

Seasonal Allergies

It's nearly Spring! And with this season comes a soaring rise in sales of facial tissue across North America.

Seasonal allergies are simply a sign of spring, yes?

"No!"

Your itchy & watery eyes, blocked sinuses and nose that continues to run like a tap is most likely a sign that your immune system is too busy managing other factors and unable to cope with the pollens and grasses (also known as *antigens*) in your environment. Is there a long-term solution other than chasing your symptoms with medications? Absolutely!

The quality of air you inhale, the chemicals in your drinking water, the ingredients in your food & body-care products which you can't pronounce, and the metabolic waste products produced by every bodily cell contribute to something called the 'toxic load' in your body. When this load becomes too great your body cannot tolerate any additional burden, such as pollen, and proceeds to develop symptoms in an attempt to rid these antigens from your body.

Naturopathic doctors recognize this pattern in the physiology of each person and have great success with helping individuals to be 'allergy-free' year round. In the beginning it may include natural anti-histamines, but as the *cause* of the reactive process is uncovered you will find yourself having to rely less and less on a remedy... and more on enjoying yourself out of doors!

A naturopathic doctor will explore:

- food allergies which can be impairing optimal immune function
- the toxic load in your body and recommend a detoxification protocol most appropriate for you
- the quality of your dietary choices
- your sugar intake (most sugars impair your immune system)
- other factors which may be contributing to your symptoms; home & work environments, stress level, water intake, hormonal imbalance, *and much more.*

This could be the year you bid your runny nose farewell!

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