

Essential Guide to Eliminate Seasonal Allergies and Food Sensitivities

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Are you tired of suffering through allergy season? Are you constantly taking anti-histamines just to make it through your day?

Although sneezing, congestion, itchy eyes and throat are typical symptoms associated with seasonal allergies, other ailments such as chronic ear infections, asthma, rashes, eczema, fatigue and brain fog can also be an indicator of allergic tendency.

Every plant, animal, and food consists of proteins. Allergic reactions begin with your immune system mounting a hyper-reactive immune response to some of these proteins, even though they are not harmful. Masking your symptoms is not sustainable. What if you had the tools to address the root of your allergies so that you don't need to suffer?

Start with these key tips today to support a more balanced immune response and begin to eliminate your allergies.

6 Key Tips to Eliminate Allergies

1

Give Your Gut a Break

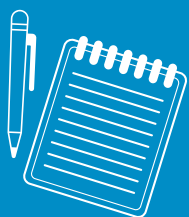
We have a collection of specialized immune cells called mucosal-associated lymphoid tissue (MALT) which include the tonsils, tissues associated with the mucosa of the respiratory tract, genitourinary tract and gastrointestinal tract. These specialized cells in the intestinal tract are specifically referred to as gut-associated lymphoid tissue (GALT). This lymphoid tissue covers a huge area our intestines. Seeing that many of these allergens that make it to the gut are things we ingest, like foods, it makes sense that what we eat can cause irritation or inflammation in the gut. As these specialized immune cells reside in many other mucous membranes, we can also see the connection between what we eat, and allergic symptoms outside of the gut (ie. eczema).



- Take a 2 week break from certain foods that you may not tolerate well. These foods can include: gluten, dairy, red meats, corn, soy, nuts, and eggs. Many of these foods lead to inflammation.
- These foods may also show cross-reactivity with pollens or other environmental allergens. This happens when the body's immune system recognizes proteins or components of these allergens as being similar. We often see that certain foods may need to be avoided during allergy season because of this cross-reactivity.

Get to know your Symptom Threshold

You may have low level allergy to dust, and food intolerance to gluten, but your system can manage these symptoms or have no symptoms at all during the winter time. However, during the fall, you are exposed to ragweed, and this tips you over, and you start to develop allergic symptoms.



- Start a Diet Diary and note down how you feel after eating certain foods. This will allow you to track some possible food intolerances. As you get a clearer sense of your sensitivities, you will be able to determine which foods you may be able to combine while staying under your symptom threshold.

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Eat Dirt

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Our system comprises of more microbial DNA than human DNA. These micro-organisms play a critical role in training those immune cells in our gut. Our immune cells are broadly classed as “warriors” and “peacekeepers”. Warrior cells help to fight infection and invaders, whereas the peacekeepers keep inflammation and allergies low. While both functions are necessary for a healthy immune system, it really is about a balance of these 2 types of responses. The more our immune cells see a diverse ecosystem of microbes (or microbiome), the more it “remembers” how friendly they are, and the more it activates the peacekeeping functions.



Grow your own garden.

- Growing your own vegetables and fruit is a sure what to know exactly where your food comes from and how it has been treated. Being able to pull fresh vegetables right out the garden, and perhaps even eating it without washing, can provide some of the rich soil-based microorganisms that can help to train the immune system.

Eat a Little Bit of Everything*

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Exposure to high levels of anything can create an overwhelming reaction in the body. Someone living in a moldy home will often become sensitive to mold. This can also be seen in those suffering from seasonal allergies who often report that their symptoms worsen over time (with repeated exposures). The opposite can be true. Low levels of exposures can lead to desensitization or tolerance. Applying this concept (of low level exposure) to our diet can help to reduce the allergic reactivity to those foods. The frequency of exposure is as important as the level of exposure. Small quantities of foods taken in on a rotational basis can help to re-train the immune cells in the gut to tolerate or not over-react to those proteins.

Look to include small amounts of food that you are sensitive to, once every 7-10 days.

* This applies to food intolerances or sensitivities. If you have anaphylactic food allergies, please consult your medical provider.



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Eat Local and Organic

There are many benefits to eating local produce. Local food is fresher, tastes better, and generally has higher nutrient value. Eating what is in season produces less waste and as well as supports local businesses.



- Eat Organic as much as you can. Some may find that their allergies to various foods may be associated with the pesticides rather than the food itself. By eating organic, you will be able to reduce your intake of pesticides. Local farmers provide fresh harvested produce in season. This reduces the need for the preservation treatments that are required when food is brought in from other countries.
- Eat local honey. Not only are bees critical to sustainable agriculture, they pollinate our native trees, shrubs and flowers. It is no surprise that the honey would include low levels of these pollens! As discussed earlier, if we can include a little bit of everything in our diet, our system can be trained to remember that these foods are not dangerous.



Purify your Air

While pollution and air quality have always been a growing concern, the pandemic has brought air quality strategies to the top of health priorities in every environment. Having a good air purifier helps to reduce the environmental allergen load, keeping your system below your symptom threshold. Because indoor air quality is often more toxic than outdoor air, purifiers are extremely important in providing clean air.

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Start with any one of these key tips, and you will be on your way to getting to the root of your allergies. Connect with a health care provider at our clinic for further guidance or for more information about allergies. Your health care provider can may be able to determine if you would benefit from supportive supplements, or specialized immune re-training treatments.

**Book a discovery call now
to see how we can help**



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