

[IMAGE]

Beat Those Allergies

With the seasons constantly changing, many people are forced to confront one unfortunate inconvenience that can wreak havoc on their daily schedules - allergies. Allergies are exaggerated immune responses to substances that are generally not considered harmful. There are many different types of allergies, such as food allergies and skin allergies. Allergic rhinitis is a type of allergy that occurs when your immune system overreacts to airborne particles such as dust, dander, or pollen, causing symptoms such as a runny or itchy nose and sneezing. Some of the most common symptoms of allergies are a runny nose, nasal congestion, sneezing, watery eyes, coughing and even fatigue.

So, what are some remedies? There is an abundance of over-the-counter medications on the market these days to tackle allergies, but often many of these have side effects and can cause problems with other parts of the body.

The good thing is that alternative medicine can come to the rescue by offering those suffering from allergies some relief. Almost 40% of Americans today try some form of alternative medicine, the Asthma and Allergy Foundation of America says. Some effective allergy busters include acupuncture, herbal supplements and even tea.

Acupuncture is a healing practice that originated in China over 5,000 years ago and has been proven effective in tackling many allergies. In order to get the full benefit, acupuncture treatments must be consistent over a period of time. There are also numerous herbal remedies that have also proven effective in treating allergies. These 4 tips are also useful:

1. Drink More Water

Drink at least 8 to 10 cups of pure water daily to support the natural cleansing systems in your body.

2. Drink Green Tea

Green tea is packed with a powerful antioxidant phytonutrient called epigallocatechin gallate (EGCG) that blocks histamine and immunoglobulin E (IgE). Both of these naturally-produced chemicals are linked with uncomfortable allergy-symptoms. Drink two to three cups of green tea daily for the best results.

3. Pick Pineapple Enzyme for Allergy Relief

Extracted from pineapple, when taken on an empty stomach, the enzyme bromelain treats sinusitis, bronchitis, pneumonia, and other respiratory disorders; acts as an anti-inflammatory; and reduces lung swelling.

4. Flush Your Nasal Passages

Flushing your nasal passages can help release toxins that may be making your allergies worse. Try to flush every month or every other week.

Talk to your chiropractor about your allergies for further guidance on treating them naturally.

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