



OPTIONS CENTER HEALTH TOPIC



ALLERGIES: THE NATURAL APPROACH

Perhaps one of the most common, recurrent ailments suffered by Americans is allergies. The symptoms of allergic rhinitis (red, itchy eyes and nose, sneezing, sinus headache and congestion) can be both seasonal, in the case of "hay fever," or perennial. Regardless of the particular allergen, the discomfort is experienced by nearly 20% of Americans. While rarely life-threatening, allergic rhinitis leads to periods of general misery, sleep loss, and lack of productivity in industry as well as education.

What Triggers an Allergic Response?

An allergic reaction can be best thought of as a cascading set of inflammatory reactions, started by the immune system, in response to environmental antigens which are usually considered harmless.

In essence, an allergic response is an overcompensation of the immune system against relatively harmless airborne substances.

Allergens can be classified as perennial or seasonal. Perennial allergens would include those things such as internal mold spores, dust and dust mites, animal dander, and specific chemicals (cleaning agents, certain powders). If a person has allergic rhinitis symptoms lasting more than 2 hours per day for more than 9 months, this would be classified as a perennial allergic rhinitis. The allergen is most likely something in their home or workplace.

Options Center carries other supplements and herbs that provide nutritional support for those who suffer during allergy season. Some of them are from:

Standard Process:

Allerplex® - aids in maintaining proper pH balance, a healthy immune system, healthy functions of the sinuses and lungs, and cellular health.

Antronex® - helps maintain a healthy liver, supports immune and respiratory system response, and assists immune system function.

Cal-Amo® - helps maintain proper pH balance,

MediHerb:

Albizia Complex – combines Albizia, Baical Skullcap, and Feverfew to help the body maintain

normal upper respiratory tract function and assist in maintaining healthy respiratory function during times of seasonal, environmental, and dietary stress.

Euphrasia Complex – collectively supports the upper respiratory tract by maintaining healthy breathing passages, mucus membranes, and normal mucus secretion and enhancing immune system function.

Echinacea Premium – provides the support needed to enhance and maintain healthy immune system function and encourages healthy respiratory tissue.

Ortho Molecular Products:

Natural D-Hist – Doesn't block histamine like medications; rather, it inhibits the release of histamines into the bloodstream. Keeps mucus from thickening, which is what usually causes an infection. Contains Quercetin, Stinging Nettles Leaf, Bromelain and N-Acetyl L-Cysteine (NAC).

Sensitivity to foods can also develop due to biochemical (nutritional) imbalances, and which can be aggravated by stress, pollution and medications. This sensitivity causes inflammation in the digestive tract which then creates a malabsorption problem.

People with these food sensitivities are sometimes unable to absorb the nutrients in their food. One way to deal with this problem is to take **NSP's Homeopathic Allergy drops**. Taken after eating, the drops prevent the inflammation that leads to malabsorption.



The previous discussion concerns allergies producing a clinical (noticeable) effect. Another kind of allergies can produce subclinical (hidden) effects. Often a person doesn't know they have these kinds of allergies because the symptoms are not obvious. The effect is often noticed on the hair analysis report. The most common sign is low absorption of minerals, particularly trace minerals (indicated on the lower half of the first page of your hair analysis report).