

Fight Your Allergies

Allergies are abnormal immune system reactions to things that are typically harmless to most people. When a person is allergic to something, the immune system mistakenly believes that this substance is harming the body. Allergies come in a variety of forms and can be anywhere from mildly bothersome to life-threatening. More than 50 million Americans have experienced various types of allergies each year.



Red eyes



Watery eyes



Itchy nose or eyes



Runny nose



Sneezing



Cough



Itchy red rash



Decreased quality of sleep

WHAT CAUSES OUR ALLERGY SYMPTOMS?

OUTDOOR ALLERGENS - pollen from grass and weeds

INDOOR ALLERGENS - mold and particles from dust mites

ANIMAL ALLERGENS - tiny airborne particles produced by pets like dogs or cats

FOOD ALLERGENS - milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybean



NATURAL WAYS TO DEFEAT ALLERGIES

Control Your Exposure

- Stay indoors on dry, windy days
- Wash clothes and bathe after being outside
- Keep doors and windows closed
- Use a HEPA filter
- Regular house cleaning

Flush Sinuses with Nasal Rinse

Fill a squeeze bottle with warm saline OR, mix 8 oz of warm distilled or boiled water with one teaspoon of non-iodized salt to make up the saline irrigation solution.

Herbal Medicine

- butterbur
- nettle

Both are thought to have an anti-inflammatory action that may decrease swelling in the nasal passages and reactivity.

Nutrient Therapy

- **Natural Antihistamine:** Apples, onions and citrus fruits
- **Apple cider vinegar:** Boost the immune system, help break up mucus, and support lymphatic drainage
- **Vitamin C**

Acupuncture

When allergies are treated with acupuncture, underlying imbalances within the body are addressed.



To learn more about our doctor's group, call Member Relations: (415) 590-7418

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