

## **Allergies can be helped**

**Question:** What are allergies and what can be done to alleviate them?

**Answer:** An estimated 50 million Americans are allergic to something, and many of them have multiple allergies. Asthma alone currently affects some 15 million people, a third of them children. The incidence of allergies is growing sharply. Health experts have many theories as to the reasons, ranging from degrading air quality to the negative consequences of using antibiotics too freely. Genetics also play a part; children of a parent with allergies have a one-in-three chance of having allergies themselves.

Allergy reactions come in many forms and degrees of seriousness.

Among localized forms are:

- allergic rhinitis, which is expressed as a runny nose, irritation, swelling, sneezing, and/or eye irritation;
- skin reactions, including eczema, hives, and contact dermatitis; and
- physical allergies, which are reactions to physical stimuli including sunlight, heat sweating, cold, and friction.

Common allergens are inhaled pollen, dust mites, mold spores, and animal dander. Hay fever is one example of a common minor allergy. Localized allergies, although frustrating, are typically not dangerous.

Systemic allergies, by contrast, are potentially dangerous and need to be monitored and controlled. Asthma, the best-known systemic allergy, involves the entire respiratory system. Life style changes, dietary modification and chiropractic treatment can help manage these conditions.

Our bodies exist in a world full of harmful substances that can cause irritation, inflammation, infection, and diseases. Fortunately, we have internal defense systems designed to ward off most such attacks. Chief among them is the immune system. At the first sign of invasion, the immune system mobilizes a rapid and powerful response that typically overwhelms the invader in the early stages of the attack.

Chiropractic care has been a proven alliance to the body and its immune system. By balancing the integrity of the nervous system the immune system can restore proper function. Gentle specific chiropractic adjustments to the spine, especially the upper cervical region activate proper nerve and blood supply to the tissues responsible for identifying and eliminating allergens. Along with proper diet, drinking plenty of fresh water, and avoiding known allergens, chiropractic can assist in correcting your allergies.

**Quote of the week:** *“Admit your errors before someone else exaggerates them.”* – Andrew V. Mason