

Plagued by Pollen?

Warmer weather may feel good after the long, cold winter we have had, but spring can be rough on the nose and eyes. As the sunnier days of spring arrive, seasonal allergies to pollen kick in. Spring allergies are caused by the pollen from a variety of trees, grasses, flowering plants, and weeds. The allergy's hallmarks, stuffy nose, sinus pressure, itchy watery eyes, and fatigue, are a minor annoyance for some and bring full-blown misery to others.

An allergy can be defined as an “overreaction” or “hypersensitivity” of the body’s immune system to certain substances. Allergies or the ‘tendency’ towards allergies may be inherited. Allergies can develop at any point in a person’s life including during periods of stress or when we are not taking care of our bodies as we should, i.e. eating too much junk food or sugary products.

The earliest pollen triggers come from trees. In our region, Elm, Maple and Birch trees begin to pollinate as early as March when the temperature rises. Cottonwoods, Birch, and Oak soon follow in April and May. Grass pollen jumps into the mix in May and June followed by ragweed in late July and August.

Natural ways to Reduce your symptoms

Keep windows and doors shut at home. Your screens will not keep out those tiny pollens and molds that may find their way to your eyes and nose even while inside the house.

Purchase a good quality furnace filter. Keep your furnace fan running and replace the filter every six weeks.

Replace carpet with Hardwood. Most people with spring and summer allergies also react to dust mites. Keeping the dust levels down in your home leaves your immune system with one less thing to have to fight.

Keep the car windows up. When in your car, keep your windows up. Adjust your vent to recirculate inter-compartment air.

Time outdoor activities properly. Try to avoid outdoor activities in the early and mid-morning hours. Pollen counts tend to be higher in the morning.

Know your allergens. If you have some allergy symptoms during winter months you are probably allergic to dust mites, pets or mold spores. Sometimes indoor triggers are more of a problem when the outdoor allergens pick up (a process called priming). A certified natural allergy specialist can help you identify exactly what you are reacting to.

Wash out your nose. Keep some nasal saline around to rinse out your nasal passages after being outdoors. Many people have discovered that sinus drainage and congestion is greatly reduced by once or twice daily nasal rinses with saline.

Invest in an air cleaner. If you don't have one on your furnace, put one in your bedroom where you spend the most time.

Eliminate dairy products and sugar from your diet. Dairy tends to be mucus forming for many people and may cause your allergic reactions to be more intense. Sugar lowers your immune system.

Increase your immunity. Exercise and eat lots of organic fresh fruits and vegetables and take a vitamin C supplement.

See a Natural Allergy Specialist. A certified (NAET) Natural Allergy Specialist can painlessly treat your allergies so you no longer have to suffer with your symptoms. To locate a certified (NAET) practitioner near you, visit www.naet.com.