

Did you know that natural herbs and vitamins will help with allergy relief?

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By Mayur Vibhakar

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More than 50 million Americans suffer from allergic diseases. A recent nationwide survey found that more than half (54.6 percent) of all U.S citizens test positive to one or more allergens; among specific allergens, dust mite, rye, ragweed, or cockroach caused sensitization in approximately 25 percent of the population.

This article will provide tips for allergy relief. The information covered below will address the following questions:

1. Why do we develop allergies?
2. What causes allergies?
3. Allergy symptoms
3. Tips to obtain allergy relief
4. Herbs, vitamins & supplements

Most individuals with allergies are not sensitive to just one substance but a host of them. There is an endless list of allergy causing substances present in our food, drinks, the air, and the clothes we wear to name a few examples that can trigger an allergic reaction.

Why do we develop allergies?

The exact cause of allergic reactions is still under debate. Heredity seems to play an important role according to some researchers and being exposed to allergens at certain times when the body's defenses are low or weak, such as after a viral infection or during pregnancy, also may contribute to

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the development of allergies. Allergies are the immune system's exaggerated response to a foreign substance. Exposure to what is normally a harmless substance, such as pollen, causes the immune system to react as if the substance is harmful. Substances that cause allergies are called allergens.

What causes allergies?

Allergies may be caused by any of the following. NOTE: this is just a partial list; there are countless substances that may cause an allergic reaction. The only way for someone to know whether they're allergic to a particular substance is to get tested by an allergist.

1.Mold

2.Animal Dander

3.Latex

4.Certain Foods (EX: Nuts)

5.Insect Venom

6.Medications (EX: Penicillin)

7.Pollen

8.Dust Mites

What are allergy symptoms?

Allergy symptoms can be categorized as mild, moderate or severe (anaphylactic). Mild reactions include local symptoms (affecting a specific area of the body) such as a rash or hives; itchy, watery eyes; and nasal congestion. Mild reactions do not spread to other parts of the body.

Moderate reactions include symptoms that spread to other parts of the body. Symptoms may include itchiness that spreads or difficulty breathing.

A severe allergic reaction, known as anaphylaxis, is a life-threatening emergency in which the body's response to the allergen is sudden and affects the whole body (systemic). Anaphylaxis may begin with severe itching of the eyes or face and within minutes progresses to more serious symptoms including swelling, which could result in difficulty swallowing and breathing; abdominal pain; cramps; vomiting; diarrhea; hives; and angioedema (hives in the throat). Mental confusion or dizziness also may be symptoms, since anaphylaxis causes a quick drop in blood pressure.

Tips to obtain allergy relief

Dust often to control mites – By dusting surfaces and washing bedding often, you can control the

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amount of dust mites in your home.

Vacuum often – Although cleaning can sometimes trigger allergic reactions, with dust in the air, vacuuming once or twice a week will reduce the surface dust mites. Wear a mask when doing housework and consider leaving for a few hours after you clean to avoid allergens in the air. You can also make sure your vacuum has an air filter to capture dust.

Reduce pet dander – If you have allergies, you should avoid pets with feathers or fur like birds, dogs and cats. Animal saliva and dead skin, or pet dander, can cause allergic reactions.

Avoid pollen – Keep windows and doors closed. Use an air filter and clean it regularly or run the air conditioner and change the filter often.

Avoid mold – Mold spores grow in moist areas. If you reduce the moisture in the bathroom and kitchen, you will reduce the mold. Clean moldy surfaces. Dehumidifiers will also help reduce mold.

Herbs, Vitamins & Supplements

Herbs, vitamins and other supplements can help by boosting the immune system and/or provide allergy relief.

Herbs that may help by boosting the immune system

1. Echinacea
2. Garlic

Vitamins that may help by boosting the immune system

1. Vitamin A
2. Vitamin C – Very effective at fighting allergies. It is a powerful antioxidant. It promotes immune functions and is natural anti-histamine.
3. Vitamin E – It fights allergies. It is a potent intercellular anti-oxidant.
4. Green tea – Contains EGCG, a potent antioxidant more powerful than vitamin C & E

Other supplements

(1) Bioflavonoids such as Quercetin work well with Vitamin C as an anti-histamine to tackle allergens.

Obtaining allergy relief involves a 2 pronged attack.

1. Avoid allergy triggers such as the one's mentioned above

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2. Boost the immune system by using herbs, vitamins and supplements

If the above don't work than medications such as antihistamines, decongestants or a combination of both are available over-the-counter or by prescription to treat allergy symptoms. Nasal sprays such as topical nasal steroids and cromolyn sodium also can be used to treat allergy symptoms. Immunotherapy and allergy shots are recommended for relief needed over a long period of time.

Obtaining allergy relief through natural means such as taking the herbs and vitamins recommended above is the best route to take without incurring side effects, however, if the allergy is severe and debilitating than prescription or over the counter medications may be needed. **PREVENTION IS THE BEST MEDICINE.**, Keep your immune system healthy so chances of developing disease are reduced.

For more information please visit

http://www.innervibrance.com/allergy_relief/

Mayur Vibhakar is a health professional and editor of [innervibrance.com](http://www.innervibrance.com), a site dedicated to achieving optimal health through natural means. Subscribe to the informative health articles and receive health improving tips, natural product reviews and relevant health information.

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Natural Remedies And Treatments For Allergies

By Gray Rollins

When allergies strike, most allergy sufferers head to the drugstore where they purchase an antihistamine. They take it, and soon their symptoms begin to subside. They're all set until the next outburst.

Over-the-counter antihistamines are effective but unfortunately, taking them often causes unpleasant side effects such as drowsiness and a feeling of lethargy. If you're tired of feeling tired when allergies strike, maybe it's time you reach for natural allergy remedies instead.

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Natural allergy remedies come in all forms and are made from many different types of ingredients including herbs, plants, ground up honey bees, and other vitamins and nutrients. Most natural allergy remedies have been designed to either stop histamine outbursts from occurring in the first place, or they act to combat the individual symptoms that occur with the release of histamines. They accomplish these tasks naturally, which is why unpleasant side effects are non-existent.

Besides treating allergy symptoms with all-natural ingredients, the term "natural allergy remedies" has come to mean something more. In addition to being a natural and effective way to treat allergy symptoms after they develop, the term can be used to describe taking control of your surroundings so that you limit exposure to the allergens that cause you trouble. For example, if pet dander is a problem, don't keep pets. Or if you must, you've got to be vigilant about keeping pet dander under control. Likewise with dust mites. You need to protect your furnishings with casings that keep this type of problem under wraps.

Watching what you eat is important if you've got food allergies, so taking steps to control your diet can also be considered a natural allergy remedy. In addition to closely monitoring what you eat, there also are foods you can consume that are known to contain naturally-occurring histamine combatants. For example, Quercetin, a flavinoid found in onions and apples, is capable of blocking the release of histamines which cause the familiar allergy symptoms like runny nose, congestion, and itchy, watery eyes. Besides being effective against allergies, there are countless other health benefits of eating these and other types of fruits and vegetables, like lowering your risk of developing heart disease and keeping your blood sugar levels stable.

If you're like a lot of people and find that monitoring what you eat is too much work, then consider taking a daily multi-vitamin. Many of the vitamins and minerals benefit the immune system which in turn helps keeps the symptoms of allergies under control.

With so many natural allergy remedies being offered, understanding the ingredients as well as the actual benefits of each can be mind-boggling. Even though these types of products are available without a prescription, if you're confused, it might be advisable to speak with an allergist or someone who specializes in natural remedies. These specialists can help explain how each of the individual ingredients work and why they're thought to be effective. This type of information may help you decide whether natural allergy remedies are right for you.

Gray Rollins is a featured writer for WithAllergies. To learn more about allergy treatments and remedies, visit

<http://www.withallergies.com/b/>

and

<http://www.withallergies.com/naturalallergytreatment/>

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