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Suffer from Seasonal Allergies? Fix your Gut!

For many, spring does not just mean the reawakening of plants, trees and flowers, it also means sneezing, itching, and runny nose. Allergies are triggered when pollens are released from plants and transported by animals, insects or through the air. When pollen comes in contact with a person's eyes, nose or lungs, an allergic reaction can occur. When the symptoms begin, many people reach for allergy medications, antihistamines or eye drops. But what if there is a better way to relieve allergy symptoms?



As many as one in five people suffer from seasonal allergies. Their symptoms can range from a runny nose to life threatening anaphylaxis (difficulty breathing). An allergy occurs when a person's immune system reacts to a substance that is otherwise harmless in their environment. To help combat seasonal allergies, strengthening the immune system is a great place to start.

Both the respiratory and digestive systems are considered immune barriers and work together to protect the body from harmful or foreign substances. The digestive system in particular influences the entire immune system. When gut health is out of balance, symptoms can present in various ways in the body, including as seasonal allergies.

Many studies have suggested that the microbiome of the intestinal tract plays an important role in overall health. Evaluating and modifying diet is a great place to start. Inflammatory ingredients such as sugar, refined carbohydrates, gluten and casein, and alcohol can greatly impact gut health. Testing for food sensitivities and following an anti-inflammatory diet can help to relieve allergy symptoms. Our compounding pharmacist can also help review your current medications and can work with you and your doctor to customize your needed medications without any problem-causing excipients.

Quality nutritional supplements may further improve and heal the gut microbiome. Several studies and clinical trials carried out both in vitro and in vivo on humans and animals suggest that there are clinical benefits of bovine colostrum (BC) supplementation in gastrointestinal diseases. Bovine colostrum contains immunoglobulins, as well as live cells that secrete key proteins including cytokines, lactoferrin, and proline-rich polypeptides (PRP). Supplementing with bovine colostrum has been shown to bolster the lining of the gastrointestinal tract and fight inflammation.

Once the lining of the GI tract is improved, probiotics can be supplemented to restore the balance in the gut. Probiotics have been shown to secrete protective substances which may improve immune response. Various studies using specific probiotic strains have shown improvement in seasonal allergy symptoms.

Allergy symptoms can be a red flag that your body needs attention. Talk to our pharmacist about quality supplement options to help repair your gut and alleviate your allergy symptoms. By taking care of your gut, you may even help prevent more serious health problems.

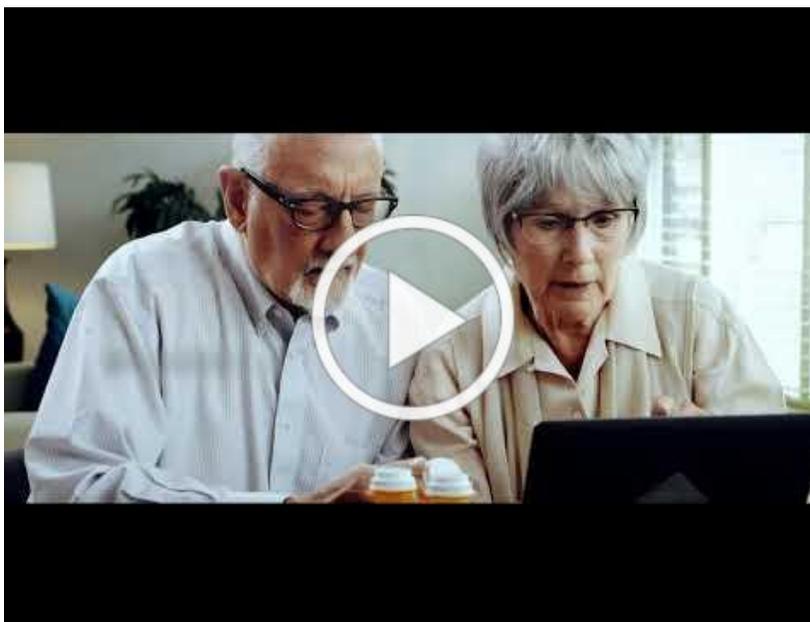
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