



All about nasty allergies, vital detoxification and the quest for optimal health

Why do I have allergies?

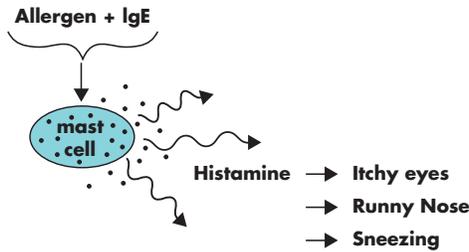


You know the story...the sun peaks out from between the clouds, the ground thaws, the trees begin to stir and you feel the slightest tickle in your nose. Before long your eyes are bloodshot and itchy, you sneeze every time you leave the house and your nose becomes a reservoir of congestion. This is allergy season, and for 20% of the population the joys of a West Coast spring and summer are lost in what feels like a never-ending, nasty cold.

Anything that triggers an allergic response is referred to as 'an allergen' or 'foreign antigen'. In the case of seasonal allergies (a.k.a Hay Fever), the allergen is pollen, which can be released from grasses, trees or weeds. Some people have the unlucky prospect of year-long suffering from perennial allergies. The most common triggers for these are dust mites, molds, cats and dogs.

The allergens float around in the air as little pollens or spores of mold, and as you breath you inhale just a few of them. Your internal department of defense, a.k.a. your immune system, is immediately put on high alert. The foreign antigen is sought

out by antibodies on the Mast cells and once they meet, chaos ensues and histamine is released. Histamine is the nasty chemical that causes your eyes to itch and your nose to run.



Have you every wondered why you suffer through allergies while everyone else seems to get through spring with bright eyes and clear nostrils? There is no definite answer to that question; all we know for sure is that allergies result from a combination of genetic susceptibility and environmental factors. There is very little we can do about our genetics, if your parents had allergies it is likely you do too. Luckily, the environmental triggers can be lessened, or even completely reversed.

The “drop in a bucket” analogy is a favorite of mine to explain how what you eat or drink can affect things like seasonal allergies. The allergic reaction you experience is in it’s simplest form, an inflammation of the eyes, nose, throat and lungs. There are of course other things that can cause similar inflammatory processes in your body, and when you combine the inflammation from all these sources you end up with that inexplicably terrible allergy season or that miserable week where nothing seemed to give you relief. What likely happened was that your bucket was almost completely full and you unknowingly had that extra glass of wine, piece of bread, or sweet treat and that additional drop in the bucket caused the water to overflow.



What could be causing your bucket to overflow?

Food allergies & sensitivities which could include anything from gluten to dairy, almonds, corn, soy or even certain fruits and veggies.

- Alcohol
- Caffeine
- Over-the-counter and prescription medications
- Stress
- Poor Sleep
- Smoking
- Sedentary lifestyle

The good news is that there are ways to decrease your overall inflammation and toxicity so that your bucket is empty and ready to take on allergy season!

Detoxification is one way to cleanse your system, talking to your Naturopathic Doctor about potential food sensitivities is another way to make sure you are doing everything you can to minimize your allergy symptoms.



Prevention and Treatment Options

Top 10 ways to limit allergy exposure

- 1 Pollen counts tend to be higher in the morning. Try not to be out of the house for extended periods until after 10am.
- 2 If you are allergic to mold, try to stay indoors after a big rain.
- 3 Wind will stir up pollen and molds, consider avoiding these days as well.
- 4 Do not hang your laundry outside.
- 5 Change your clothes when you get home every day.
- 6 Try to keep your house clean, using natural cleaners wherever possible.
- 7 Use a neti pot to rinse out your sinuses after a long day outside.
- 8 Wear sunglasses outside, protection from pollen and UV rays!
- 9 Wear a mask when gardening or working outside. A N95 filter mask will keep pollen out of your nose and mouth.
- 10 If you are allergic to dust mites, keep your house cool and dry (15-18°C, 40-45% humidity).

Did you know?

There is a correlation between children that are exposed to infections early in life, and a decreased occurrence of allergies as they get older. We must of course be cautious about childhood illnesses and infection, but the take-home message is to let your kids play in the dirt once in a while, it's good for their immune system!

Treat Symptoms

If you are acutely experiencing allergy symptoms this season, the best thing to do is come in for a visit where we can assess your individual symptoms and give you a specific treatment plan. There are several vitamins, minerals and anti-oxidants that decrease inflammation, inhibit the release of histamine and decrease your symptoms, naturally!

Desensitization – Effective and permanent treatment for seasonal allergies!



Allergies result when your immune system overreacts to the foreign antigen that it encounters. You want your immune system to be aware of these antigens, and produce antibodies to them, but it is the oversensitivity that causes all your symptoms. Various protocols exist to desensitize your body to these antigens, and the mechanism is the same for all of them. Your body is given very small doses of the allergen and over time you slowly build up a tolerance to them. This type of gradual exposure helps build up your immunity and reduce your allergy symptoms.

You may have heard of desensitization from your family doctor, or allergist. Desensitization is commonly performed in the medical field, but the primary method of administration is by injection. The newer procedure being offered by Naturopathic and Medical doctors alike is called Sublingual Immunotherapy (SLIT), which bypasses injections and allows the medication to be taken as drops administered under your tongue.

Allergy Seasons in British Columbia

February - May	Tree Pollen
May - July	Grass Pollen
July - September	Weed Pollen
August - October	Ragweed Pollen

Advantages of SLIT therapy vs. Injections

Convenience. The injections must be administered weekly at your allergist's office. SLIT requires only a couple visits to your ND.

Pain free treatment! Making SLIT especially useful for children. Safety. In clinical trials, there have been less reported adverse reactions with oral therapy versus injections.

It is best to start treatment for your allergies about a month before the allergy season starts. If you are allergic to grass and weeds, now is the time to get started and begin seeing results before summer hits. **At Arc Integrated Medicine, we are fully equipped to run a scratch test for the most common allergens.** There is no need to wait 6-8 months to see your allergist. After your scratch test we will custom order your remedy, which is prescription only and therefore covered under most insurance plans.

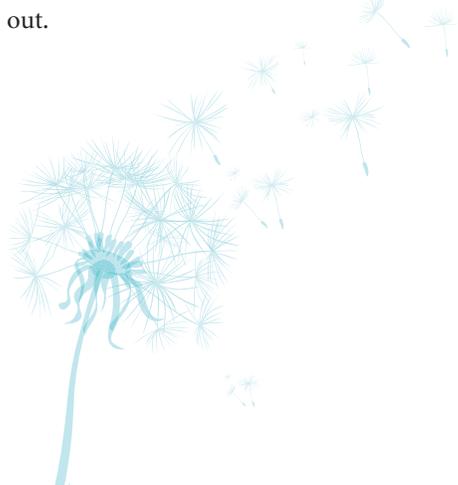
Why Detoxify your body?

Have you ever noticed that many people treat their car or truck better than their body? We regularly change the oil or take our vehicle into the shop when a warning light comes on, yet we often ignore the telltale signs that our bodies need a tune-up and clean out until we are really suffering or disease sets in. Detoxification is like changing the oil in your car. It cleans and improves the filtering of your internal fluids in a way that prevents your body's engine from breaking down.



So, why detoxify your body?

Answer: because more than likely, you are intoxicated. The whole experience of becoming intoxicated is simply giving your body too many toxins (ie. alcohol) that it cannot process them quick enough. This build up of toxins is what gives you a hangover until you are able to clear them out.



Body Burden = Toxic exposure – ability to eliminate toxins

Many individuals and health care professionals are well aware of the connection between what we put into our bodies, what is in our surrounding environment, and our overall health. When not properly eliminated, toxins build-up and negatively affect the body's metabolism in a variety of ways such as weakening the immune system, nervous system, hormonal system, and vital organs. Many diseases are directly related to the body's incapacity to rid itself of excess toxins.

Both sides of the body burden equation must be addressed in order to clinically purify the body:

Minimize your toxic exposure AND optimize your toxic elimination

When we reduce the toxic exposure and give the body proper nutritional support while improving the body's detoxification systems, we can ensure better long-term health and avoid the progression of minor problems into more serious diseases.

If you are interested in doing some spring-cleaning for your body, we have a specific detoxification program at Arc Integrated Medicine, which is safe and effective.

12 EVERYDAY HEALTH HAZARDS YOU CAN ELIMINATE

- 1 Pesticides and Herbicides.
Check out, "the Dirty Dozen" and "the Clean 15" at www.ewg.org/foodnews
- 2 Tobacco Smoke
- 3 Burning scented candles
- 4 Toxic cleaning products
- 5 Dryer sheets, fabric softeners
- 6 Chemically loaded cosmetics.
Check out, www.ewg.org/skindeep/ to rate your personal care products.
There is also an app so you can conveniently check while you are shopping!
- 7 Perfume, colognes
- 8 Air fresheners, deodorizers, chemical room sprays
- 9 Dry cleaning
- 10 Furniture Polish
- 11 Plastic Containers
- 12 Processed Food



5 Things You Can Do to Help Your Detoxification System

1 Ground Flax: 1 tablespoon once or twice daily of freshly ground flaxseed. Buy whole flaxseed and grind it yourself to avoid consuming oxidized rancid pre-ground flax. Ground flax is an excellent source of fiber to facilitate effective bowel movements and bind toxins to be eliminated.

2 Water: Drink at least two liters of water per day or half your body weight (lbs) in ounces. Water keeps our detox organs well lubricated, as well as helping with regular bowel movements, especially when extra fiber has been added to the diet. Hint –imagine trying to go down a waterslide without any water! Ouch.

3 Exercise: Daily aerobic exercise such as brisk 20-30 minute walk outside is an excellent way to eliminate toxins, even better if you work up a sweat and enjoy being out in nature!

4 Epsom Salt Baths: 2 cups of Epsom salt in a hot bath can not only be very relaxing, but can also help flush toxins from the body. Note: not all Epsom Salt products are created equally; some may be contaminated with heavy metals. Ask **AIM** about which brands we recommend.

5 Daily deep breathing: Deep belly breathing is a form of breathing that will reduce stress while releasing toxins through the lungs. Try inhaling for the count of 4 (1,2,3,4), hold for a count, and exhaling for the count of 4 (4,3,2,1). Do this five times a day for 25 deep relaxing breaths. You will be surprised at how well this works to decrease your daily stress.

It can be tricky to get your dose of green leafy veggies with every meal even though we know we should! Smoothies are a delicious and easy way to get more veggies into your diet everyday.



Super Morning Glory Smoothie

- 1 small raw beet, peeled
- 1 medium ripe apple or pear, cored
- 1 small carrot, peeled
- 1 cup frozen berries (blueberries, raspberries, strawberries)
- 3 large kale leaves
- Couple handfuls of spinach
- ½ lemon, juiced
- 1 cup organic plain Greek yogurt (optional)
- 1 cup liquid (coconut milk, water, 100% fruit juice, coconut water, your choice!)

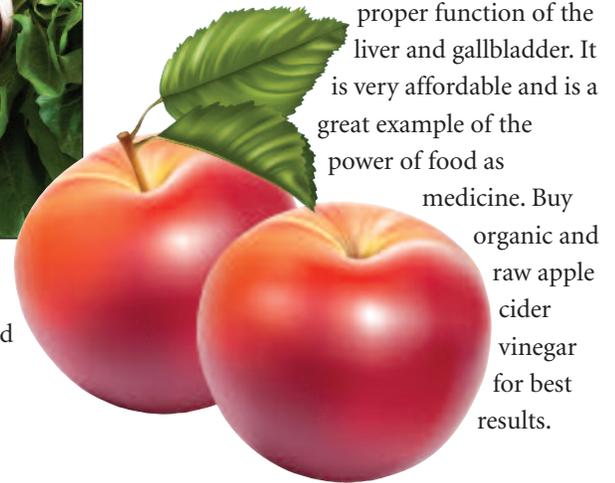
Put all ingredients into a high-powered blender and blend until smooth. Add more liquid if too thick.

It has been shown that an increased consumption of green leafy vegetables can lead to a 35% reduction in overall neurologic decline. This smoothie is chalk full of helpful phytonutrients (super plant antioxidant molecules) that aid in proper cellular function and efficient detoxification in your body. Also high in fiber, this smoothie can help keep cholesterol levels in check. Try a Super Morning Glory Smoothie as a mid-morning snack and feel your energy kick up and your mind clear!

Featured Food: Apple Cider Vinegar

- Apple Cider Vinegar (1 tablespoon)
- Honey (1 teaspoon, optional)
- 1 Lemon slice
- 1 cup of hot water

This pleasant cleansing and refreshing drink can be taken once or twice a day. Apple cider vinegar (ACV) helps stimulate stomach acid release for improved digestion and appetite. ACV also supports



proper function of the liver and gallbladder. It is very affordable and is a great example of the power of food as

medicine. Buy organic and raw apple cider vinegar for best results.

Call, email or book an appointment online



Dr. Ashleigh Lane, ND
drlane@arcintegratedmedicine.com



Dr. Emily Munn, ND
drmun@arcintegratedmedicine.com

123 • 6345 • 120th Street
Delta, BC Canada
V4E 2A6
Phone: 604 • 424 • 9700

Arc
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www.arcintegratedmedicine.com