

Fight allergy season with more than a tissue

By Mandy Kendall

Isn't wonderful to see all the buds and blooms coming out with the first few days of spring?

Isn't it not so wonderful that all those pesky allergens (foreign substances that cause allergies) have to come with them? I woke the other morning with the first signs of a dripping, itchy nose and scratchy red eyes. I felt absolutely fine, so could only presume that this was my immune system detecting things in the air that it was not too happy about.



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It's only our third spring here, so I'm still getting used to all the different pollens and itch-making things, but each year I react less and less. I already have my favorite natural allergy buster (which I will share with you below) but there are many natural remedies that can be tried before, or in conjunction with, the over the counter remedies.

So the *Qwik-e* tips for today are a few of the most common ways to help your system from reacting adversely to Mother Nature at this time of year.

Fans – Try to avoid using fans to cool a room as they can actively pull pollen into the house.

Driving – Keeping windows closed while driving will help you from being blasted by allergens. It also helps to have your cabin air filters checked too.

Foods that boost immunity – A German study published in the Allergy journal found that those people who regularly ate food rich in Omega 3 fatty acids were less likely to suffer from allergy symptoms than those who didn't. Omega 3 foods include; cold water fish, walnuts, flaxseed oil, eggs and grass fed meats.

Local honey – This one is my favorite! I found it a highly effective defense against the showers of pollen we get around here. Make sure it is from a local beekeeper and raw is best.

Probiotics – WebMD states that, "Probiotics are organisms such as bacteria or yeast that are believed to improve health." Our inner ecosystem is a fine balance of good bacteria that help protect us from the outside world, and there is evidence that probiotics help "maintain a strong immune system." Live cultured yogurt and dark chocolate are just two food sources rich in probiotics. Consuming probiotics (especially those that are native to the human digestive tract) can help boost your inner ecosystem and your immunity. Many supplements will contain them too.

Keep them out – A little Vaseline wiped around the inside of each nostril can help trap allergens before they get up your nose and cause trouble.

Flush them out – Neti pots, an ancient form of nasal cleansing, are reported to be very effective at keeping the irritation at bay. Nasal flushing definitely needs practice and there are many recommended techniques. Sezelle Gereau Haddon, an attending otolaryngologist at the Beth Israel Medical Center Department of Integrative Medicine in New York City, tells patients to "pant like a puppy, which lifts the palate and closes off the back of the nose so you don't get

that drowning sensation," which sounds like great advice to me.

Holistic therapies – Are all geared toward getting your body, and immune system, into fully functioning mode, and therefore significantly more able to deal with allergens without causing you discomfort. Have a chat with a few therapists in your area and see which approach, and practitioner, resonates with you the most.

Antioxidants – Are a great way to ward off irritants and there are many everyday natural foods and drinks that are full of them. Green and herbal teas are a great way to get more antioxidants into your body. Most herbs and spices are full of antioxidants as are fruits (especially the dark berry family) and vegetables.

Avoid processed sugar – Sugar suppresses your immune system that fights off allergens that cause allergic reactions. Studies show that 3 ounces of sugar can suppress your immune system within 30 minutes of consumption and keep it down for up to 5 hours.

Keep outer clothes outside – Try and keep coats, shoes and outer layers that you have worn outside in an outer room or cloakroom. This will help from tracking nature's little allergens inside your house.

Hair – Try brushing your hair with a damp brush or comb, to wipe away allergens that are clinging to your head, especially before you go to bed to keep them from being right under your nose all night.

Please share your tried and tested remedies below.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness

provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.