

Goodbye To Allergies

By Dr. Stephanie Trenciansky, ND

It's that time of year again when those of us who suffer the discomfort of hay fever pray for a magic answer to the seasonal discomfort. Have you ever seen a picture of what the little pollens look like under a microscope?

Little balls with spikes all over them perfectly suited to the function of irritating nasal and oral membranes.

Whether it is a snuffle, stuffy nose, red eyes or itchy ears, the problem of allergies sends us looking for any sort of nostrum that will end the discomfort. Conventional treatment offers drugs with a diverse array of antihistamines. Other treatments include a trip to your doctor who injects dilutions of the allergen; this stimulates your immune system into a less severe reaction.

Presently, our Western culture is being incessantly medicated with drugs. We are consuming diets high in sugar, eating allergenic foods and being exposed to chronic levels of chemicals. All of these factors alter immune function and encourage the disruption of the body's normal ability to distinguish between "self" and "non self".

The problem of allergies is that when the body's homeostasis is upset by one or more factors, the immune system has a harder time distinguishing between what is and is not ok. The immune system scans our body to check that all tissues are recognized as "self" and that food or substances that enter into it are all substances that are safe. The immune system scans the diet we consume, the air we breathe and the environment in which we live.

Treatments

The natural factors involved with a healthy immune system are synonymous with a natural balance of health: low sugar intake, good stress coping skills, restricted intake of medications, exercise, rest and a good diet. These are all part of a preventative program that naturally keeps the immune system in a healthy balance.

Vitamin A is an important vitamin for preserving the integrity of mucosal tissue and assisting in stimulating the immune system. Scientific studies have demonstrated a strong protective effect from vitamin A; it maintains the epithelial surfaces and

the integrity of the secretions that enhance immune function. Safe levels of supplementation have been found to be 10,000 I.U per day. Higher levels may be used for short periods of time, but only under the supervision of your naturopathic physician, as high doses of vitamin A can be toxic.

Other treatments include the following: vitamin C, which is

a great natural antihistamine, homeopathic dilutions (known as phenolics) of the allergen for those patients who don't like the allergy shot route, and freeze dried nettle plant, which was found in one scientific study to help with symptom relief. It is especially important is to address food allergies.

Don't despair there are lots of ways to cure or reduce the symptoms of seasonal allergies. 

To learn more, come to Dr. Trenciansky's seminar on Monday, March 12, 7:00-8:30pm at our South Surrey store. Please see the event calendar in this newsletter for registration details.



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