

HEALTHY HABITS

April 2017

Seasonal Allergy Awareness

Allergies are the result of an imbalance in the immune system that causes the body to react strongly to a stimuli. Seasonal allergies can be caused by a variety of things, such as pollens, grasses, molds or even the dander from our pets. These allergens can affect people in different ways depending on what the allergy is and how much of a reaction the individual person has to it. It can be difficult to determine if you have a virus or allergies; your symptoms are typically the biggest indicator.

General Allergy Symptoms

- Sneezing
- Runny nose
- Nasal congestion
- Cough
- Sore throat
- Thin clear mucous
- Itchy throat
- Red, itchy, watery eyes
- Sudden onset
- Can come and go
- Can last for months

Common Cold Symptoms

- Sneezing
- Runny nose
- Nasal congestion
- Cough
- Sore throat
- Thick cloudy mucous
- Body aches
- Slow onset
- Worsens over 4-5 days
- Better in 7-14 days



Testing & Common Treatments

Testing usually takes place at a specialist's office and consists of a skin test where a drop of a specific allergen is inserted under the skin using a pin and if there is a reaction at the site that is considered a positive reaction (*continued on page 2*).

Did You Know

67 million people are affected by allergies every year.

Healthy Inspiration

"If you change nothing, nothing will change."



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**First Medical
Occupational Health**
an affiliate of Fairfield Medical Center

CLINIC HOURS
MONDAY, WEDNESDAY & FRIDAY
9 A.M. - 5 P.M.
1199 RIVER VALLEY BLVD
LANCASTER, OH 43130



Testing & Common Treatments (*continued*)

Treatment for seasonal allergies is usually an antihistamine such as Allegra®, Zyrtec® or Claritin®, which are all available as a pill to take daily. Also available are nasal steroids such as Flonase® or Nasocort® that also are used daily. Some people may even need to have special treatment for their symptoms in the form of monthly allergy injections. These medications are only beneficial if taken over a period of time and can take approximately two weeks to become effective.



Natural Allergy Remedies

Apple cider vinegar – This is an age-old remedy that many believe is the cure all. It is a special type of apple cider vinegar with “The Mother.” Locally, you can find this in most grocery stores in the organic section and with the brand name “Braggs.”

Honey – Raw honey contains bee pollen, which is known for warding off infections and allergies, and can boost immunity. The bees in your neighborhood go from flower to flower collecting the same pollen that you suffer from. Eating local, RAW honey in your neighborhood that is made from those same flowers will build your immunity to the pollen allergies where you live. Local honey is key here and word of mouth is likely the best way to find it in your area, so ask around. The best way to use apple cider vinegar and honey for your allergies is on a consistent basis. Mix 1 tablespoon apple cider vinegar with 1 tablespoon freshly squeezed lemon juice and 1 tablespoon raw bee’s honey with some water and drink three times a day. Let it go to work in your body. It may take several weeks before you see any positive results. Be patient as this mixture of natural ingredients begins to balance out your GI tract and build up your natural defenses to fight off all types of allergies.

Neti Pot – This is a device that assists with rinsing the sinus cavities and many people swear by its benefits. ***Note* Never use TAP water!** You must use distilled water or water made specifically for the Neti Pot to avoid introducing germs into your sinuses. To use the Neti Pot, bend over a sink with your nose pointed down and to the side you are pouring into; for example, place the pot to your right nostril while bending over and turning your head to the left. As you pour the water in, it flows out of the opposite nostril. Then repeat on the left side. This is a process that after practice, becomes easier and takes a little mind over matter, as air is the only thing we are used to putting in our noses.

New Clinic Hours

The clinic is open Monday, Wednesday and Friday from 9 a.m. to 5 p.m. You may call the clinic for an appointment at 740-689-4404.