Wake Forest Baptist Health Center for Integrative Medicine

Natural Allergy Remedies

Dr. Kathi Kemper's 10 Tips

- 1. Be sure it's really an allergy. Keep a <u>symptom diary</u> to identify pollens, pets, foods, and other things that trigger symptoms.
- 2. See a pediatric allergist for formal testing: <u>Dr. Jason Caldwell</u> (716-2011) at Wake Forest specializes in pediatric allergies. Consider desensitization therapy.
- 3. Environment: keep windows and doors closed when pollen counts are high. Use air filters. Replace HVAC filters regularly. Use a dehumidifier to decrease mold growth in summer. Cover mattress and pillows in allergy-proof cover to reduce dust mite exposure. Wash bedding in hot water. Remove dust catchers in bedroom. Wash stuffed animals regularly in hot water if they must stay in bedroom. Remove carpeting from bedroom. Damp mop weekly. Avoid lawn mowing and gardening when pollen counts are high.
- 4. Diet: Avoid triggering foods and foods containing artificial flavors, colors, and sweeteners, MSG. Drink pure water. Avoid fried and processed foods; avoid animal fats (milk, butter, cheese, bacon, hot dogs, etc). Eat more fruits, vegetables (especially leafy greens), whole grains, seeds, beans, and nuts; minimize processed foods. Fruits and vegetables contain anti-oxidants; fish contains omega-3 fatty acids that can help reduce inflammation (wild salmon, sardines, herring, and mackerel). Use the <u>Action Plan Tracker sheets</u> to track your success.
- 5. Sleep at least 8 to 9 hours per night. If sleep is a problem, discuss good sleep hygiene.
- 6. Take your shower/bath and wash hair at night to remove pollen before sleep.
- 7. Use a neti pot to wash pollen out of nose.
- 8. Exercise in the morning or early afternoon when pollen counts are low at least 5 days week for 40 to 60 minutes. Consider yoga, tai chi, or qi gong which are stress reducing and unlikely to trigger asthma.
- 9. Manage stress music, biofeedback, , prayer (CareNet 336-716-7339 or Jeff Feldman 336-716-8400). Consider using guided imagery CDs from <u>Health Journeys</u>. Consider using biofeedback from <u>HeartMath</u> (either portable EmWave PSR or PC-based) or <u>Relaxing Rhythms/WildDivine</u> (PC only).
- 10. Acupuncture is approved by the World Health Organization for allergies. **Boyd Bailey, Lic Ac.** (777-0037), **Keoni Teta, Lic Ac.** (724-4452), **SiWei Wang, Lic Ac.** (659-8120)
- 11. Supplements consider with your doctor. (See CIM Website Dietary Supplements for brand information.)
 - ♦ Omega-3 fatty acids (1000 2000 mg daily of EPA+DHA) to decrease inflammation; it takes about 3-6 weeks for this to build up in your system. It is not an instant fix.
 - ♦ Vitamin C 500 2000 mg daily serves as a mild antihistamine; excess causes diarrhea
 - ♦ Local honey: ¼ ½ tsp daily; low exposure to local pollens may help build up IgG and reduce IgE
 - Probiotics to help normalize healthy bacteria in gut that help regulate immunity; one month.
 - ◆ Other Considerations: (consider Aller-Leaf combo from Gaia herbs, local in NC)
 - Butterbur (Petadolex, 75 mg twice daily) or Boswellia serrata (frankincense, 300 mg three times daily has helped adults with asthma)
 - Quercetin (800-1000 mg daily)/Bromelain (200 300 mg daily)
 - Magnesium (400-500 mg daily)
 - Curcumin (Tumeric); better absorption if taken with black pepper and olive oil (curry?)
 - Stinging nettle is a traditional herbal remedy for allergies; strong tea, tincture, or caps
 - Homeopathy (Boiron's; Allium Cepa and Nat Mur are two of the most common)