

The logo for A.Vogel, featuring the brand name in a white serif font inside a green leaf-shaped border.

A.Vogel

# Allergies

All the information you need on allergies, mainly airborne allergies, including advice on what causes them to develop in the first place, and information on how to avoid triggers.

by Louise Baillie







## Getting to grips with allergies with Louise Baillie

Hello, I am Louise and I am a writer for A.Vogel. Working for A.Vogel has enabled me to develop my interest in health and wellbeing. Also, as the resident hayfever and allergy advisor, I am on hand to offer endless advice and tips on these issues. So I present to you my first ebook!

If you are a sufferer yourself, or know someone who is, you'll be well aware that allergies can interfere with day-to-day life. When it comes to allergies there are a bewildering range of symptoms and a number of different triggers as well. On top of this, there is often a gap in knowledge in terms of how the issue comes about and how to deal with it (you have more options than simply turning to antihistamines!), and this can make it even more challenging to get on top of the problem.

To help you out, this book is designed to give you all the information you need on allergies, including advice on what causes

allergies to develop in the first place, and information on how to avoid triggers.

Additionally, this book will also have a close look at what you can do to address allergy symptoms so that their impact on your daily routine is reduced. There are many lifestyle and dietary changes you can make, for example. Herbs have also traditionally been used to support the immune system and ease allergy symptoms, and so they too may prove beneficial.

With all this information to hand you should be in the best place to deal with your symptoms next time they flare up, and will be better able to manage the issue long-term.

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The immune system's main role is to protect us from viruses, bacteria and fungi, collectively known as pathogens. Pathogens that enter the body can potentially infect us with ailments such as colds and flu, bringing along unpleasant cold and flu symptoms. A strong, well-functioning immune system prevents this from occurring, whilst also ensuring that allergies do not develop.

## What is the Immune System?

### How does the immune system work?

In order to defend us from pathogens, the immune system has four main lines of defence:

.....  
**1. The physical barriers** – first of all the skin and nasal hairs prevent pathogens from entering the body. The nasal passages also secrete mucus to trap and then flush away pathogenic matter. Coughing and blowing your nose helps get the bugs out!


.....  
**2. Chemical barriers** – if a pathogen should get past these initial defence mechanisms, the acidic conditions of the stomach offer further protection.

.....  
**3. Immune cell response** – if cells come under attack from pathogens they release chemicals that attract immune cells called macrophages. These then get to work on mopping up the damaging pathogens.

.....  
**4. T cells** – if the pathogen puts up a hefty fight then macrophages can call on immune cells called T cells. These release chemicals to help overcome the pathogen but, if necessary, they can also activate B cells that lock on to and then kill pathogens. B cells remember how to get rid of a pathogen, so if it is successfully wiped out once then it'll be less likely to cause problems in the future.  
.....



### Cause of allergies



When a particle enters the body the immune system assesses it and decides if it is a threat. If it is deemed harmless no response is triggered but if the immune system thinks it is going to endanger the body then it initiates a response to kill it – that's where those four lines of defence come into action. This works well if the particle is indeed a threat such as a virus or bacteria; however, sometimes the body initiates the same response to particles that should be able to pass by without causing a problem. This involves producing a chemical called histamine to help deal with the supposedly 'dangerous' particle, known as an allergen.

#### **What is histamine?**

Histamine is a chemical that has a number of different roles in the body. It helps digestion, for example, by prompting the release of stomach acid which helps to break down food. It also sends information to the brain and can be released by cells in the immune system after injury or during an allergic reaction. With a sudden surge in histamine production and more circulating in our bodies, a range of symptoms can crop up.

#### **How does too much histamine affect the body?**

Histamine can cause an array of symptoms including itchy eyes, a sore throat and a runny nose. It prompts the mucous membranes to produce more mucus, for example, in order to trap and wash out allergens. Also, the presence of histamine causes the body to increase blood flow to certain areas of the skin and in doing so inflammation can become problematic.



### Why does the immune system overreact to allergens?

So, we know that allergies come about when the immune system overreacts to certain substances thus causing the release of histamine; but the reasons for this reaction may vary from person to person.

### Hygiene hypothesis

Some experts believe that an increasing number of children develop allergies because as youngsters they are not exposed to infections that would strengthen the immune system and enable them to build up some resistance – in other words, we are too clean!<sup>1</sup>

This theory was first introduced in the late 1980s when research showed that there were fewer instances of hayfever amongst children living in large households. Since then more research has been conducted on the issue, with similar findings. One particular study conducted in 2013 concluded that children were exposed to more germs when they lived with older siblings and pets. This helped to build up their immune system, meaning there was less chance the child would react to harmless substances.<sup>2</sup>

### Problematic digestion

If there is a problem with your digestion, be it leaky gut, food intolerance or

something else entirely, this may also contribute to allergy symptoms. 70% of our immune cells are found in the gut and so it's quite likely that if the health of the gut is compromised, the immune system will be too.

Low stomach acid, an imbalance in gut bacteria, or both (the two often go hand in hand) are thought to give rise to leaky gut in many cases. Leaky gut affects the structure of the cells within the gut meaning they no longer stand tightly together. As a result, food particles that haven't been properly broken down can leak through more easily, and in time this may cause the immune system to become overwhelmed. The bewildered immune system may then find it harder to decide what is dangerous and what is not, and begin to identify harmless substances such as pollen particles as 'dangerous'.

Research also shows that inflammation, a common allergy symptom, can damage villi which are small structures in the gut wall that help to absorb digested food.<sup>3</sup> That's not all though; the same research also showed that inflammation impaired the effectiveness of the epithelial barrier which helps to protect the body from physical and chemical damage. So, from this we can see there is a close link between allergies and digestion.





## Pesky Pollen Allergies

An allergy to pollen, otherwise known as hayfever, affects around 25% of the UK's population.<sup>4</sup> Contact with tree, weed or grass pollen can all bring on hayfever symptoms, though grass pollen is the most problematic as 95% of all hayfever sufferers are thought to be allergic to this.<sup>5</sup>

### Developing hayfever

Unfortunately hayfever can develop at any age, including in adulthood, so you shouldn't be too surprised if you suddenly experience symptoms in your later years. There are lots of things that can cause the sudden onset of allergy symptoms including moving to an area where you are exposed to new plants. As you will see in pages 19-21 though, making changes to your diet further impacts allergy symptoms.

It's also fairly common for hayfever to worsen during the menopause because the hormonal changes that occur at this time put strain on the nervous system which, in turn, can limit the effectiveness of the immune system. On top of this, lack of sleep, fatigue and digestive problems can all become more apparent during the menopause, affecting how well the immune system can function.

### Hayfever season

Hayfever fluctuates in severity depending on the time of year. It usually gets worse in the spring and summer months, for example, when pollen is released by plants as part of the fertilisation process.

- **Grass pollination** – mid-May to July
- **Tree pollination** – March to mid-May
- **Weed pollination** – June to October

Want to check out the latest pollen information in your local area? We've got pollen information, including a daily pollen count and 5-day forecast for over 30,000 locations across the UK on our website. Search for your village, town or city here.

[\(https://www.avogel.co.uk/health/hayfever/pollen-forecast/\)](https://www.avogel.co.uk/health/hayfever/pollen-forecast/)



### What impact does the weather have on hayfever symptoms?

Not only does the time of year affect your hayfever symptoms though: the weather and temperature can also play a part.

#### Warm weather

Plants are more likely to release their pollen when the weather is sunny, meaning people become more prone to hayfever symptoms when the weather is warm. Also, in humid weather pollen grains gain water which causes them to burst open. This releases lots of miniscule pollen particles into the air, which are then easily breathed in through the nose and mouth – cue that runny nose and sore throat!

The time of day also has a contribution to make. As the temperature heats up, reaching a peak around mid-day, pollen rises with it. However, when the air cools again, pollen drifts back down to the ground. This phenomenon is known as a 'pollen shower' and explains why symptoms are most troublesome during the day.

A 'pollen shower' may also

explain why, when the weather is warm, hayfever symptoms can become problematic during the night. If you keep your windows open to circulate fresh air, pollen falling to the ground is likely to reach your bedroom. This close contact with pollen can disrupt sleep by bringing on hayfever symptoms during the night.

#### Wind

Strong wind can distribute pollen far and wide, meaning it may become problematic for a greater number of people. Also, wind sweeps pollen above ground level, meaning it reaches the nose and mouth more easily, bringing on symptoms.

#### Rain fall

Whilst everyone else huffs and puffs when rain begins to fall, hayfever sufferers can release a sigh of relief. Why? Well, rain washes pollen away meaning that counts actually tend to be lower when the weather's wet.

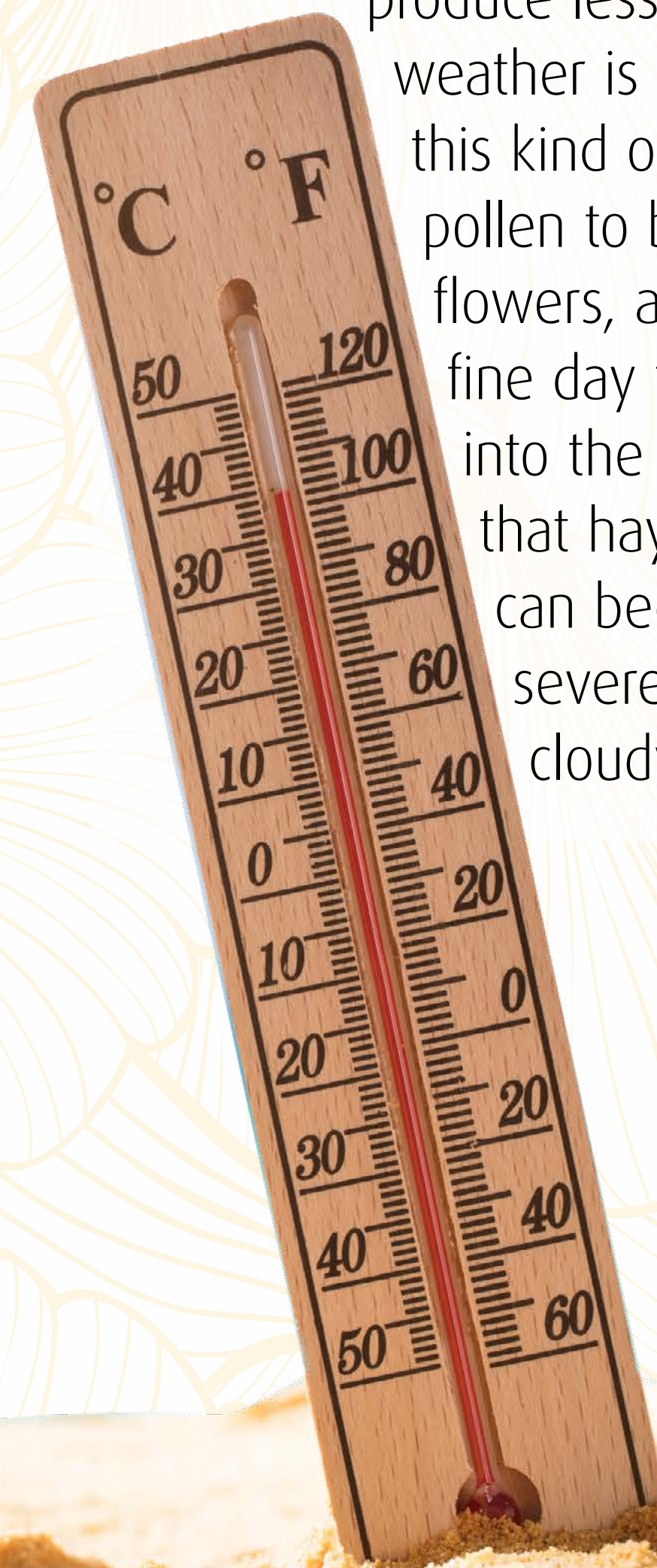
#### Stormy

Rain doesn't always signal an end to hayfever symptoms though. If downpours are accompanied by thunderstorms the humidity in the air can cause pollen grains to burst open.

This releases lots of pollen into the air and can result in, you've guessed it, an abundance of hayfever symptoms! So, if there's lightning and thunder in the air it's best to stay indoors until the weather has settled a little.

#### Cloudy skies

Plain cloudy skies can also provide hayfever sufferers with a little relief from their sneezing and watery eyes as plants produce less pollen when the weather is grey. However, this kind of weather causes pollen to build up on flowers, and on the next fine day this is released into the air. This means that hayfever symptoms can become much more severe after some cloudy weather.





## **What is thunderstorm hayfever?**

Thunderstorm hayfever is thought to be triggered by massive amounts of small pollen particles that are released into the air during thunderstorms. This is brought about by rapid changes in wind, temperature and humidity. Also, when it rains, or when the weather is humid, pollen grains can absorb moisture and burst open, causing hundreds of pollen particles to erupt into the air. With more pollen particles around, hayfever symptoms can become more severe.

So, unsurprisingly, the symptoms of your thunder hayfever will fluctuate depending on what the weather is doing. Symptoms may ease when the weather has settled or, equally, they might persist throughout the hayfever season (about March to October). It's important to remember, though, that not all thunderstorms, even on days with high pollen counts, will trigger thunderstorm hayfever - the conditions have to be right in terms of wind, temperature and humidity.







## An Animal Allergy

Animals are another common cause of allergy symptoms, though often people don't realise that the problem lies not with fur, but with dander. What is animal dander? Well, cats, dogs, rabbits, guinea pigs and all our favourite household pets produce it in the form of urine, saliva and dead skin cells. This 'dander' contains a specific protein which can generate many of the main symptoms associated with a pet allergy.

### **Are there any animals that won't bring on symptoms?**

When it comes to pet allergies many people assume that certain breeds, such as those with long fur, are more problematic than short-haired varieties. Let me set this straight - there is no breed of cat or dog (or any other animal) that is not associated with allergic reactions! This is because symptoms are brought on by the saliva, skin and urine of animals rather than the length of fur, the type of fur, or the amount the animal sheds. After all, every animal dribbles saliva, sheds skin and urinates, so allergic dander spreads easily regardless of the breed.

So, if you are looking for an allergy-friendly pet, a gold fish is probably the most suitable option?

### **When do symptoms occur?**

This question isn't an easy one to answer. For some, symptoms may develop immediately after contact with the animal; however, for others it could be hours later.

Allergic dander can collect on things like furniture, carpets, clothing and bedding after contact with an animal. Therefore, even if Fluffy or Bert are no longer about, you can still experience allergy symptoms. Also, visiting a friend who owns a pet can cause allergic dander to gather on your clothes and from there it may spread around your own home when you return. As a result, this may cause symptoms to develop long after you thought your contact with the animal had ended.





## Mould Allergies



Mould, that icky fungus that collects from time to time, is another common cause of allergy symptoms. Mould goes through a stage of its reproduction cycle when conditions are warm, humid and damp, causing seeds called spores to travel through the air.

This process might occur when there's a sudden increase in temperature in a moist environment. When central heating is turned up in a damp house for example, or when wet clothes are dried next to a fire place, spores may reproduce and spread.

Mould itself does not tend to cause allergic reactions but touching these spores and inhaling them can. When mould spores get into your nose it can cause many of the main symptoms associated with allergies, such as sneezing and watery eyes.

### When do symptoms occur?

When mould triggers your allergy, symptoms may appear straight away; but equally, they can develop over time. If the mould remains, so too will your symptoms - it's a problem best dealt with quickly!



Dust mites are yet another frequent cause of allergy symptoms. These are miniscule insects that feed on flakes of dead human and animal skin. Did you know that the average adult sheds 1.5g of skin a day which is enough to feed, rather astonishingly, 1 million dust mites?<sup>6</sup>

This skin finds its way into various areas around the home, including mattresses, soft furniture, pillows and beds so dust mites thrive in these areas. Carpets and rugs can also be problematic, as these are warm and humid, providing dust mites with ideal living conditions. Even cuddly toys are the perfect spot for these creatures to hide in!

#### When do symptoms occur?

Although dust mites are present all year round, numbers tend to peak in the winter months and this is when symptoms may intensify. Also, when it comes to dust mite allergies, many people experience symptoms at night because the little creatures find their way into the warm, clean fabrics of the bedroom.

## Dust Allergies





## Allergic Rhinitis

Allergic rhinitis comes about when the immune system over-reacts to an allergen rather than just letting it pass by. Unlike hayfever, which mainly comes about during the spring and summer months when plants pollinate, and which is triggered by pollen, symptoms of allergic rhinitis can occur at any time of the year and in response to a wide range of triggers. It is far more of a long term problem.

The symptoms of allergic rhinitis can be very similar to a common cold infection, and occur immediately after coming into contact with the allergen.


Initially, you may begin to sneeze and your nose can become runny. Next, your eyes may begin to water and your throat and eyes can feel very itchy too. If you are exposed to the allergen for a long time, your nose may feel stuffy as well as runny, plus you may begin to lose your sense of taste and smell. Often these symptoms can cause difficulty sleeping, particularly if you are sensitive to something in your bedroom environment, such as the washing

powder you use for your bed linen.

Usually these problematic symptoms ease quickly as you move away from the allergen; however, if the allergen is an airborne one, it can be difficult to escape.





A close-up photograph of a bee on a purple flower. The bee is positioned on the yellow center of the flower, facing left. The flower has many light purple petals. The background is white with a faint, large, stylized outline of a flower.

Click the button below to find a list of common allergic rhinitis symptoms. It is important to note that these issues can arise for reasons other than an allergy, so if you have any concerns it is best to get checked out by a doctor. Once you're sure that an allergy is the underlying cause, you can begin to address your symptoms with a range of remedies. To find out more about this just turn to [pages 25-27](#).

Allergy Symptoms



## Factors that can influence allergies

Allergic reactions to dander, mould, dust or pollen don't usually occur on the first encounter with an allergen. Instead, in a process known as sensitisation, the immune system begins to recognise and memorise the allergen in order to fight it off next time it comes into contact with it.

Do you ever feel like your allergy symptoms are getting worse and that you are reacting to more substances? Well, this may be why!

There are several factors that can influence the development and severity of allergy symptoms, and if you know about them you can potentially reduce your suffering. Here are a few examples.

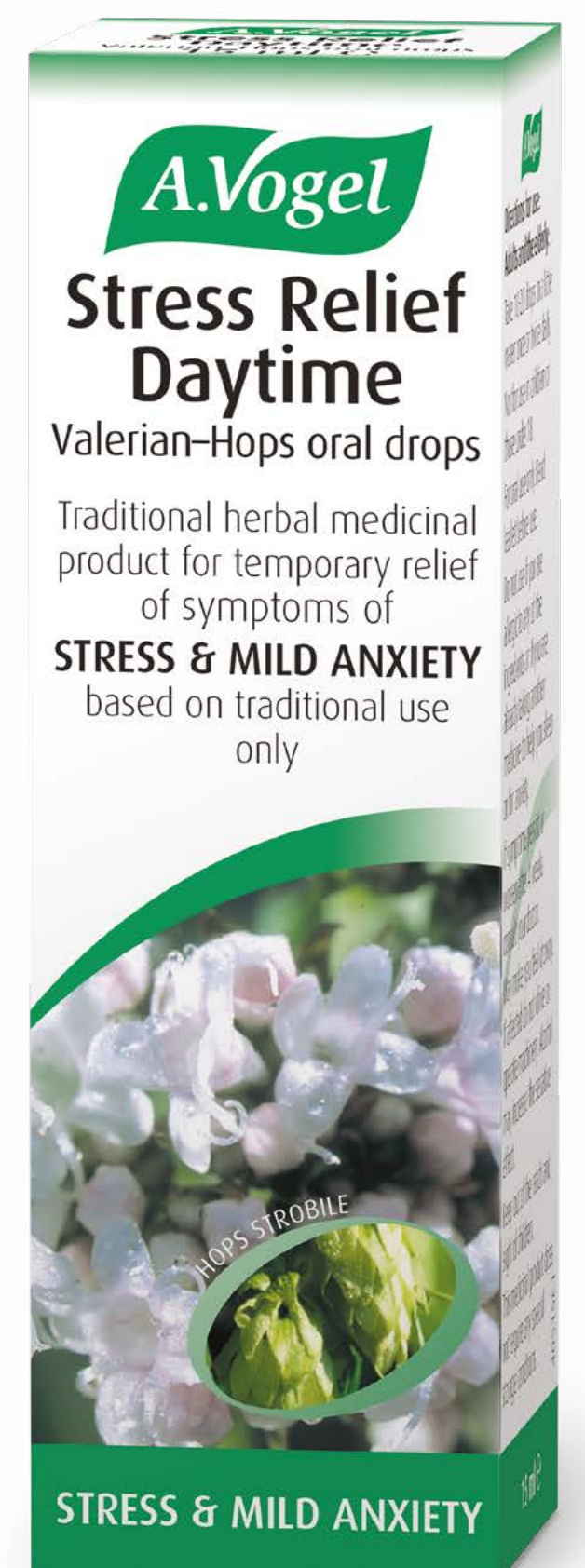
### Stress

When a source of stress is detected, be it your mean boss at work or a giant grizzly bear in the deep, dark woods, the body releases various hormones and chemicals, including histamine, in an attempt to deal with the problem. Therefore, if you're feeling stressed and suffer from an allergy, your body produces much more histamine than would normally be the case. So, it's no surprise that allergy symptoms including congestion, a runny nose, skin irritation and swelling can all get worse when the

body is under stress – there's just too much histamine circulating around the body.

Although it may be challenging, it's important to try and deal with the source of stress in order to keep your allergy symptoms under control. So, do you need to take some time off work? Are you doing too much? Would it help if you talked to those around you about what's going on in your life? Aim to work out what's causing you stress and then take steps to remove it from your life.

In order to get on top of mild stress and anxiety, you could turn to **Stress Relief Daytime**. This herbal remedy contains a mix of Valerian and Hops to help support the nervous system.





### Dodgy digestion

As was discussed on [page 5](#), the issue of a leaky gut means that particles can easily seep through the gut wall when they are not meant to. As a result of this the immune system can become overwhelmed, and it may begin to react to things like pollen and animal dander, which wouldn't normally cause any problems.

### Lack of sleep

When it comes to looking after the immune system, did you know that sleep can have a huge impact? Research shows that getting enough sleep is vital for the health of the immune system.<sup>7</sup> If you don't get enough you can become more vulnerable to infections like colds, flu and the resulting coughs; plus, allergy symptoms can become more problematic. People require different amounts of sleep depending on the unique make-up of their bodies. As a general rule of thumb, we suggest that adults get at least 8 hours a night, teenagers require between 8 and 10, and children need at least 10, if not more!

### Cleaning products

As I already mentioned, when the body comes into contact with an allergen like pollen or mould, the immune

system releases histamine in an attempt to flush these things out. This increases blood flow to the areas affected by the allergen and so inflammation often becomes problematic around the eyes, on the skin and in the nasal passages.

Normally the skin would act as a barrier to keep out harmful chemicals, but when inflamed it becomes less effective at this task. This means the skin becomes more sensitive and less able to keep out the harmful toxins in cleaning products. This explains why the particles in non-environmentally friendly cleaning products can aggravate the already troublesome symptoms of allergies.

So, how do you minimise the effects of harsh cleaning products?

- **Get the gear** – wear long-sleeved clothing, put on some rubber gloves, invest in a mask and, if necessary, get some protective goggles on too!
- **Go natural** – from washing up liquid to laundry detergent there are a variety of natural cleaning products available that are a little gentler on the skin and senses.
- **Avoid air fresheners** – unbeknown to many, the strong chemicals used to give air fresheners their distinctive smell are quite likely to exacerbate

your allergy symptoms.

- **Shower after cleaning** – this will help to get rid of any unfriendly chemicals that may have landed on your clothes and skin whilst you were cleaning.

### Beauty products

As the skin becomes more sensitive during an allergy flare up, cleaning products aren't the only things that can cause problems. As the skin is less effective at keeping out troublesome particles at this time, even your usual make-up brand or moisturiser can suddenly cause problems. However, once again there are a variety of steps you can take to minimise the likelihood of an allergy flare up.

- **Keep make-up brushes clean** - old make-up brushes, or ones that haven't been washed in a while, can increase the likelihood of irritation. Therefore, before applying anything to your skin, give your make-up bag a spring clean!
- **Keep an eye on expiry dates** – using out-of-date make-up could irritate the skin further, so it may be necessary to get rid of any products that have been lurking in your make-up bag for a while.
- **Choose natural products** – nowadays the natural beauty market is



flourishing, and from moisturising creams to foundations there are a variety of products to choose from. A product aimed at sensitive skin, containing no strong perfumes, is best.

- **Remove carefully** – rubbing your skin with make-up wipes will only increase redness and inflammation so this is best avoided. A natural cleanser followed by a gentle face mask offers a much kinder alternative for your skin.

### Perfumes, deodorants and aftershaves

If the ingredients and scents of standard cleaning and beauty products are likely to bring on and exacerbate allergy symptoms, it really comes as no surprise that perfumes, deodorants and aftershaves may do the same. Antiperspirants use aluminium-based compounds to block sweat glands, and these chemicals can easily irritate your skin, nose and eyes.

I won't suggest you give up these products altogether, but once again there are a number of natural products you could use instead! Enjoy exploring the alternatives in health stores.

### Pollution

Pollution is a growing issue in towns and

cities all over the world but is it possible for these harmful chemicals to trigger the development of an allergy?

Well, the answer is most definitely yes. Your body can cope with allergens up to a point but with pollution thrown in as well, it can eventually become too much to bear, and allergy symptoms may begin to develop.

Pollution can weaken the immune system for example, so even if pollen counts are low, or if you've never had a reaction to the likes of dust mites and mould spores before, you may now become sensitive to these things.<sup>8</sup>

Also, when pollution mixes with pollen it creates a strong mix that the body may be unable to cope with. It's been said that pollution can make 'super pollen' for example, whereby pollen becomes thicker and stickier so clings more easily to the nose, throat and skin. Also, this super pollen is heavier than normal, therefore can't be blown away by the wind and lasts longer.<sup>9</sup>

### Moving house

As I've discussed, pollution can have a big part to play in allergies, so moving to an area where levels are higher, including in towns and cities, could trigger symptoms.

Moving to a new town or city may also expose you to new allergens that weren't present in your old area. There may be new types of pollen about that you weren't previously exposed to. It could be that the previous owner had pets and so their dander still lurks in your new home. Alternatively, perhaps a neighbour's pet considers your garden their territory and so you are exposed to dander in this way.

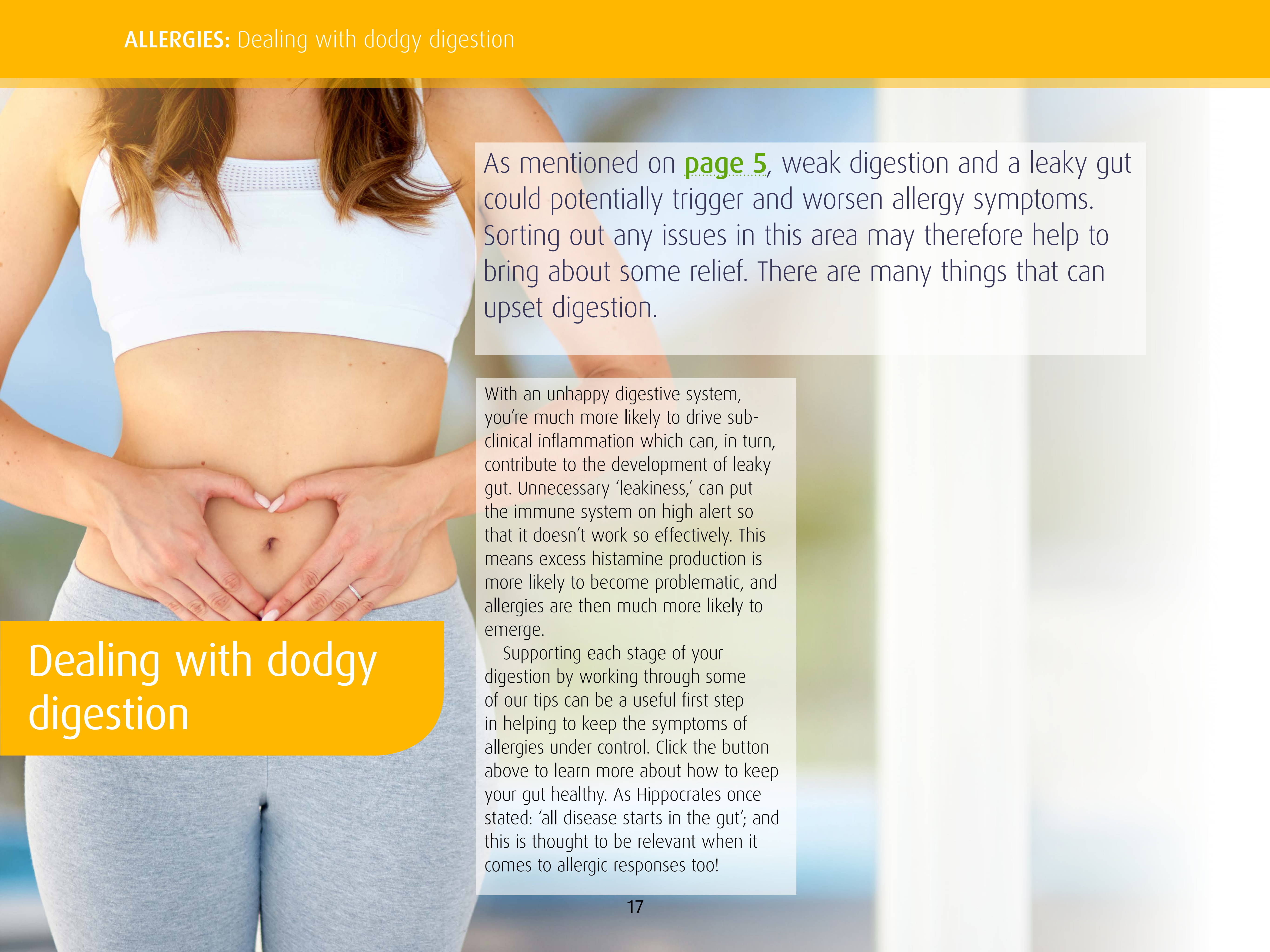
### DIY/ renovation

Like cleaning and beauty products, the harsh chemicals used in paint can cause the product to emit a strong smell that may trigger an allergy flare up. Also, if your body has already reacted to something like dander, which puts it into a state of high alert, the introduction of paint is likely to make symptoms like a runny nose and watery eyes more severe.

On top of this, renovation work like wallpaper stripping has the potential to cause further upset as it releases dust and allergens into the air, which can then irritate the nose and throat.

To minimise exposure to these kind of irritants, try to take yourself out of the house whilst work is on-going or, alternatively, try wearing a mask at this time.





As mentioned on [page 5](#), weak digestion and a leaky gut could potentially trigger and worsen allergy symptoms. Sorting out any issues in this area may therefore help to bring about some relief. There are many things that can upset digestion.

With an unhappy digestive system, you're much more likely to drive sub-clinical inflammation which can, in turn, contribute to the development of leaky gut. Unnecessary 'leakiness,' can put the immune system on high alert so that it doesn't work so effectively. This means excess histamine production is more likely to become problematic, and allergies are then much more likely to emerge.

Supporting each stage of your digestion by working through some of our tips can be a useful first step in helping to keep the symptoms of allergies under control. Click the button above to learn more about how to keep your gut healthy. As Hippocrates once stated: 'all disease starts in the gut'; and this is thought to be relevant when it comes to allergic responses too!

Dealing with dodgy digestion





## Is it a cold or an allergy?

As I am sure you are aware, the common cold occurs when you become infected with a virus. This puts your immune system in defence mode as it tries to fight off the virus. Although this is your body's way of dealing with the threat that a virus poses, it leads to some uncomfortable symptoms like a blocked nose and sore throat.

Allergies, on the other hand, occur when the immune system over-reacts after coming into contact with pollen, animal dander, mould spores or dust mites. When someone is sensitive to one of these things, the immune system releases histamine in an attempt to fend them off. This leads to symptoms that are fairly similar to a cold, including sneezing and a runny nose.

The difference is that cold or flu viruses are proper enemies, whereas pollen is not; so your immune system should not be mounting a defensive action.

### When does each occur?

The cold virus is passed on through contact with an infected individual, meaning the problem can occur at any time, including in the height of summer. For the virus to reach you all it takes is for someone with a cold to shake your hand or cough nearby, so it's quite hard to avoid!

After contact with a virus it can take a few days for symptoms to arise; however, after contact with an allergen symptoms usually begin to emerge immediately. Unlike colds, allergies are not in any way contagious and instead they occur when an individual comes into contact with something they are sensitive to.



# ALLERGIES: Is it a cold or an allergy?

## How long does each last?

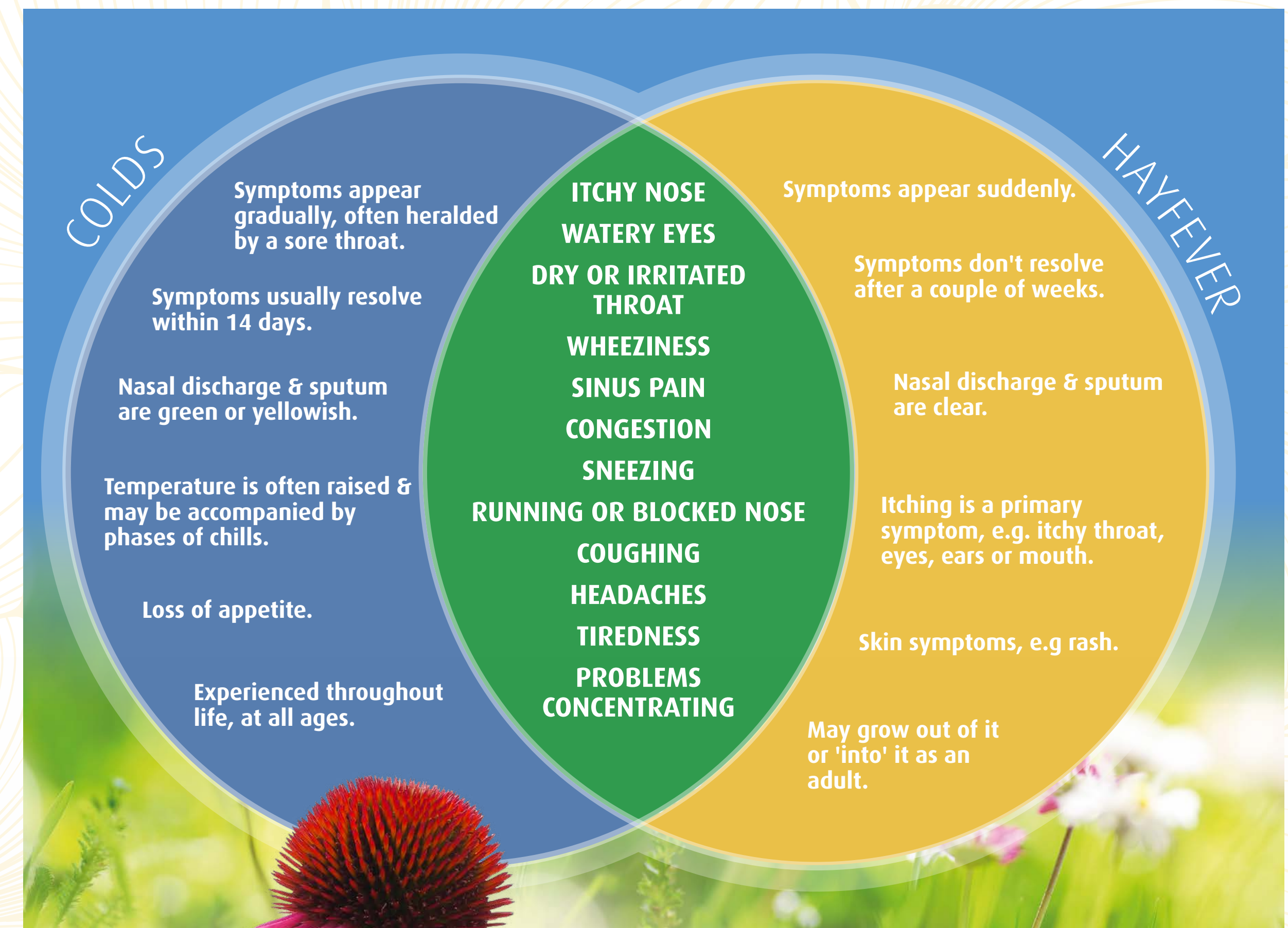
Most people will find that their cold lasts anywhere between two days and two weeks. If yours has persisted longer than this, it's definitely time to get the issue checked over with your doctor.

Although allergies can arise in adulthood, once developed the condition is usually permanent with symptoms reoccurring year after year. There may, however, be times where you have no symptoms whilst at others you feel plagued by issues. That's because the severity of allergy symptoms fluctuate depending on the amount of pollen, dust, mould and dander (allergens) around you. Many people with a pollen allergy will see their symptoms worsen from March, for example, when plants begin to pollinate and the hayfever season begins. Symptoms may then last into October.

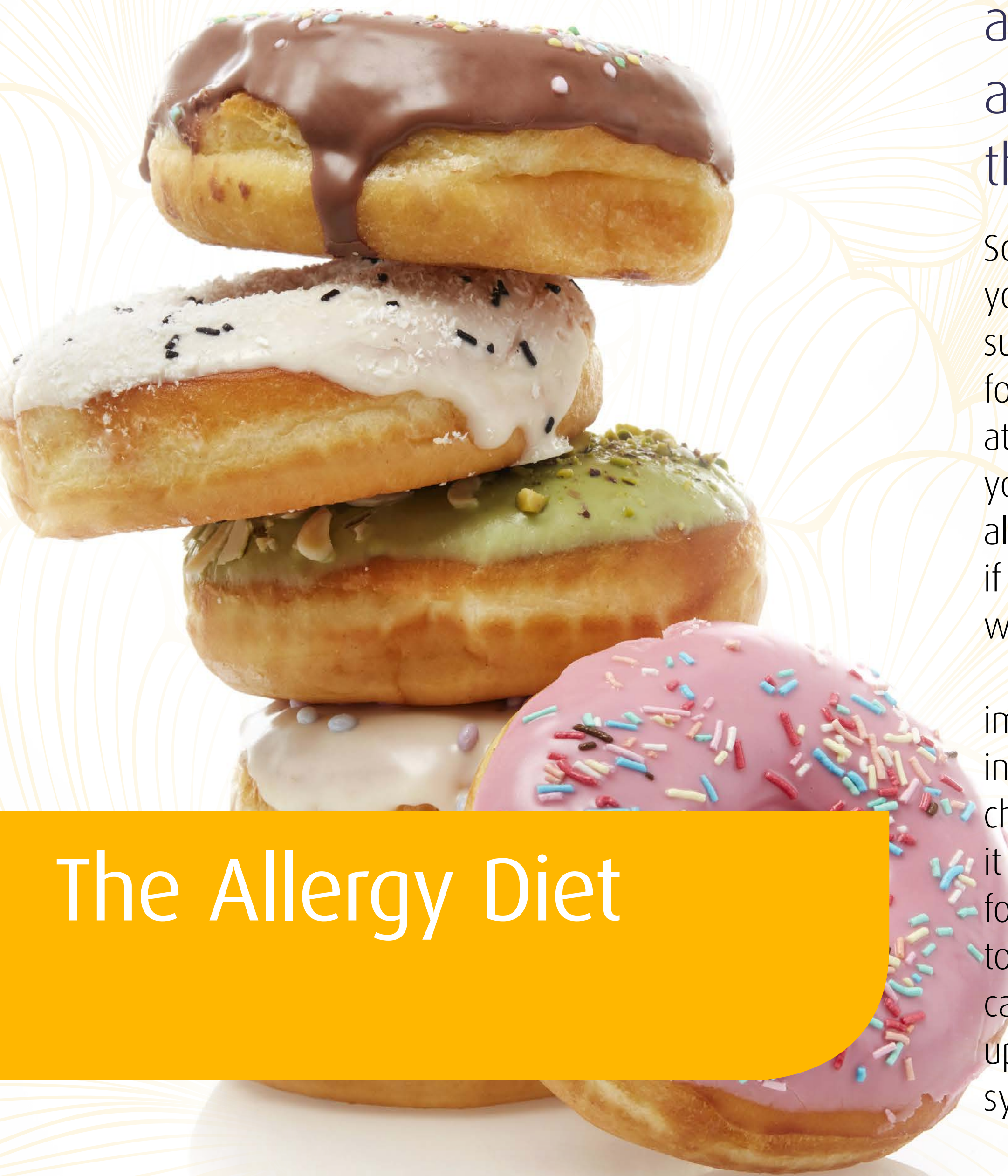
## Symptoms

There is some overlap in terms of the symptoms experienced by cold and allergy sufferers. Although not everyone will experience every one of these issues, colds and allergies usually result in coughing, sneezing, a blocked nose, a runny nose and a sore throat. However, there are also a few symptoms that are only problematic for those with a cold, and this includes fever and aching limbs.

As allergens are often in the air around us they can come into direct contact with the body and cause problems like swollen eyes and itchy skin. In contrast, these symptoms are not usually experienced by those with a cold.







## The Allergy Diet

During a flare up of your allergy symptoms you may find that you react to certain foods that don't usually cause any problems. This is because your body produces more adrenaline when it is attempting to fight off allergens and this chemical is not good for the digestive system.

So, until your allergic rhinitis subsides and your digestive functions are sufficiently supported, you may have to avoid the foods that are causing you problems, or at least reduce the amount of them that you eat. Ensure that when you do eat you allow plenty of time to chew thoroughly – if you eat in a hurry it'll just make things worse!

As I've previously mentioned, the immune system sends out histamine in response to allergens. However, this chemical isn't just produced by the body: it is also contained in a lot of everyday food and drinks. From your morning brew to your afternoon snack, what you eat can therefore have a significant impact upon the severity of your allergic rhinitis symptoms.

### Foods to avoid

#### Refined sugars

Refined sugars are particularly bad if you suffer from an allergy, as they reduce the effectiveness of vitamin C, which works to calm the inflammatory effects of histamine. They also contribute to the production of too much mucus, which will worsen congestion and pressure in the Eustachian tube.

Refined sugars are a part of our day-to-day diets and can be found in many products including sweets, cakes, ready meals, jars of sauce for cooking, and ketchup.

Instead of consuming lots of these foods, as an allergic rhinitis sufferer it's best to choose fresh produce such as meat, fish, fruit and vegetables, as well as complex carbohydrates and wholegrains. Not only will these foods provide you with a healthy meal, they are mainly low in histamine too.



### Cashews and walnuts

Although cashews and walnuts are fairly healthy additions to your diet, they are also high in histamine which can make them problematic for those with an allergy.

So, in order to avoid making your stuffy nose or itchy rash worse, these are another thing to cut down on, at least in the short term to see what impact it has. There are plenty of other nuts you can easily switch to, including pecans, macadamias and hazelnuts.

### Fermented foods

Fresh fruit and vegetables typically contain low levels of histamine, but the chemical can be present in bacteria that grow around them. If these ingredients are aged or preserved, this process can end up creating a product that contains high levels of histamine. Other preservatives such as vinegar, yogurt and canned fish can also be problematic.

### Milk-based products

Be wary of dairy! People prone to allergic reactions tend to struggle with dairy because it has the potential to make phlegm thicker. This worsens congestion, blocked ears and a sore

head which, in turn, potentially interrupts sleep and causes fatigue.

On top of this, dairy is a common trigger for digestive problems which, as we now know, can influence allergies. Part of the reason dairy can be problematic here is because not everyone finds it easy to digest.

So, this is another food group that it may be best to avoid or reduce; but you may be wondering what to have instead. Well, fortunately there are a number of alternatives to mucus-inducing milk, including rice, coconut, almond and soya milk.

## Foods that help

### Spice

Ever been a little generous with the chilli powder in your homemade curry and felt your nose begin to run? Well, this effect is caused by capsaicin, a compound found inside chilli peppers. This compound can be helpful when we are feeling congested as it breaks down mucus, causing it to run. So, it turns out you can have a tasty meal and help your allergy symptoms at the same time – just remember to keep your tissues handy!

### Quercetin

Quercetin is a type of polyphenol (a chemical compound) that can help control the levels of histamine being produced by the body. However, it is also said to have an anti-inflammatory effect, which means it's very important for someone with an allergy. So, which foods actually contain it? Well, the list includes everyday healthy ingredients such as onions, garlic, peppers, broccoli, apples, berries and beans.

### Pineapples

This delicious fruit contains bromelain, a compound that can be beneficial for those with an allergy. Some studies have suggested that bromelain can thin mucus which may help symptoms such as congestion and coughing.<sup>10</sup>

### Omega 3

This fatty acid is bursting with anti-inflammatory properties, so it may prove beneficial for people suffering from allergy symptoms like itchy skin and swollen eyes. Oily fish such as mackerel, salmon, herring and anchovies are all good sources of omega 3, but so too are chia seeds, walnuts and flaxseeds.



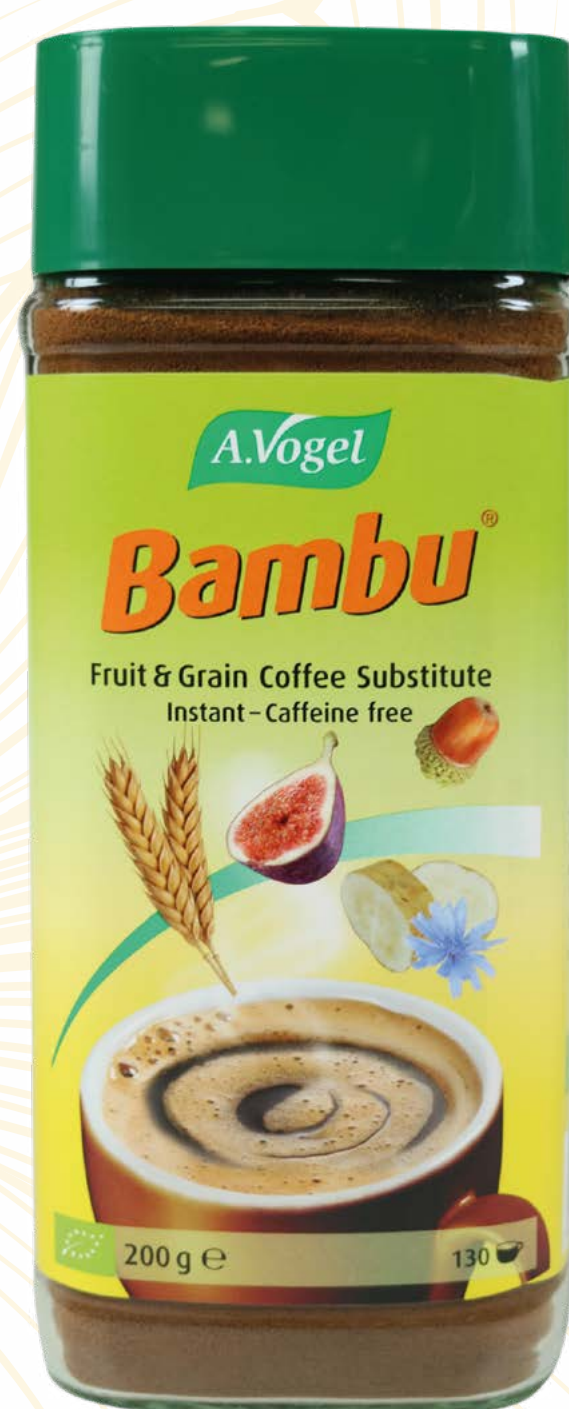
### Probiotics

Some research has suggested that probiotics may have a positive effect on hayfever symptoms and the quality of life of those with allergic rhinitis.<sup>11</sup> So, if you'd like to try upping your consumption of probiotic foods to help your symptoms, you could include some dairy-free live yogurt or miso soup in your diet!

### What about drinks?

#### Avoid too much caffeine and alcohol

Coffee, tea, wine, beer and spirits contain high levels of histamine, so consuming them on a regular basis has the potential to make your allergy symptoms worse. However, instead of abandoning your favourite brew altogether you could simply opt for a caffeine-free alternative such as **Bambu**. Made from organic chicory, Turkish figs, malted barley, wheat and Greek acorns, this has a delicious wholesome flavour.



### Try nettle tea

You might associate nettles with a nasty sting but, when it comes to allergic rhinitis, they can actually be quite beneficial. That's because the plant acts as a natural antihistamine in the body; so when you wish to fight off symptoms such as nasal congestion and itching that are caused by the release of histamine, it's the perfect choice of drink.

### Opt for green tea

Like nettle tea, green tea has a natural antihistamine effect so it could help with allergic rhinitis symptoms. Not only that though, the immune system is put under a great deal of strain when dealing with allergens. As green tea has been shown to be high in antioxidants which help to strengthen the immune system, it could therefore be a helpful addition to your diet.

### Make a smoothie

This will not only provide you with a healthy snack at any time of the day, but a smoothie is low in histamine too. Also it's easy to make a smoothie that contains lots of vitamin C that helps to support your immune system more generally, as well as being a natural antihistamine.

Turn to [page 32](#) for a delicious smoothie recipe, as well as some allergy-friendly main meals!

### Go for peppermint tea

Peppermint tea acts as a decongestant, meaning it thins mucus to allow it to flow more easily from the nose. Plus, peppermint tea and all the other hot drinks I've mentioned so far produce steam, which contains heat and moisture to loosen mucus and ease congestion.

### Stay hydrated!

Finally, last but not least, we must not forget about water! It's always a good idea to stay hydrated but especially if you're suffering from allergic rhinitis. This is because water can help soothe a sore throat and, by thinning mucus, it can also reduce congestion. As well as this though, water contributes towards brisk circulation, transporting immune cells around the body to play their part in defending the body from allergens.



Hayfever and allergic rhinitis  
remedy

Non-drowsy

Can be used alongside other  
hayfever treatments

Suitable for children over the  
age of 12

## Helpful Remedies

From diet to lifestyle tips, this book has already explored some important steps that can be taken to deal with allergies. In this section the focus is on herbal remedies that may be beneficial. Herbal remedies have traditionally been used to help support a whole range of conditions, including allergies.

### First and foremost – Pollinosan

In dealing with hayfever symptoms it is best to start with **Pollinosan Hayfever Tablets**, as these work to address a whole range of symptoms. After taking a course of these, see how your symptoms respond and, if necessary, you can then add other products; though what these are will depend on your symptoms.

**Pollinosan Hayfever Tablets** are made from 7 tropical herbs which, together, address symptoms including sneezing, watery eyes and congestion. They are non-drowsy so will not affect your ability to go about your day-to-day life, and can be taken in combination with medications such as antihistamines, as well as alongside A.Vogel's other herbal remedies.

If a specific problem is troubling you, another one of our other remedies may add extra benefits.





### Dealing with nasal problems

When allergens like pollen and mould spores get into the nose of someone with allergic rhinitis, they can cause symptoms like sneezing as the body attempts to get rid of them. Also, the nose may begin to run as the mucous membranes which line the inside of the nose increase their production of mucus in order to trap and wash out allergens.

Congestion is exacerbated as a result of histamine, because this chemical can cause inflammation in the nasal passages. This means that the amount of air able to pass through the nose is reduced and so it becomes a little more difficult to breathe.

Unfortunately, if this symptom does arise it has other negative implications for the body. The sense of smell is reduced, for example, which can then affect taste. Also, the nose, ears and mouth are all connected, so congestion may become problematic in the ears as well.

To address nasal problems like congestion, you may find that the [Pollinosan Luffa Nasal Spray](#) is helpful. This works quickly to cleanse the nose of allergens and so helps to reduce inflammation in the mucous membranes that line the nose.

In order to deal with ear, nose and throat problems longer term, [Plantago Drops](#) may be the better option. This is both healing and soothing, helping to expel mucus and clear irritation in the ear, nose, and throat.

### Symptoms around the eyes

Itchy, watery and red eyes can also emerge as a result of an allergy. When allergens land near or in the eye, it results in a frustrating itch. This problem is exacerbated by the release of the chemical histamine, as it can cause inflammation all over the body, including around the eyes.

If the eyes are itchy it is extremely tempting to rub them to ease the problem; but this is best avoided as it will only make the area redder.

A.Vogel's [Extra Moisturising Eye Drops](#) can be incredibly helpful when suffering from allergic rhinitis symptoms such as irritated, dry and tired eyes. The product contains hyaluronic acid, which is both soothing and moisturising for the eyes.

### Sore throats and coughing

When exposed to an allergen, the mucous membranes that line the inside of the nose produce more mucus in an attempt to wash out and trap the allergen. This can

cause a runny nose but it can also drip down the back of the throat in a process called a post-nasal drip. This irritates sensitive tissues at the back of the throat so that they eventually become tender. Also, the feeling of mucus dripping down the back of the throat may stimulate a cough which, if persistent, also contributes to a sore throat.

To help address these particular symptoms it may be best to turn to a tried and tested home remedy. A glass of warm water mixed with honey or agave syrup and lemon helps to soothe the throat, thus reducing soreness and coughing.

### Skin issues

For an allergy sufferer, a skin rash may occur when an allergen lands on the surface of the skin. This makes the area itchy and can eventually lead to broken skin and redness.

A.Vogel's [Neem Cream](#) may prove beneficial here, as it helps to soothe irritation and redness on the skin. The product is made from fresh Neem leaf and none of the beneficial properties of this plant are lost during the production process.



### Allergies and vitamin C

Vitamin C supports the immune system and, crucially, supports the repair work of damaged respiratory cells. However, it is also a natural antihistamine and therefore another weapon for fending off your allergy symptoms. Oranges are the most well-known source of vitamin C, but don't forget that broccoli, strawberries and potatoes are also abundant in it too.

To maximize your vitamin C intake you may wish to try a natural supplement such as [A.Vogel's Nature-C](#) tablets. These are made from extracts of a wide variety of fruits including blackcurrants, lemon, passion fruit and gooseberry. This list of natural ingredients means that the vitamin C is absorbed very easily by the body.

### Allergies and Echinacea

This brightly coloured plant may be prominently associated with colds and flu, but it can be very beneficial for allergy sufferers too. That's because it supports the immune system and in doing so it helps to fend off invading allergens. In addition, it can help to balance or moderate an inappropriate immune response thus helping to keep troublesome symptoms in check.

[A.Vogel's Echinaforce Echinacea](#) Drops contain organically grown and freshly harvested Echinacea. This prevents the plant from losing any of its beneficial properties during the production process which, in turn, makes it more effective. The fact this product comes in liquid form also means it is easily absorbed by the body.





## A day in the life of an allergy sufferer

Discover solutions to the symptoms that take hold as you go about your daily routine!

### Early morning

Should you be awake at this time, curb any enthusiasm that you might feel for getting out into the open air to enjoy the burgeoning day, as pollen has already burgeoned! Levels are high first thing in the morning so if you like exercising early and suffer from hayfever, stay indoors or head to the gym rather than the green fields and forests...

Keep your windows firmly closed at this time too, and don't hang your bedding out on the balcony where it may trap early rising pollen.

### Breakfast

Use this opportunity to load up on histamine-defying vitamin C. Choose citrus fruits such as grapefruit, oranges, and clementines or C-filled kiwi fruit. Have these as whole fruit rather than juices if possible, as you then benefit from the bioflavonoids in the flesh of the fruit.

*All foods rich in vitamin C contain bioflavonoids which*

*makes them work more effectively. As well as being antioxidants, bioflavonoids are thought to be very important for the health of blood vessels, especially the tiny capillaries. Take note if you are prone to nose bleeds or thread veins!*

Cherries, blueberries, blackberries, strawberries, and raspberries contain quercetin, another natural antihistamine; so aim to brighten up your muesli or cereal with these berry delights, or alternatively have a selection of them with yoghurt. Choosing non-dairy yoghurt (for instance, soya, coconut or almond-based) and milk (oat, rice, soya, almond and many others are available) reduces the mucus-forming nature of your breakfast.

Caffeine in coffee and normal tea stimulates histamine so swap these in favour of antioxidant-rich green tea, or histamine-quelling nettle tea.



### Morning munchies

Tackle the onslaught of histamine-related symptoms by snacking on an apple or a handful of grapes, as these contain quercetin. Also, fill up on nettle tea rather than caffeine, and add fresh ginger to water for a pleasant zing – this also has antihistamine and decongestant actions.

### Midday

As was discussed on [page 7](#), pollen counts tend to be higher in the afternoon so if you want to get active in the middle of the afternoon it may be best to head indoors. Is there a fitness class you could attend nearby? What about going to the gym for a lunchtime workout?

### Lunch

Bioflavonoids support your respiratory system, and are found in peppers, tomatoes, and green leafy veg, so fill up your lunch plate with luscious salads. Add anti-inflammatory omega 3-containing salmon, trout or mackerel, or a splash of flaxseed oil dressing if you're veggie/vegan.

### Don't hang out

If you suffer from hayfever and the pollen count is high, dry your clothes indoors as

damp clothes will collect pollen. Now is not the time to get busy in the garden! Get someone else to mow the lawn whilst you stay firmly indoors with the windows shut. Garden centres will be able to offer you advice on low-allergen plants for a less nasally-challenging summer show.

### Wrap up

When venturing outside, wear wrap-around glasses to minimise contact with floating pollen and other irritants. A great tip is to dab a little lip balm around the edges of your nose to trap any irritants that might be heading your way.

### Dinner

This meal can also do you good by providing vitamin A to keep your mucous membranes healthy. Carrots, tomatoes, sweet potatoes, spinach and watercress are full of beta-carotene, a natural anti-histamine, so go for soups, stews or curries that contain these.

Alcohol increases the likelihood and severity of allergic rhinitis, so swap alcoholic drinks in the evening for indulgent berry juices, a small smoothie, or a tall elderflower cordial. You'll sleep better too!

### Snack time

Beta-carotene is also found in dried apricots or mango, so use these for a delicious sweet snack rather than things full of refined sugar that will pull down your immune system.

*Having refined sugar can trigger a surge and then drop in blood sugar levels, and this can cause a rush of adrenaline, which prompts histamine production – just what you don't want!*

### Bedtime

If you have been out for the day and suffer from hayfever, get undressed in the bathroom not the bedroom. There may be pollen on your clothes and you don't want it floating around the bedroom when you're sleeping, as it could trigger sneezing when you should be snoozing!

Check that your bedding is low allergen and if your mattress or duvet and pillows are old it might be an idea to put new ones on your wish list, as dust mites and mould may have built up over the years.



## Allergy blasting smoothie

Help beat your sniffles and sneezes with this super refreshing and symptom-easing smoothie! It is packed with natural antihistamines, as well as fruits that are rich in vitamin C.

### What you will need:

- ☐ 1 cup of freshly squeezed orange juice
- ☐ ½ tomato
- ☐ 1 cup of strawberries
- ☐ ½ cup of blueberries
- ☐ 1 tbsp of honey
- ☐ A piece of fresh ginger, ½ a thumb size
- ☐ Handful of crushed ice

1. Simply add all ingredients except the ice to a blender and then whiz until smooth. Pour into a glass, add crushed ice and enjoy!

Try our allergy  
busting recipes!



## Broccoli, kale and sweet potato soup

This delicious soup is full of vitamin C, as well as quercetin – that chemical compound that can have anti-inflammatory effects. This makes it the perfect lunch option when allergy symptoms are troubling you.

- ☐ 3 medium onions (roughly chopped)
- ☐ 1 large garlic clove (chopped)
- ☐ 4 medium sweet potatoes (peeled and chopped)
- ☐ Large handful of kale
- ☐ 1 large broccoli head (cut into florets)
- ☐ 1 tbsp of light olive oil
- ☐ 1 tbsp of vegetable stock dissolved in 1 pint of boiling water
- ☐ Salt and pepper to season

1. In a large pan or wok, warm the oil on a low heat. Once the oil is hot, add the chopped onions and garlic, and fry on a low heat for around 4-5 minutes. Stir occasionally to make sure the onions do not burn.
3. Add the chopped sweet potatoes into the pan/wok and stir well. If you like your food spicy, you can add some chillies or Cajun seasoning at this point.
4. Put a lid onto the pan and leave for

about 3-4 minutes whilst preparing the vegetable stock. When the stock is ready, pour it into the pan and mix until combined. Place the lid on the pot and bring the potatoes to the boil, then simmer for 5 minutes.

5. Add the washed and chopped kale and broccoli to the pan. Make sure the ingredients are covered, if not add some extra water. Bring back to the boil then simmer again for a further 8-10 minutes with the lid on the pan, making sure to stir occasionally.
6. Once simmered, turn off the heat and allow the soup to cool for a short while. Afterwards pour the mixture into a food processor/blender and whizz up until smooth and creamy. Season to taste and then enjoy with some tasty wholemeal bread!





## Vegetarian Chinese stir fry

This tasty, healthy stir fry is another good recipe for allergy sufferers to try as the variety of vegetables means it's loaded with vitamin C, as well as quercetin.

- ☐ 1 onion
  - ☐ 1 tbsp olive oil
  - ☐ 300g tofu, chopped into small cubes
  - ☐ 5 tsp soy sauce
  - ☐ 70g mange tout
  - ☐ 70g green beans
  - ☐ 70g baby corn
  - ☐ 2 red peppers, sliced
1. Sauté the onion with olive oil in a large frying pan or wok until soft.
  2. Add the tofu and soy sauce to the onions and sauté gently for a few minutes.
  3. Add the vegetables and fry until soft. Season and serve!





## Pineapple ice lollies

Sometimes we just feel like having a little sweet treat after dinner and as pineapples contain high amounts of vitamin C and bromelain, these little lollies are the ideal option for any allergy sufferer!

- ☐ 1 pineapple
- ☐ 400 ml of dairy-free milk (almond milk is a good option)
- ☐ 2 tbsp of maple syrup
- ☐ ½ lemon (juice)
- ☐ Desiccated coconut (to decorate)

1. Place the pineapple, dairy-free milk, maple syrup and lemon juice into a food processor and then whizz up until smooth (this will take around 5-8 minutes).
2. Put the mixture into lolly trays and pop in a lolly stick. Put into the freezer and allow to set for 5-6 hours. Once frozen, dip into the coconut and enjoy!





## What people ask us

### **Q. Does hayfever affect you while you're sleeping?**

A. Yes, you can still suffer from hayfever symptoms during the night. In fact, hayfever symptoms can often be worse during this time!

If you leave your window or doors open during the day when pollen circulates in the air, it can reach your bedroom and begin to collect in bedding, carpets and curtains. Also, as you go about your day-to-day life, pollen can collect in your hair and from there it transfers to your pillow when you go to sleep at night. In turn, this close contact with pollen can bring on severe hayfever symptoms.

So, to lessen the effects of pollen in your room keep your windows closed during the day. If you want to circulate fresh air, try to open them early in the morning or late in the evening when pollen counts are lower. Also, make sure you are changing your bed sheets regularly (once a week is ideal) and give your bedding a good shake before and after you sleep. Hoovering your mattress and pillows helps get rid of pollen that may have snuck in, too.

Some people with hayfever find it helpful to wash their hair before going to

bed because this gets rid of pollen that may have collected there during the day. This stops it transferring straight to your pillow.

### **Q. Where can I get information on my local pollen count?**

A. Our website contains a five day pollen forecast for over 30,000 locations in the UK. Simply click [here](#) and then enter your nearest town or city. This will give you levels of grass, weed and tree pollen in your area.

### **Q. What's the difference between cold and allergy symptoms?**

A. With a cold or flu, symptoms usually come on gradually and last about two weeks (any longer and you should definitely see your doctor). Symptoms of an allergy, on the other hand, last for a while and re-occur year after year, depending on the amount of time you spend with the allergen.

Allergies also involve a variety of symptoms including inflammation and itchy skin, whereas a cold usually only brings on symptoms like coughing, sneezing, a blocked nose, a runny nose and a sore throat.



### Q. Why do I experience hayfever symptoms even when the pollen count is low?

A. When the immune system detects pollen it releases histamine in an attempt to wash this allergen out; however, as I'm sure you're aware, this chemical causes a whole host of problems including inflammation, congestion and itching. These symptoms indicate that your body is in a state of high alert and so it takes time for the problems to ease once pollen counts have settled – it does not happen immediately. This explains why you may experience hayfever symptoms when the counts are low.

### Q. My allergy often causes coughing but why does the problem always seem to get worse at night?

A. If your cough gets worse at night it could be to do with the environment in which you are sleeping. It's not necessarily pollen that's causing the problem, as allergens like mould and dust mites can collect in your bedroom or in bedding too.

There are a few herbal remedies that help with coughs, but it depends which type of cough you have. A chesty cough for example, can be helped by the use

of [Bronchoforce Chesty Cough](#) Remedy; whereas a dry, tickly cough is better treated with [Bronchosan Pine Cough Syrup](#).

Other than that, it's important to stay hydrated, as water helps to rinse the throat of allergens that may be lurking there. It also stops your throat from getting dry, which would only worsen a cough. Eight to ten glasses of plain water a day is the recommended amount!

Also, when you go to bed at night try to keep your head elevated with a few extra pillows as this should help ease your cough.

### Q. Are there different types of pollen?

A. There are lots of different types of pollen, though being allergic to one doesn't necessarily mean that you'll be allergic to all of them. The varieties of grass pollen include dogstail, fescue, foxtail, meadow, oat, rye, timothy and vernal. These pollinate between mid-May and July, so if your symptoms emerge during this time, grass is likely to be the cause.

Trees such as ash, elm, sycamore and oak pollinate between March and mid-May, whilst weeds like dock, mugwort and nettle pollinate from the end of June to

October.

### Q. Does honey help hayfever?

A. There is a bit of conflict regarding whether or not local honey helps hayfever sufferers. Some people swear by it, arguing that because local honey contains traces of local pollen, eating it regularly can help a person become immune to that pollen. This, in turn, should ease hayfever symptoms.

However, others argue equally strongly that honey has no impact whatsoever on hayfever symptoms. If you want a more definitive answer than this, the best thing to do is to try it for yourself. If your symptoms improve over time then you can say that eating local raw honey does indeed help with your hayfever.

At the very least, honey is incredibly soothing, so mixing some into a mug of hot water and lemon could bring some relief from a sore throat or cough.

### Q. How long do you take Pollinosan for?

A. In general, hayfever treatments are more effective when they are taken over a period of time rather than just when symptoms emerge, and this is also the case for [Pollinosan Hayfever Tablets](#).



We usually recommend you start taking these a few weeks before the hayfever season begins (towards the end of February) and then continue taking them throughout the season. So, when there's a high risk of your symptoms emerging, this is the time to be taking the remedy.

I wouldn't normally say to take the tablets year round – only when symptoms are more likely to emerge and only as long as they feel they are helping your symptoms. I realise that sometimes allergy symptoms emerge when you least expect them - say in the middle of winter, so there are no issues with using the tablets out of the allergy season, if this is a problem you experience.

### **Q. Why do I get allergy symptoms in winter?**

A. As plants do not pollinate in the winter, it is extremely unlikely that your winter allergy symptoms are being caused by pollen. Instead, it is likely that something else is at the root of the problem, such as allergic rhinitis. This is similar to hayfever in that the immune system over-reacts to a substance, bringing on symptoms like watery eyes and sneezing. However, rather than

pollen being the trigger, the problem lies with mould, dust mites and pet dander, or anything else your body has decided is 'alien'.

Dust mites thrive in clean, warm carpets, bedding and upholstered furniture, so you don't often know they are there; yet they can still bring on hayfever-like symptoms.

Other things that have the potential to bring on hayfever-like symptoms include cleaning products and even laundry detergent. I'd rule these things out one at a time to see which is causing your watery eyes.

### **Q. Can you use antihistamines alongside Pollinosan Hayfever Tablets?**

A. Pollinosan Hayfever Tablets are not contraindicated with antihistamines or, indeed, any other hayfever medication. This makes it a good option for those requiring some additional support during an allergy flare up. The product cannot be taken by anyone under the age of 12 however, or by anyone allergic to any of the ingredients in the product. The product contains lactose, so should not be taken by anyone diagnosed as being lactose intolerant.





## To sum up...

Although allergies can be disruptive and uncomfortable, I hope this book has provided plenty of information and advice to help you deal with the problem.

As I have mentioned throughout this book, preparation is key when it comes to managing allergy symptoms. Keeping medication on hand can really help with this but, if you suffer from a pollen allergy, you'll need to know your local pollen count as well. Fortunately, A.Vogel provides a 5 day pollen count for over 30,000 locations in the UK. All you need to do is type your

address into the search function and you'll receive details on weed, tree and grass pollen in your area.

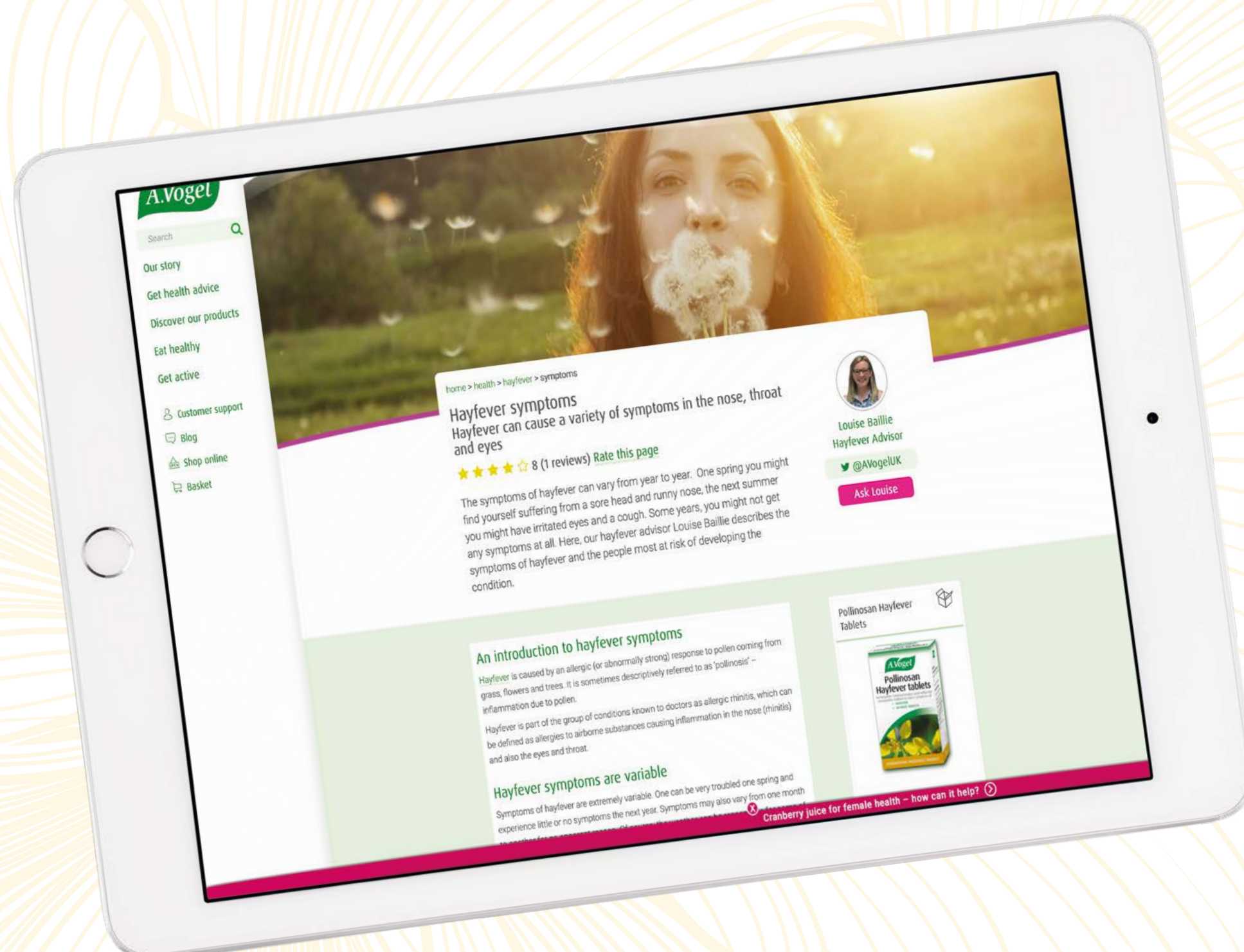
If you are looking for further information on allergies then I'd recommend taking a look at the A.Vogel Allergic Rhinitis Health Hub. Here you will find a range of blogs on the topic, as well as a Q and A service where you can ask any allergy questions you may have. For those of you who are allergic to pollen, we also have our Hayfever Health Hub which provides additional tips and advice. If all of this isn't

enough, you can even sign up to receive monthly emails on hayfever and allergic rhinitis to keep up to date on the topic.

Hopefully with the help of my book, as well as these additional resources, you'll know exactly what to do next time your symptoms flare up.



*All the best,  
Louise Baillie  
Allergies Expert*





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## ALLERGIES: Allergy symptoms.

Symptom	Cause	Symptom	Cause
Loss of taste and smell	Congestion can reduce our sense of smell and taste	Itchy throat	Allergens can land at the back of the throat and then irritate sensitive tissues there
Blocked ears	Inflammation means that fluid isn't able to drain from the middle ear as it normally would	Blocked nose	Histamine can cause inflammation in the nasal passages and so the amount of air able to pass through the nose is reduced
Cough	An allergen at the back of the throat can trigger coughing. Mucus may also run down the back of the throat, irritating the area – a problem known as a post-nasal drip	Migraines	The reasons for this are unclear though the release of histamine could be a trigger, as could pressure in the sinuses
Dizziness	Inflammation can cause the Eustachian tube (running from middle ear to the back of the throat) to become blocked. This causes pressure and fluid to build up and dizziness may become an issue	Red eyes	Itchiness can lead to redness around the eyes; but inflammation also causes the blood vessels in the white outer layer of the eye to dilate or swell
Dry throat	When the nose is blocked we automatically breathe in through the mouth. As cold air enters the mouth it dries out the moisture created by saliva	Runny nose	Mucous membranes which line the inside of the nose increase their production of mucus in order to trap and wash out allergens
Earache	If the Eustachian tube becomes inflamed it won't be able to open fully and drain fluid, which can lead to pressure and earache	Skin rash	A skin rash can occur when an allergen lands on the surface of the skin. This makes the area itchy and may eventually lead to broken skin and redness. Some allergic rhinitis sufferers may also experience hives, which are large red, itchy lumps that form on the skin
Fatigue	A variety of symptoms can make it difficult to sleep, and fatigue can also be a side effect of antihistamine medication	Sinus headache	Histamine can cause inflammation in the passages that lead to and from the sinuses. Fluid and mucus can't then be drained away. This can lead to an increase in fluid, but it also becomes thicker, causing headaches



Symptoms	Contributing Factor	Practical Tips	Helpful Remedies
Acid indigestion, heartburn, hiatus hernia, acid reflux, bloating, wind, abdominal discomfort, sluggish bowel, food cravings, Helicobacter pylori infestation	<ul style="list-style-type: none"> <li>Eating quickly, not chewing sufficiently</li> <li>Eating on the run</li> </ul>	Sit down to eat (no rushing about!) and chew! This activates the digestive enzymes and sends messages down the system so that we are better able to digest food.	With its mix of freshly harvested Artichoke, Dandelion, Peppermint and dried Boldo, Digestisan can bring relief from the likes of bloating, flatulence and indigestion.
Acid reflux, heartburn, hiatus hernia, acid indigestion, acid reflux, abdominal discomfort	<ul style="list-style-type: none"> <li>Slumped or hunched posture whilst eating</li> <li>Drinking with meals (diluting digestive juices)</li> </ul>	Sit up straight whilst eating to give your digestive system the space and time to work properly. Don't drink more than half a glass of anything within 20 minutes of a meal to avoid diluting digestive juices. Drinking with meals also encourages us to wash down food rather than chewing it properly.	Silicol gel contains an ingredient called silicic acid which has the ability to bind to a variety of harmful and toxic substances. This can, in turn, bring relief from heartburn and acid reflux, as well as diarrhoea and flatulence.
Proliferation of unfriendly bacteria such as Candida in the gut, bloating, wind, food cravings	<ul style="list-style-type: none"> <li>Excess amounts of caffeine and fizzy drinks</li> <li>Lots of refined sugar and refined flour in the diet</li> </ul>	Keep caffeine and refined sugar intake to a minimum. Drink plenty of water before and after eating, though not during it.	A prebiotic such as Molkosan Original is rich in L+ lactic acid which supports good gut bacteria.
A sluggish bowel, bloating, wind, fatigue, abdominal discomfort, proliferation of unfriendly bacteria such as Candida	<ul style="list-style-type: none"> <li>Lack of exercise</li> <li>Rushed eating</li> <li>Too many refined foods and too few vegetables</li> <li>Dehydration</li> </ul>	Exercise can improve a sluggish bowel – walks, swims and cycles are ideal! Eat at set meal times as anticipating food allows our digestive system to prepare for its arrival by producing digestive enzymes.	Linoforce contains ingredients such as linseed, senna and frangula which have traditionally been used to ease constipation.
Various digestive problems all the way along the digestive tract	<ul style="list-style-type: none"> <li>Stress impacts negatively on digestive processes as adrenaline shuts down the digestive system</li> </ul>	Eat lightly when stressed.	When suffering from on-going digestive problems it is best to get checked out by your doctor.



## ALLERGIES: How to pick your product.

Product	Symptoms	How does it work?	When should I use it?	Who can use it?
<u>Pollinosan Hayfever Tablets</u>	<ul style="list-style-type: none"><li>✓ Sneezing</li><li>✓ Blocked nose</li><li>✓ Runny/ itchy nose</li><li>✓ Itchy eyes</li><li>✓ Sore throat</li></ul>	This is a traditional homeopathic remedy made to an original A.Vogel formula. It contains 7 tropical herbs to help ease a variety of allergy symptoms	You can use this product whenever symptoms develop. If after 7 days symptoms have worsened or have not improved then a doctor or qualified health professional should be consulted	Adults and children over the age of 12
<u>Pollinosan Luffa Nasal Spray</u>	<ul style="list-style-type: none"><li>✓ Blocked nose</li><li>✓ Itchy nose</li></ul>	Rinses the nose to clear it of allergens. Restores fluid and moisture to the nose to make it feel more comfortable	It can be used whenever symptoms are felt	Adults and children over the age of 6
<u>Plantago Drops</u>	<ul style="list-style-type: none"><li>✓ Blocked nose</li><li>✓ Post-nasal drip</li><li>✓ Loss of taste or smell due to congestion</li></ul>	Due to the mucilage found in Plantago, this product is very soothing. It calms mucous membranes and prevents further irritation. It also contains iridoids which are anti-inflammatory, antibacterial and antibiotic	This can be used long term to give membranes in the ear, nose and throat tracts time to repair	Adults and children over the age of two
<u>Moisturising Eye Drops</u>	<ul style="list-style-type: none"><li>✓ Red eyes</li><li>✓ Itchy eyes</li><li>✓ Watery eyes</li><li>✓ Dry eyes</li></ul>	These help to moisturise, soothe and lubricate the eyes	Eye drops are suitable for long term use, but if symptoms persist for longer than 30 days then seek advice from an optician or healthcare professional	Adults and children over the age of four
<u>Neem Cream</u>	<ul style="list-style-type: none"><li>✓ Skin rash</li><li>✓ Itchy skin</li><li>✓ Red skin</li></ul>	The combination of Neem leaves and carefully selected essential oils helps to soothe irritation and prevent dryness	This can be used long term to soothe skin problems	Adults and children over the age of 2. Test the product on a small area of skin before applying more