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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Some Preventive Measures Of Allergies At Pregnancy

By Justin Foss

Heredity is one of the major factors in determining whether a child has an allergy. Tendency of a child towards allergy could be while being breastfed, during the mother's pregnancy and while being introduced to foods. One can find out how allergies may be the cause of a child's health problems.

Preventive measures during pregnancy:

Breastfeeding – Feeding babies with solid foods during their first six months of life could increase their risk of developing allergies. The best way to prevent allergies later in childhood is to breastfeed them during the first six months.

Avoid unnecessary medicines – Unless and until it is absolutely necessary, a pregnant women should not risk taking any allergy medications. DO not take anything without your doctor's permission.

Avoid herbs during pregnancy – Pregnant must avoid several herbs as they tend to cause skin allergies.

Special Formula May Reduce Allergies in Infants – By means of some of the same ingredients that are found in breast milk scientists have developed a new formula. This formula helps in preventing allergies in infants. The infants who are at high risk for developing the allergic condition are helped through this formula by reducing their eczema.

Over breastfeeding invite allergies:

A study on 200 mothers for a period of 20-years at the Helsinki Skin and Allergy Hospital in Finland, indicates that breastfeeding a child for nine months can increase the food sensitivity and the risk of allergies.

Peanuts during pregnancy – Peanuts are believed to cause allergies. They are avoided during pregnancy and lactation.

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Avoid tobacco – Avoid tobacco and its products at the time of pregnancy.

Physical Exercise – Consult your doctor whether its OK to do some mild exercise as it has been observed that exercise at the later part of pregnancy can cause allergic reactions.

I hope you will find this information helpful. Needless to say, always consult your doctor before following these advices.

Justin foss is the proud owner of the site

<http://www.mymedicenter.com>

where he spends most of his

time to make better. You can get more articles on at

<http://www.mymedicenter.com/allergies>

Allergy Relief - A Lease Of Life

By NamSing Then

Allergies despite not being diseases can severely affect your health for weeks. As allergy is defined as hypersensitivity reaction to a particular allergen; symptoms vary greatly in intensity with types of allergies.

Before we get on with exploring available allergy relief, it becomes important to know the types of allergies that commonly affect us.

Types of Allergies

Broadly speaking, there are only three types of allergies, which affect us commonly. These include:

- Food allergies - Adults are mainly vulnerable to shellfish including crayfish, shrimp, and lobster; sometimes eating peanuts which manifest in the form of severe anaphylaxis (sudden drop of blood pressure,) which if not taken care off, could lead to loss of life. Adults can't get rid of allergies. Children are differently affected by food and eggs, milk and chocolates are the common allergens that affect them.
- Inhalant allergies - Pets, dust mites, outdoor air pollutants like pollens are the chief allergens. Formaldehydes, molds, occupational allergies etc fall under this category. The most common manifestation is bronchitis and asthma. Symptoms include inflammation, sputum secretion and contraction of respiratory system resulting in loss of breath.
- Contact allergies - Chemicals and fumes, insect bites, allergic contact eczema, leather are the

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triggers. Symptoms include redness, itchy, deep blisters, scaly patches and weepy skin.

Allergy Relief

Allergy relief is both by preventive and medication methods. Of course one finds resorting to medication provides fast relief but preventive relief is always a preferred choice.

Preventive Allergy Relief

Parents of allergic children and adult allergic patients must find out the allergens that trigger the symptoms. Physicians can guide you locate them exactly. Preventing the allergens like foods for which you have a fetish can be too tough in comparison to avoiding dust which is to bronchitis.

Here are some useful quick tips

Food allergies

- Medical examination is critical for pinpointing the exact allergen
- Maintain a diary of eating habits and your symptoms
- Get clarified what food intolerances and poisoning are to avoid problems
- Scrutinize food ingredients' labels before using

Inhalant allergies

- Avoid or minimize carpets and upholstered furnitures
- Keep home neat and tidy to avoid dust; a vacuum cleaner helps best
- Woolen blankets, pets, window grills, slots and cluttered corners are dust attractants take good care of them
- Using damp mops to floor cleaning prevents dust from flying
- Use air purifiers like HEPA filters, germicidal UV lights, activated carbon or electrostatic air filters which remove allergens to a finest degree.

Medication for allergy relief must be administered by doctors depending on the severity of symptoms.

NamSing Then is a regular article contributor on many topics. Be sure to visit his other websites

<http://www.allergy-foryou.info>

,

<http://www.diet-foryou.info>

and

<http://www.researcher-hub.info>



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