



With Pride

Inclusive Integrated Healthcare
In clinic & online services

WELCOME TO SPRING.....AND ALLERGIES!!!!

We are all thankful for the warmer weather to be on it's way, but for many of us that also means putting up with allergies, including but not limited to sneezing, blocked or runny nose, itchy and irritated eyes, irritated throat and so on.

Whilst we know Spring is the season for this, and most of us reach for the over-the-counter products to obtain some symptom relief, there are some things that we can do to help reduce the impacts of seasonal allergies.

When any type of allergy is present, it is an overreaction of the immune system in response to a stimuli, in this case POLLEN! There are many different types of white blood cells in our body that make up our immune defences and responses, but in particular, Basophils are the dictators of this response and symptoms.

Whilst we don't want to dampen our immune system, particularly during Covid times, we also don't want this over reaction that can, for some make everyday activities difficult and draining.

Modulating your immune system is how we can tackle this on top of using your go to over-the-counter products if required.

By balancing out your immune system you can bring it back to an equilibrium.

PROBIOTICS

Probiotics have a big impact on the way that our immune system responds in allergic presentations. In particular, the strains *Lactobacillus rhamnosus* and *Lactobacillus paracasei* are known to not only reduce this overreaction of the immune system but also to have an anti-inflammatory effect on the body. These two actions have been shown through clinical research to reduce the overall symptomatic nature of Hay fever and some other allergies.

Try incorporating some of the below foods to boost your good digestive bacteria status, or if buying a supplement look out for the strains above in your purchase.

PREBIOTIC FOODS (Foods that feed good bacteria)	Chicory root, artichokes, wholegrain foods, barley, oatmeal, onion, garlic, legumes, leafy green vegetables, rye, flaxseed, leeks, berries, bananas, honey, asparagus.
PROBIOTICS FOODS	Fermented foods, sauerkraut, tempeh, miso, soy sauce, kefir, cottage cheese, yoghurt (natural greek), kombucha.

QUERCETIN

Quercetin is a type of flavonoid that is well researched and established as efficacious in reducing those overreactive White Blood Cells called Basophils. Further, Quercetin is clinically known to also reduce overall histamine in the body, it modulates the immune system and has anti-inflammatory properties. Supplements of Quercetin are available, however here are some foods that have high levels.

QUERCETIN

Blueberries, broccoli, chilli peppers, kale, red onions, parsley, rocket, spinach, green tea & watercress.

BROMELAIN

Bromelain is an enzyme that is found at very high levels in pineapples, and whilst it is found throughout the entire fruit and the juice, it is most potent at the core. Bromelain is great for reducing allergy symptoms as it has two relevant effects, these are reducing inflammation and by acting as a mucolytic, this meaning that it reduces mucous production.

Quite often you will find supplements for allergies that contain both Bromelain and Quercetin in together, this may be a good option if you are a severe allergy sufferer. By combining these and addressing your digestive health with pre and probiotics you may see a drastic reduction in seasonal allergy symptoms.

Always consult with a Healthcare Professional before taking any nutritional or herbal supplements including herbal teas!