



Allergies Notes

Wellness Trading Post

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ALLERGIES

Description:

Immediate and delayed immune reaction to allergens, beginning with the generation and presence of immunoglobulins E (IgE) antibodies. The IgE antibodies bind to receptor of special cells (e.g. basophils in the circulation and mast cells in tissue), and initiate a cascade of events leading to secretion of inflammatory agents such as histamine, leukotrienes, heparin, and prostaglandin, followed by a more prolonged and persistent phase involving the infiltration of eosinophils, neutrophils, and basophils.

Types:

1. Seasonal allergic rhinitis – triggered by airborne plant agents such as pollen, grass, weeds.
2. Perennial allergic rhinitis – a year-round reaction triggered by agents that are always around us such as dust mites, mold, animal dander, fumes, feathers, insects, foods.
3. Allergic conjunctivitis – when the reaction is an allergic inflammation of the conjunctiva of the eye.
4. Food allergy – reaction to certain food after been ingested. Most common offending food are: cow milk, eggs, wheat, peanuts, fish, nuts (walnuts, pecans), soy, melons, sesame & sunflower seeds, chocolate.
5. Anaphylaxis – a life threatening reaction causing difficulty in breathing, heart malfunction, drop in blood pressure, shock, and even death.
6. Hives or urticaria – skin reaction characterized by small, pale, or reddened swellings. Common allergens are: medications, insect stings, allergic shots, some foods, plants.
7. Physical allergies – allergic reaction due to a physical stimulus such as heat/cold, sunlight, or a minor injury.
8. Exercise-induced allergy – an allergic or anaphylactic reaction triggered by exercising.

Epidemiology:

Food sensitivity: All ages, but most common in children; and male > female (2:1). Only about 3 to 4 % of children over 4 years of age have persisting food allergies. Thus, the condition may be transient.

Others allergies: onset is usually before the age of 10 to 30, and has a tendency to diminish over time. Male and female are equally affected.

Causes, Risk Factors:

- *Genetic* – atopic condition such as atopic dermatitis, urticaria, asthma.
- Family history of food sensitivity.
- Repeated exposure to offending antigen
- Persons with atopic predisposition are at higher risk of hypersensitivity reaction to food.

Differential Diagnosis:

- Non-allergic rhinitis
- Chronic sinusitis
- Nasal polyps and tumors
- Medications
- Septal/anatomical obstructions
- Lactose intolerance
- Celiac disease.

Diagnostic Tests:

- Skin tests using suspected antigens such as Scratch or prick tests.
- Rhinoscopic
- Nasal probe smear
- Stool exam, mucus eosinophilia
- Imaging (sinus, upper digestive tract)
- RAST (radioallergosorbent test) – measure blood levels of IgE.

Prognosis:

- Most infant will outgrow food allergies or hypersensitivity by age of 2 to 4.
- Adults tend to maintain the allergies/sensitivity for many years (esp. to milk, fish, shellfish, and nuts)

Signs & symptoms:

- Digestive system: nausea, vomiting, diarrhea, abdominal pain, occult bleeding, flatulence, bloating, and in some cases, malabsorption.
- Skin: urticaria, dermatitis, pallor or flushing, rashes.
- Respiratory: allergic rhinitis, asthma, broncho-spasms, cough
- EENT – watery or itchy eyes, conjunctivitis, sneezing, rhinitis, serous otitis media, itchy or sore throat.
- Nervous system: hyperkinesia, tension-fatigue syndrome, migraines headaches,
- Others: systemic anaphylaxis, vasculitis, enuresis, proteinuria, and growth retardation in children.

Complications:

- Anaphylaxis.
- Bronchial asthma.
- Asthma,
- Otitis media.
- Epistaxis
- Sinusitis
- Nasal polyps
- Enterocolitis.

Orthodox Treatment

Treatment:

- Patient education, reassurance and understanding of condition.
 - Avoidance of known allergens or food.
 - Identifying offending allergens or triggers (e.g. via scratch or prick tests.).
 - In cases of severe allergic reaction, epinephrine for self-administration in case of accidental exposure.
 - Immunotherapy or hypo-sensitization – a series of injections (shots) given regularly for several years. The shots contain tiny amounts of the offending antigen(s). The idea is that, over time, the body will adjust to the antigen and become less sensitive to it. Immunotherapy does not work for everyone, and is only partly effective in some people, but offers a chance of eventually reducing or stopping medication.
 - Anti IgE therapy
 - Dietitian counseling to ensure adequate nutritional diet.
- Medications** (refer to Drug Information section for details on the medication):
- Symptomatic, e.g. anti-histamine.
 - EpiPen or Ana-Kit – Self-administered epinephrine in cases of severe allergic reaction, as emergency aid.
 - Allergic shots (as part of Immuno-therapy or hypo-sensitization)
 - Nasal sprays, decongestants.

FOOD ALLERGIES AND FOOD SENSITIVITY

Description:

A hypersensitivity reaction caused by some food after being ingested. The reaction may be caused by

1. immunological mechanism – immune-mediated disorder due to generation and presence of immunoglobulins E (IgE) antibodies
2. non-immunological mechanism – food intolerance that may be caused by inability to digest certain food due to low levels or lack of enzymes needed for its digestion; metabolic intolerance after food has been absorbed into blood stream; or due to toxins contained in the food.

Food allergy/sensitivity can affect several systems in the body, such as lymphatic, immune, digestive, skin, pulmonary, and nervous systems, and blood.

Epidemiology:

- All ages, but most common in children;
- Male > female (2:1).
- Only about 3 to 4 % of children over 4 years of age have persisting food allergies. Thus, the condition may be transient.

Prognosis:

- Most infant will outgrow food allergies or hypersensitivity by age of 2 to 4.
- Adults tend to maintain the allergies/sensitivity for many years (esp. to milk, fish, shellfish, and nuts)

Causes:

- Idiopathic
- Enzyme deficiency – low levels or lack of enzymes needed to digest certain food (e.g., deficiency of *lactase* – the enzyme needed to digest milk – creates intolerance to milk).
- Drugs or Food – drug interaction.
- Food toxins.

Any ingested food may cause an allergic reaction. Most common offending food are: cow’s milk, eggs, wheat, peanuts, fish, shellfish, nuts (esp. walnuts, pecans), soy, melons, sesame and sunflower seeds, chocolate. Food additives such as food dyes, flavoring (e.g. MSG), food coloring.

Risk Factors:

- Family history of food sensitivity.
- Repeated exposure to offending antigen
- Persons with atopic allergy predisposition are at higher risk of hypersensitivity reaction to foods.

Differential Diagnosis:

- Medications
- Lactose intolerance
- Celiac disease.

Diagnostic Tests:

- Skin tests using suspected antigens such as Scratch or prick tests.
- Stool exam
- Imaging (upper digestive tract)
- RAST (radioallergosorbent test) – measure blood levels of IgE.

Signs & symptoms:

- Digestive system (most affected): nausea, vomiting, diarrhea, gas/bloating, abdominal pain, occult bleeding, flatulence, bloating, and in some cases, malabsorption, colitis, gastroenteritis.
- Skin: urticaria, dermatitis, pallor or flushing, rashes.
- Respiratory: allergic rhinitis asthma, broncho-spasms, cough.
- Nervous system: migraine headaches, hyperkinesia, and has been associated to chronic fatigue, arthritis, and hyper-activity in children.
- Others: systemic anaphylaxis, vasculitis, enuresis, proteinuria, and growth retardation in children.

Complications:

- Anaphylaxis.
- Bronchial asthma.
- Enterocolitis.

Orthodox Treatment

Treatment:

- Patient education, reassurance and understanding of condition.
- Identifying offending foods (e.g. via scratch or prick tests.).
- Avoidance of *known* offending foods.
- In cases of severe allergic reaction (anaphylaxis), the use of self-administered epinephrine.
- Immunotherapy or hypo-sensitization – a series of injections (shots) given regularly for several years. The shots contain tiny amounts of the offending antigen(s). The idea is that, over time, the body will adjust to the antigen and become less sensitive to it. Immunotherapy does not work for everyone, and is only partly effective in some people, but offers a chance of eventually reducing or stopping medication.
- Anti IgE therapy
- Dietitian counseling to ensure adequate nutritional diet.

Medications (refer to Drug Information section for details on the medication):

- Symptomatic, e.g. anti-histamine.
- EpiPen or Ana-Kit – Self-administered epinephrine in cases of severe allergic reaction, as emergency aid.
- Allergic shots (as part of Immuno-therapy or hypo-sensitization)

Medication Info

Decongestants/ Nasal sprays

(<http://www.chclibrary.org/micromed/00044890.html>)

Decongestants are sold in many forms, including tablets, capsules, caplets, gelcaps, liqui-caps, liquids, nasal sprays, and nose drops. These drugs are sometimes combined with other medicines in cold and allergy products designed to relieve several symptoms. Some require a physician's prescription, such as Claritin and Allegra, others are OTC.

Precautions

- Decongestant nasal sprays and nose drops may cause a problem called *rebound congestion* if used repeatedly over several days. Meaning, the nose remains stuffy or gets worse with every dose. The only way to stop the cycle is to stop using the drug. Some decongestants cause drowsiness (avoid driving, use machines or do anything that might be dangerous). The decongestant Phenylpropanolamine has caused serious side effects, including death when taken in large amounts.
- People with certain medical conditions or who are taking certain other medicines can have problems if they take decongestants:
- **Allergies** – can cause unusual reactions to decongestants [dextroamphetamine, amphetamine, ephedrine, epinephrine, isoproterenol, metaproterenol (Alupent), methamphetamine, norepinephrine, phenylephrine, pseudoephedrine, or terbutaline (Brethine)]. Some phenylpropanolamine products also contain the dye tartrazine, that causes an allergic reaction in some.
- **Other medical conditions** – anyone with heart or blood vessel disease, high blood pressure, diabetes, enlarge prostate or overactive thyroid should not take decongestants unless under a physician's supervision (it can increase blood sugar and blood pressure), glaucoma, history of mental illness. It may also interact with MAO inhibitors, caffeine, Tricyclic antidepressants, asthma and others breathing medication,

Methylphenidate (Ritalin), appetite suppressants, medication for colds, sinus problems, hay fever or other allergies, Beta-blockers

Pregnancy/lactation: Avoid in Pregnancy (may have had unwanted effects on fetuses), and phenylpropanolamine if taken after delivery, may cause mood or mental changes. Some decongestants pass into breast milk and may have side effects on nursing babies.

Side effects

Decongestant nasal sprays and nose drops: sneezing and temporary burning, stinging, or dryness. These effects are usually temporary and do not need medical attention. Serious side-effects include: Increased blood pressure, headaches, fast, slow, or fluttery heartbeat, nervousness, dizziness, nausea, Sleep problems.

Decongestants taken by mouth

The most common side effects of decongestants taken by mouth are nervousness, restlessness, excitability, dizziness, drowsiness, headache, nausea, weakness, and sleep problems. Serious side effects: increased blood pressure, fast, irregular, or fluttery heartbeat, severe headache, tightness or discomfort in the chest, breathing problems, fear/anxiety, hallucinations, trembling, convulsions, pale skin, painful or difficult urination.

Allergy shots – Immunotherapy or hypo-sensitization

(<http://www.emedicinehealth.com>)

Generally, allergy shots are safe. They are much less likely to cause side effects than allergy medications. They may cause slight swelling or redness at the injection site. This mild allergic reaction is usually harmless and goes away within 24 hours.

The shots may cause symptoms similar to the allergy symptoms you experience: itchy, stuffy nose; itchy, watery eyes; sneezing.

In very rare cases, these symptoms become very severe and are accompanied by other symptoms, including the following:

- Difficulty breathing or wheezing
- Chest or throat tightness
- Rapid or irregular heart beat
- Dizziness or light-headedness
- Loss of consciousness
- Anaphylaxis shock.

Antibiotic (<http://www.kidsgrowth.com>)

<http://tristatehealthsystem.client.web-health.com>)

Antibiotics work against bacterial infections such as ear infections, bladder infections, Strep throat, some sinus and lung infections, and infections of the bloodstream (no all antibiotic works on every type of bacteria; each has a certain type or types of bacteria against which it is effective).

Commonly use antibiotics: Penicillins are one major class of antibiotics. They are used to treat strep throat and countless other infections. Examples of penicillins are: Ampicillin, Amoxicillin, Penicillin V (brand names Augmentin®, Tetracyclines are often used to manage acne. A few of the tetracyclines frequently used)

Side-effects associated with various antibiotics are: Imbalance of beneficial/natural bacteria, leading to vaginal yeast infections, thrush, diarrhea, nausea, , stomach ache, headaches, allergic reactions (Side-effects may continue to occur for up to several weeks after taking the medication.)

NUTRITION

- Eliminate from diet all known offending foods.
- Try a food elimination & re-introduction diet (to determine offending foods):
 1. Eliminate from diet foods that are commonly associated with food allergies/sensitivity for at least 4 weeks.
 - Food commonly associated with food allergies or sensitivity: milk and dairy products, grapes, peanuts, citrus fruit, oranges, strawberries, tomatoes, bananas, gluten, corn, yeast, shellfish, fish, eggs, chocolate, processed/refined foods containing lots of additives esp. artificial coloring, flavoring, MSG.
 - Salicylate-containing foods: almonds, apples, apricots, all berries, cherries, cucumbers, currants, oranges, peaches, peppers, plums, prunes, and tomatoes.
 2. After 4 weeks, these foods can be re-introduce one food-item per week. When re-introducing an item, eat small portions of it 2 or 3 times a day and check and record any reactions. Stop immediately any offending food, and wait until the following week to introduce the next food-item. If there is not reaction, you can then include the food-item into normal diet.

Sometimes a food allergic reaction is not obvious (esp. if a person has chronic allergies, he/she may be so used to some of the reactions that may think them normal). To help identify offending foods, take your pulse 15 minutes before eating, and then every 20 minutes after eating. If pulse increases over 10 beats per minutes after ingesting the food, you can suspect a food allergy. Thus, remove the food-item from your diet. You can re-test the food-item again in 4 weeks time. In the case of a strong/severe reaction, remove the food-item for at least 3 months before re-testing. If you have a reaction to same item more than once, then remove it from diet longer or until digestive & immune system are stronger.

- Keep a food journal, esp. during the re-introduction of suspected offending foods. This help keep track of reactions, how often and severe; and also can help pick out general food patterns/reactions that may have been overlook by just checking at a given instance.
- Rotation diet – Practice rotating your foods over 3 to 4 days and then repeat the cycle. This helps reduce immune reactions against a particular food.
- Reduce or avoid foods that promote mucus production (some of these foods are also associated with allergies. Thus, even if a particular food does not cause an allergic reaction, it may aggravate production of mucus): milk and dairy products, citrus fruit, bananas, peanuts, refined carbohydrates (refined sugar, white flour products such as pasta, bread, cakes, cookies), soy and soy products.
- If possible, do a body cleansing/detoxification, or fasting program for 1 week to 10 days. This would help the body remove excess toxins, and offending substances that have accumulated in the body. The best time would be during the initial food elimination period, since it would help prepare the body for the re-introduction of possible offending foods.
- If possible, buy organic products to reduce intake of pesticide residues and other chemicals, and hormones in animal-foods.

Additional consideration to support body during stress (stress reduces immune function, which in turn make the body more susceptible to allergic reactions):

- Avoid food that stresses the body such as
 - artificial sweeteners, sugar, and carbonated soft drinks
 - fry food, and saturated animal fat
 - fast-foods, process food, food with a lot of preservatives or additives and are usually low in nutrient.
- Avoid coffee or caffeine, or reduce the intake of to about one cup a day – caffeine promotes nervousness and upset sleep.
- Avoid alcohol, tobacco – although they seem to offer temporary outlet for stress, they do not solve the problem and instead add stress to the body
- Vitamins and minerals are often depleted due to stress, such as zinc, selenium, calcium, magnesium, iron, potassium, B-Vitamins, Vit. A, C and E. In addition, during stress, the body is consuming more carbohydrates, proteins, and fats. Thus, a high nutrient diet is important during time of stress. Furthermore, people with nutrient deficiencies are more susceptible to allergies. Refer to the *Supplement* section hereafter information on these nutrients, food sources, and supplement dose.
- Eat a lot of fresh fruit (except for the known/suspected offending foods).

Fresh fruits/vegetables are rich in nutrients, fibers, flavonoids (substances that protect us from free radicals damage), and help cleanse body of toxins. Eat steam or broiled vegetables over fresh ones until digestive system is strong, and food allergies are under better control.
- Include food such as whole grains, green vegetables, lean meat, brown rice are rich in B vitamins and help build the resistance to stress, cell proliferation, and energy. Lima beans, tomatoes and salmon are high in potassium and B5 Vit. Potassium can help alleviate symptoms of excess adrenaline (avoiding salt to support the Sodium – Potassium balance), and Vit. B5 (considered the anti-stress vitamin), helps with the functioning and production of the adrenal glands hormones. If cases of known/suspected offending foods, introduce them via an *elimination and re-introduction* diet (as described above).

Allergies, Food sensitivities

SUPPLEMENTS		
Nutrient	Supplement Dose	Description and Food Sources
Acidophilus	As directed on label	To restore normal flora in the bowel; act as immune enhancer, improve digestion.
Essential fatty acids: -Flax seed oil -Evening Primrose oil - Fish oil	-1–2 tsp/day -500 mg 2–3 x/day -1000 mg/day	Essential Fatty Acids (EFAs) are needed for the normal development of the brain, for nerve transmission, cells & organs respiration, lubrication of tissues (skin, joints), for the support of adrenal and thyroid activity, and for the production of anti-inflammatory prostaglandins. <u>Food source</u> – cold water fish (tuna, salmon, mackerel), Flax seeds.
-Vit A -Beta-carotene (Precursor to Vit. A)	-10000 IU daily -20000 IU daily	Antioxidant (protects body against damage by free-radicals), protects against colds/flu and infections of kidney, bladder, lungs, and mucus membranes. Needed for the utilization of protein by the body, promote health of eyes/vision, and skin. <u>Food sources:</u> liver, fish liver oils, green and yellow fruit and vegetables such as green and yellow fruit and vegetables such as papayas, mango, carrots, apricots, asparagus, cantaloupe, garlic, kale, squash, yams, sweet potatoes.
-B-Complex -Extra Vit. B5 (anti-stress vitamin)	-50–100 mg 2–3x/day -100 mg 2–3x/day	B-vitamins work together synergistically, so it is best to take them together and a B-Complex offers that. They are needed for the health and proper functioning of the nervous system, eyes, skin, liver, and more. They are also needed for the production of energy, cell replication; and for the metabolism of fats, carbohydrates and protein. <u>Food sources</u> for B vitamins depend on the type of vitamins. Food rich in various types of B vitamins are brown rice, egg yolk, fish, legumes, liver, poultry, beef, whole grains, oatmeal, nuts & seeds, dried fruits (raisin, figs, prunes), milk, yogurt, Brussels sprouts, dandelion greens, leafy green vegetables, brewer's yeast, avocados, cheese, bran
Vit C with bioflavonoids	1000 mg 2–3x/day or to bowel tolerance (increase dose daily by 500 mg until stool become loose, and then reduce until stool is normal again, and keep this dose after that).	Antioxidant, support the immune system, needed for tissue growth and repair; for the adrenal gland function (overworked during chronic stress), and healthy gums. It helps with the production of anti-stress hormones, and enhances immune function. It helps protects against the effects of pollution, reduces risk of cancer, protect against infections. It works synergistically with Vit. E and beta-carotene (so it's best to take them together). Bioflavonoids (as quercetin) help stabilize the cell walls and inhibit release of histamine. <u>Food sources:</u> kiwis, citrus fruit, berries, green vegetables, asparagus, avocados, black currants, mangos, cantaloupes, onions, kale, papayas, pineapples
Quercetin	500 mg 3x/day	A flavonoid that help stabilize the cell walls and inhibit release of histamine, increases immunity, scavenges free-radicals, inhibits irritation of intestinal smooth muscles, and reduces the damage caused by food allergens. <u>Food sources</u> (bioflavonoids in general): colorful fruit and vegetables such as peppers, buckwheat, black currant, apricots, blackberries, cherries, grapefruit, grapes, plums, prunes, rose-hips, hawthorn berries.
Vit E	400 IU	Powerful antioxidant, enhances immune functions (often affected by long term stress), protects against cancer and cardio-vascular disease, improve circulation, needed for tissue repair, normal blood clotting and healing, participates in healthy nerves and muscles, strengthens capillary walls. <u>Food sources:</u> cold pressed vegetable oils, dark green leafy vegetables, legumes, nuts & seeds, whole grains, brown rice, eggs, milk, oatmeal.

Allergies, Food sensitivities

Nutrient	Supplement Dose	Description and Food Sources
Selenium (Se)	200 mcg daily	<p>Helps inhibit the oxidation of lipids. Antioxidant that works synergistically with Vit. E and together help in the production of antibodies and maintaining a healthy heart & liver. Protects the immune system by preventing the formation of free-radicals. Helps regulate the effects of thyroid hormones on fat metabolism. Helps protect against formation of tumors. Needed for pancreatic function and tissue elasticity. Together with Vit E and zinc helps with enlarged prostate.</p> <p><u>Food sources:</u> meat, grains, brazil nuts, brewer's yeast, broccoli, brown rice, dairy products, garlic, liver, blackstrap molasses, seafood, chicken.</p>
Calcium (Ca) Magnesium (Mg)	700 to 1000 mg/day 350 to 500 mg/day	<p>Ca & Mg are best taken together (2:1 is most commonly available). Ca and Mg help calm the nervous system, thus beneficial for anxiety and insomnia. Ca is essential for the formation of bones & teeth, and maintenance of healthy gums. It is also needed for regular heartbeat and nerve transmission, and muscular growth and contraction. It helps reduce cholesterol levels and the risk of cardio-vascular disease.</p> <p>Mg participates in energy production, nerve transmission, muscle contraction, helps with calcium and potassium uptake, and the proper body's pH and temperatures. It helps prevent depression, dizziness, muscle cramp, muscle weakness, and symptoms of PMS.</p> <p><u>Food sources:</u> of Ca are milk, dairy products, seafood, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, nuts & seeds, dried fruits, oats, kale. Mg is found in most foods especially dairy, fish, meat, and seafood; also, apples, apricots, avocados, bananas, blackstrap molasses, brown rice, brewer's yeast, garlic, nuts & seeds, whole grains, legumes.</p>
Iron (Fe)	25 mg daily.	<p>Required for the production of hemoglobin (to transport the oxygen within of the red blood cells) and myoglobin (within the muscle tissue). It is also needed for a healthy immune system and energy production.</p> <p><u>Food sources:</u> eggs, fish, liver, meat, poultry, green leafy vegetables, whole grains, almonds, blackstrap molasses, brewer's yeast, dried fruits (as dates, figs, prunes, raisins), avocados, beans.</p>
Potassium (K)	300 – 500 mg daily	<p>Needed for the health of the nervous system and heart rhythm. Helps with muscle contraction, helps maintain water balance (along with Sodium), regulates transfer of nutrients to the cells.</p> <p><u>Food sources:</u> dairy products, fish, legumes, meat, poultry, whole grains, fruits and vegetables as apricots, potatoes, bananas, avocados, lima beans, dried fruit, nuts, brewer's yeast.</p>
Zinc (Zn)	35 mg daily	<p>Essential for the prostate gland functioning, and the growth of the reproductive organs. Helps prevent acne, and regulate the activity of the oil glands. It is needed for protein synthesis and formation of collagen, and promotes a healthy immune system and the healing of wounds. It protects the liver from chemical damage, needed for bone formation, a constituent of insulin, and helps with the sense of taste and smell acuity.</p> <p><u>Food sources:</u> pumpkins seeds, sunflower seeds, soybeans.</p>
Digestive enzymes	As directed on label	<p>As Bromelain (from pineapples). Improves digestion <u>Food sources:</u> papaya, pineapple, mango, kiwis, strawberries.</p>

Lifestyle and other recommendations

Lifestyle consideration for allergies:

- Keep rooms free of dust; keep the furnace and air filters clean.
- If any room in the home is humid, use dehumidifiers to reduce growth of mold.
- If possible, paint home with mold-proof paint.
- Try using air-purifier devices at the home and/or office to reduce possible allergens from surrounding environment.
- Avoid exposure to cigarettes, fumes, perfumes whenever possible.
- When spending time outdoors, shower as soon you return home and change clothes.
- Pollen is higher in the morning before 10:00 am, so reduce outdoors activities at during that time.
- Avoid the use of aspirin (esp. after eating), it can aggravate allergic reactions.
- Exercise is important for our health, however, in case of severe allergies, or during active seasonal allergies, avoid outdoors exercise (esp. early morning).
- Cultivate indoor plants that clean the air and reduce pollutants such as areca palm, Boston fern, English ivy, spider plant, bamboo palm, dracaena, dwarf date palm, lady palm, rubber plant. Furthermore, placing some charcoal at the bottom of the soil will help the plant eliminate pollutants.
- Check your natural food store for homeopathy remedies for allergies.
- Change your bed linens often, shampoo your carpet (if any) to reduce debris and dust mites from environment. Placing the pillows in the driers for about ten minutes would kill dust mites. You can also use aromatherapy based air spread (esp. lavender and tea tree) on furniture, beds, linens, etc. Essential oils are good antiseptic and anti-microbial, and in general do not caused allergic reactions.
- Steam inhalations with essential oils such as eucalyptus, lavender, tea tree, peppermint, chamomile.

Additional consideration to support body during stress:

- Take time for fun and play – any activity that makes you relax or smile.
- Nourish and/or build good relationship with people that support you.
- Read books that dissipate work and worries from the mind, and lift the spirit.
- Exercise regularly – it relieves stress and helps clear the mind, and tones the muscles and supports the health of the body.
- Deep breathing exercises to help relax the body and the mind, and promotes circulation.
- Express your feeling (negative emotions kept inside can create blocks, anxiety, depression, and more stress).
- Try making time and room for small changes in current lifestyle, and give your body and mind the time to accommodate/adapt to changes. Small changes are easier to implement than big ones and are less stressful to live through (for instance, eat one piece of fruit a day; walk 15 minutes after lunch or diner instead of trying to train for a marathon).
- Practice love and patience with yourself.
- Reduce or stop intake of alcohol, drugs, and smoking.
- Try not to take life too seriously – learn to laugh.
- Avoid the use or stimulants or medication to deal with symptoms associated with stress, such as caffeine to fight sleep, painkillers for headaches, antacids to help digestion, drugs to lower blood pressure, cholesterol, or for palpitations, etc. These merely mask the stress effects, they do not remove the stress response, and thus our body continues to struggle over a vicious circle stress response until exhaustion\