



ALLERGIES



Environmental

Environmental allergens are substances in our environment to which we become allergic to. These allergens can be found everywhere.

Common Environmental allergens include:

- Dust mites
- Pollen
- Pet Dander
- Mold

Common Environmental allergy symptoms:

- Sneezing
- Coughing
- Runny Nose
- Nasal Congestion
- Itchy and Watery Eyes
- Fatigue
- Chronic sinus issues
- Headaches

Supplements of the Month

The following supplements are **15% off**.

Hist Assist: This product has a powerful combination of herbs to help manage seasonal allergy symptoms without making you feel tired or groggy. Simply follow the directions on the bottle.

B-Complex: Our B-complex features B-vitamins in their active form, including the methylated form.

Sinatrol: This supplement is great for sinus related symptoms. Again, it is non-drowsy and works quickly. We recommend combining this and the Hist Assist with a neti-pot and our neti-pot salts.

CoQ10: This is a powerful antioxidant that protects our heart. It is also recommended if you are on a statin or red yeast rice.

Immune IV: Great for overall immune support if you are sick, travelling or trying to prevent being sick. (Must be an active patient with a kidney function result on file within the last 6 months.

Food Sensitivities vs. Food Allergies

Food Sensitivities are non-life threatening reactions to different foods. Proteins from the foods we eat pass through our leaky intestinal barrier (leaky gut syndrome) triggering an immune response producing IgG antibodies. Symptoms can appear from 1 to 72 hours after we eat the food in comparison to the immediate reaction of an IgE allergy.

Symptoms include:

- Bloating
- Fatigue
- Rashes
- Acne
- Brain Fog
- PMS
- Headaches
- Constipation
- Cramping
- Diarrhea
- Nausea

Food Allergies occur when proteins in our food trigger our immune system to react and produce antibodies (IgE) to fight off the “invader”. The most common allergy is food allergies. There are 11 common food allergens: dairy, mustard, eggs, shellfish, fish, sesame seeds, sulphites, peanuts, tree nuts, wheat and soybean. Symptoms of food allergies appear immediately and those of us with this type of allergies should carry an epi-pen.

Symptoms include:

- Skin reactions
 - Hives
 - Rashes
 - Swelling
 - Itching
- Anaphylaxis
 - Difficulty breathing
 - Wheezing
 - Dizziness
 - Death

Testing for Sensitivities and Allergies

Testing for food sensitivities is as easy as a quick blood draw at our office. We can check your blood to see what your reactions are to 154 different foods. Once our providers get these results, they can recommend a personalized care plan including an elimination diet and supplementation to heal the gut lining. Typically after this, we can slowly start to incorporate the foods back into your diet. This process takes about 3 months in total.

Office Updates

- Our office will be closed on Monday May 26th in observance of Memorial Day.
- Dr. Huynh is officially back in office!
- Dr. Archambault will be out of the office from 6/12/25-6/17/25
- Chris's 2 year anniversary with WVNC is on 6/12/25
- Dr. Archambault's birthday is on 6/15/25



Videos from our Doctors



Dr. Huynh discusses air quality and environmental allergens that can be found in our home and she provides tips on how to improve them.



Dr. Nguyen discusses the importance food sensitivities and the approach that Naturopathic Doctors take to support you.



Dr. Rada breaks down our supplements of the month, Hist Assist and Sinatrol, and how they can support you through this allergy season!