoms of allergies can make you feel miserable and rotten! It is a good idea for any allergy sufferer to get to know which allergens you are allergic to so that you can control the symptoms.

Allergies are extremely common and **affect more than 20 percent of adults and children** in the United States. According to the Allergy Report from the American Academy of Allergy, Asthma and Immunology, allergies are the sixth leading cause of chronic illness. It usually develops during childhood or early adulthood. Most allergies are inherited and people are more likely to have a tendency to be allergic if there is a family history of allergies or [asthma](#).

Sometimes, people with allergies may experience a **severe reaction known as anaphylaxis**. The signs of anaphylaxis may start with severe itching of the eyes or face and develop into more serious symptoms such as swelling of the lips, tongue and throat, [abdominal pain](#), cramps, [vomiting](#), [diarrhea](#), hives, and [angiodema](#) (hives in the throat). This type of reaction usually occurs within minutes after been exposed to the triggering allergen (such as a peanut). It is a rare, life-threatening emergency and medical attention is required immediately.

## The most common allergens

**Airborne particles:** Airborne particles are the most common allergens, often also referred to as environmental allergens. These allergens include pollen from grass or trees, dust mites that live in house dust, mold spores found in damp areas, and animal dander from the skin and saliva of pets. Symptoms include sneezing, runny nose, wheezing and [coughing](#), [congestion](#), and itchy watery eyes.

**Foods:** Certain foods such as milk, eggs, wheat, soy, peanuts, tree nuts and seafood are some of the most common food allergies. Allergic reactions to these types of

foods occur within minutes of eating and symptoms can be severe. Symptoms include wheezing, coughing, hives, runny nose, vomiting, diarrhea, and swelling in the area around the mouth.

**Insect bites or stings:** The venom in insect bites or stings causes allergic reactions in people which result in [pain](#), swelling, and redness around the affected area. Symptoms also include difficulty breathing, swelling of the face, throat, or mouth, wheezing or difficulty swallowing, hives that appear as a red, itchy rash that spreads to areas, restlessness and [anxiety](#) ; rapid pulse; and dizziness or a sharp drop in blood pressure. These types of allergies are very severe and may cause an anaphylactic reaction in some people.

**Chemicals:** Certain chemicals such as household cleaners, laundry detergents, cosmetics, pesticides, or dyes can also cause allergic reactions in some people. Common symptoms include skin rash hives, eye tearing and irritation, wheezing, and itching of the skin.

**Medicines:** The most common medicines that can cause allergic reactions are antibiotics. Other medications such as over-the-counter medications can also cause allergic reactions.

## What Causes Allergies?

Allergies occur when a person's **immune system mistakenly attacks the allergen as an invader** and produces immunoglobulin E (IgE) antibodies to combat these substances. These antibodies then cause certain cells in the body to release chemicals such as histamine into the bloodstream.

These chemicals affect your eyes, nose, throat, lungs, skin or gastrointestinal tract and produces allergy **symptoms such as sneezing, itchy eyes and a runny nose**. Every time that you are exposed to that same allergen, an allergic reaction will be triggered.

## Help for Allergies

For the treatment of allergies to be effective, the individual has to be **aware of the allergen or substance that is causing the allergy**. There are various medications such as topical and oral antihistamines, corticosteroids, nasal congestants and mastocyte stabilizers that help reduce the symptoms of allergies.

People who experience severe allergy attacks often require a quick shot of epinephrine, a type of medication used to counteract an anaphylactic reaction. When these medications fail to achieve the desired results, **immunotherapy or allergy desensitization** may be used.

## Natural Remedies

Certain herbal and homeopathic remedies have been found to be beneficial in the treatment and prevention of allergies. These remedies are not only much safer to use than the traditional antihistamine drugs but also gentler for the body. Herbs

such as *Urtica urens* and *Plantago lanceolata* (also known as plantain) contain **effective anti-inflammatory and astringent properties** and have a long history of treating inflammation, allergies and respiratory complaints.

Quercetin is a highly effective herb that contains antioxidants and helps to boost the immune system and improve circulation while *Euphrasia officinalis* (Eyebright) maintains eye health and good vision. In addition, homeopathic ingredients such as *Allium cepa* and *Ars. Iod* helps to **control allergy sympto**

## Related Products

**AllergiClear:** Helps keep histamine levels in the normal range for optimal respiratory health

**SOS HistaDrops:** Helps keep eyes and nose clear by maintaining histamine levels within the normal range

**HayFever Fighter:** Homeopathic remedy relieves symptoms of hay fever and other allergies, sneezing, itchy eyes and runny nose

**Mucus-Clear:** Homeopathic remedy clears phlegm and relieves throat congestion

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many so-called *natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

## Supplementing Your Immune System

A high quality [immune system supplement](#) can ensure that your body has the vitamins, minerals, antioxidants and other vital nutrients it needs to fight off illness and maintain optimal health.

Many of us are nutrient-deprived due to poor dietary habits, coupled with the fact that **many of the foods we eat are depleted of nutrients** by the time they arrive on store shelves.

A lack of essential nutrients can have a **serious negative impact on the strength and functioning of our immune systems**, rendering us susceptible to any number of illnesses.

That's why **millions of people take an immune boosting supplement** to keep themselves healthy, strong, and disease-free.

Of course it is important to eat a well-balanced diet and exercise regularly to maintain your health. Also avoiding smoking, excessive alcohol and exposure to stress and harmful toxins will keep your immune system strong.

An immune system supplement can also be part of your general wellness regimen. Not only can it **build your body's defense against all types of infections and diseases**, it can also increase cardiovascular function, maintain digestive health and bolster the nervous system.

### **Where can you find an immune boosting supplement?**

There are a number of supplements on the market these days, but many of them are subpar. In fact, some of these products do not contain any therapeutic ingredients, despite what it says on the bottle!

That's why it's important to find a high quality immune system supplement, one with vitamins, minerals, antioxidants and other nutrients that have been proven to boost the immune system and promote general health.

One of the most promising [immune system supplements](#) we have come across is called Viral-Protoc, which contains a **broad spectrum of therapeutic nutrients** to fortify the immune system.

This special supplement has a number of specialty ingredients, all of which have been **clinically shown to provide a host of health benefits** to the body.

If you are interested in immune boosting supplements, you might want to take a look at [Viral-Protoc](#), an immunity supplement formulated by a well-regarded natural health company.

### **The importance of Omega-3 fatty acids**

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there

are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

### **Don't forget a good multi-vitamin!**

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.