

# ALLERGIES

## Food Allergy | Environmental | Food-Sensitivity

### Hevert Allergy Relief

Homeopathic medicine for the temporary relief of minor symptoms of allergy. It reduces sneezing and runny nose. Relieves itchy and watery eyes, itchy nose and throat. It is a non-drowsy and convenient quick dissolving tablet.

### D-Histamine

Natural D-Hist is a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens. The formula includes quercetin, bromelain, stinging nettles leaf, and N-acetyl cysteine. The powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation, great for moderate to severe symptoms.

### Food Allergies vs Sensitivity

Many of us suffer from one or both. The difficult part is understanding what one is over the other. Are we



allergic or do we have a sensitivity/intolerance to something? When allergic, our bodies immune system, the defense shield against invaders like bacteria, fungus and even the common cold, is reacting. The most common allergy is a food allergy. There are 8 common food allergens: dairy, eggs, fish, shellfish, peanuts, tree nuts, wheat, and soybean. People who have these food allergies must avoid them all together.

A food allergy is an immune-mediated reaction (IgE) to food. We have an food allergy when our immune system identifies a protein in what we eat as an invader, and reacts by producing antibodies (IgE) to fight it. Some symptoms of food allergies are: skin reactions like hives, swelling and itching, anaphylaxis, which includes difficulty breathing, wheezing, dizziness and death. Individuals with this type of allergy should carry an epi-pen.

Identifying a food sensitivity (IgG) is similar, your body will let you know something is not right. It is much more common than an allergy. Food sensitivities are non-life threatening and symptoms range from mild to severe such as; bloating, constipation, cramping, diarrhea and nausea to mention a few.

Proteins from the foods we eat pass through our leaky intestinal barrier (leaky gut syndrome) triggering an immune response producing IgG antibodies. Resulting in our body reacting to these foods when we eat them again. The challenge with food sensitivities is that symptoms can show up from one hour to 72 hours after we eat the food in comparison to the immediate reaction of an IgE allergy. For this reason identifying a

## Sinatrol

The standardized nutrients and botanicals in Sinatrol help support microflora balance, promote normal mucus viscosity for healthy sinus function, and promote a balanced inflammatory response.

- Provides Immediate Support for Sinus and Respiratory Challenges
- Maintains Optimal Sinus Clearance
- Boosts Immune Response
- Aids in the Breakdown of Mucus
- Helps Soothe the Sinuses

## Allergy/Sensitivity Testing

If you are interested in testing for either of these, please give our office a call. Is it a true allergy or a sensitivity? Let us help you find the answer. We work with trustworthy specialty testing facilities to provide you with an accurate assessment.

Immuno Labs

Vibrant Labs

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### Out of the office Announcement

Dr. Bianca May 7th and May 21st

Dr. Archambault June 12-16

food sensitivities can be tricky. Thankfully we have testing available to make this process much simpler through simple blood tests.

I am lactose intolerant, which means my body can't break down lactose, the sugar in dairy products. Sure I can indulge in that ice cream but the aftermath will come with a vengeance. We can be sensitive to food for these reasons. Not having the right enzymes, food additives like preservatives and MSG artificial colors, leaky gut, inflammation and stress.

## Environmental Allergies

These allergens can be found any and everywhere.

Dust mites that can be found in our homes and are the most common. Pollen, pet dander, mold to name a few.

Environmental allergies are substances in our environment to which we become allergic to.

Common symptoms are sneezing, coughing, runny nose, nasal congestion, itchy and watery eyes, fatigue, chronic sinus issues and headaches. We can all help prevent or alleviate them by doing simple things at home. Air filters can trap those allergens before making it into your home, keep our windows closed during allergy season. As much as we love our pets keeping them out of our bedroom and off the bed will go a long way not to mention improving your sleep.



## From our Doctors

