



Everything Zen Nutritional Consulting Newsletter

Spring ~ a Dreadful Time For Allergy Sufferers

Ahh, the sun is shining, birds are chirping, flowers are in bloom ~ but are you enjoying this wonderful season when we finally get to stop hibernating due to sneezing, wheezing, itchy eyes, runny nose, headache and scratchy throat???

The unfortunate thing is that MANY are afflicted with seasonal allergies (for some Spring is the worst season, and for others it is Autumn). Luckily, there are MANY things that you can do to reverse your symptoms, without having to rely on OTC medications, or painful allergy shots.

Eat Yourself Healthy Cooking Classes in Mississauga! Check our website for more information or call 416-458-ZENN to register!

What is an ALLERGIC REACTION?

• It is the immune system's inappropriate response to something ~ it overreacts, causing a cascading chemical response in the body resulting in histamine production.

Typically allergies are treated with antihistamines, which come with their own side effects. Here are a few suggestions to keep you clear during this allergy season...

- Use air filters in your home, especially the bedroom. HEPA are the best! And keep the windows closed, especially during the day
- Avoid exercising (outdoors) or gardening, in the morning
- Wear long-sleeves & pants when outside and change your clothes when coming in
- Keep humidity below 50% (buy a device that measures humidity and regulate it with a dehumidifier)
- Try a salt water nasal rinse once or twice a day to flush allergens & excess mucous out of the nose
- Acupuncture can also be very helpful.

There are also great herbs, homeopathic remedies and supplements that you can take, including...

- **Vitamin C** ~ is a powerful anti-oxidant & anti-histamine, and normalizes the immune response. Dose: 500 mg several times throughout the day-
Quercetin ~ the best antihistamine/anti-allergenic flavanoid that can actually PREVENTS allergies. Dose: 1000mg 2x day. Best started 6 weeks before allergies usually begin.
- **Magnesium** ~ relaxes bronchial spasm. Dose: 400mg at night
- **Pantothenic Acid** ~ 500mg 1-2x day
- **Bromelain** ~ from pineapple, reduces swelling in the throat. Dose: 500mg 3-4x day between meals
- **Probiotics/Acidophilus** ~ immune builder.
- **Beneficial herbs** ~ stinging nettle, butterbur, sage, yarrow, rosemary, lemongrass, & ginger. All can be taken as supplements, but ideally made into a tea (the warm drink will help clear sinus passages).
- **Green tea** ~ is high in anti-oxidants and can reduce histamine production. Dose: 5+ cups per day

Believe It or Not, Your Diet Can Impact Your Allergies

Allergies tend only to occur in individuals who's system is already overburdened by toxins, and since the body can only take so much, any additional stress (i.e. environmental) will be expressed as allergies (and seasonal because that is when there is the most to contend with). Here are a few things you can do to reduce your allergenic potential...

- **Reduce your intake of SUGAR** ~ each teaspoon suppresses the immune system for 4 hours!
- **Increase fiber** ~ fiber will help bind and remove toxins from the body
- **Eat a wholesome diet and AVOID processed, refined & junk foods** ~ additives, preservatives, and pesticides all produce toxic by-products within the body, increasing sensitivity to other environmental factors. Ideally choose organic foods and those that are minimally processed.
- **Drink warm water with lemon in the morning** ~ this will reduce mucous build-up. The jury is still out on whether or not ear pieces are better or not (some say they are actually worse!) so for now, rely on the speaker phone
- **Avoid common food allergens**, such as: wheat/gluten, dairy, soy, corn, & chocolate ~ these foods tend to overburden the body which can intensify & even promote environmental allergies and symptoms

The Best Foods to Alleviate Symptoms...

- **Spicy foods (hot peppers, cayenne)** ~ open the sinuses
- **Onion & garlic** ~ high in quercetin & sulfur
- **Fresh pressed green juices** ~ high in anti-oxidants and phytonutrients to support the body
- **Berries** ~ they are high in anti-oxidants
- **Buckwheat** ~ high in quercetin
- **Hot soups** ~ open the sinuses (but NOT creamy ones)

Remember: It is BEST to ROTATE your foods, to avoid developing further food allergies/sensitivities.

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