Seasonal Allergies

Introducing some natural alternatives to relieve your allergy symptoms
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Introduction

Do you know that Ontario, and in particular Ottawa, has been dubbed the “Allergy capital of Canada”?

Are you one of the many who suffer from seasonal allergies?

Allergies can have many symptoms such as runny nose, sneezing, itchy/watery eyes, headaches, anxiety, depression, fatigue, and even stomach and intestinal upsets.

We discuss natural alternatives to the time consuming allergy shots that doctors offer, and the expensive medications and their unwanted side effects.

*Find out how to relieve your symptoms naturally!*
Chapter 1

Histamine Intolerance, More Than Seasonal Allergies

Histamine is an important inflammatory molecule used by your immune system. Seasonal allergies and asthma are both affected by histamine release in your body, but did you know that gut issues and pain are also affected?

In a healthy gut, histamine is produced in large amounts, but your gut cells also do a great job of producing diamine oxidase (DAO) to breakdown histamine. If your gut is inflamed from a chronic digestive issue, your gut cells (called enterocytes) have a limited ability to produce DAO.

When the production of histamine outpaces your body’s ability to break it down, histamine can spread from the gut to other parts of your body.

Flushing, headaches, rashes, diarrhea and abdominal pain can all result from an imbalance in the breakdown of histamine; this is called histamine intolerance (HIT). HIT has been implicated in anxiety, depression, chronic pain, estrogen dominance, interstitial cystitis, urinary tract infections, IBS, and IBD. Certain medications can also affect HIT.

Children with a history of chronic abdominal pain may benefit from a diet low in the amino acid histidine, and from foods that free histamine in your body. Histidine is converted to histamine through a series of steps in your gut.

Aged cheeses, red wine, yeast products, and cured meats have all been identified as ‘histamine-rich’ foods; those that can add more histamine to your system. Citrus fruits, while not histamine-rich, have been implicated as a histamine liberator.
If DAO is not being produced in sufficient quantities, both histamine-rich foods and histamine liberators can worsen HIT.

Your family or naturopathic doctor may be able to test for blood levels of DAO, but unfortunately low DAO blood levels are not always a reliable way to predict HIT. If avoidance of histamine-rich foods improves your symptoms, chances are good that HIT is the culprit.

Working with your naturopathic or functional medicine doctor to strengthen your digestion, immunity, and response to stressors is what will ultimately provide meaningful change in HIT.

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About the Author

Dr Viegas has an undergraduate degree in Health Sciences from The University of Western Ontario and has also completed doctorate equivalency from The Canadian College of Naturopathic Medicine (CCNM). He spent his years of study at CCNM devoted to acupuncture, botanical medicine, nutrition, homoeopathy, physical medicine, and counselling.
Chapter 2

11 Foods to Avoid to Alleviate Allergy Symptoms

For thousands of people in Ottawa, the arrival of spring is a bittersweet time of year.

After surviving another long cold, snowy winter interspersed with the occasional cold or flu this is replaced by itchy eyes, sneezing and runny nose triggered by the arrival of moulds and pollens.

More than 1 in 6 Canadians suffer from seasonal allergies, which equates to nearly 6 million people. The highest concentration is found in Ontario while the lowest rates are in Atlantic Canada. Exact numbers for Ottawa are not available, but it is known, by some commentators, as the allergy capital of North America.

Dependent on what you are allergic to, the allergy season can start in March, with melting of the snow, and last all the way through to the fall, with the first frost.

At the end of March, the chief culprit comes in the form of leaf or snow mould, which emerges as the snow melts.
Throughout the spring and most of the summer different grass, flower and tree pollens take their
toll. At the end of the summer, ragweed makes it’s appearance and from my observation can
cause the worst symptoms.

With the beginning of the allergy season, the majority of people reach for their favourite brand of
antihistamine medication.
Histamine is a chemical produced by the body when it comes into contact with an allergen. The
release of histamine causes the itchy red eyes, runny nose and sneezing. Taking the antihistamine
helps to stop the production of histamine so reducing symptoms.

Some people who suffer from seasonal allergies have an underlying issue with an excess of
histamine in their bodies. This excess is always present, so when they encounter allergens they
experience much stronger reactions.

There are some different reasons why your body might have an excess, one of the reasons is a
problem with the friendly bacteria in your gut.

**An effective way to lessen your symptoms**

If you do suffer from seasonal allergies, an effective way to lessen your symptoms is to reduce
your intake of high histamine-containing foods. These include:

- Fermented alcoholic beverages, especially wine, champagne, and beer
- Fermented foods: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, etc
- Vinegar-containing foods: pickles, mayonnaise, olives
- Cured meats: bacon, salami, pepperoni, luncheon meats and hot dogs
- Soured foods: sour cream, sour milk, buttermilk, sourdough bread, etc
- Dried fruit: apricots, prunes, dates, figs, raisins
- Most citrus fruits
- Aged cheeses including goat cheese
- Walnuts, cashews, and peanuts
- Avocados, eggplant, spinach, and tomatoes
- All smoked fish and unsmoked mackerel, mahi-mahi, tuna, anchovies, sardines
If reducing the above foods helps your symptoms then the next step is to work out why your body has an excess of histamine in the first place.

Once you have identified and resolved that reason, you will be able to go back to eating the above foods without any adverse allergy symptoms.

If you would like help with this, I offer a free consultation where we can review your case.

About the Author

Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role. He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.
Chapter 3

Finally, a Cure for Seasonal Allergies?

Many of us suffer from allergies, whether seasonal or year round. Allergies can be of a physical nature or associated with underlying emotional issues.

The medical profession will provide testing to identify your allergies but is of little use when offering solutions. They are limited to meds to control symptoms and allergy shots (immunotherapy), both of which can bring relief but do not tackle the underlying issues.

Using the meds is a little like taking your car to the garage because a warning light shows up on the dash and the mechanic simply turning off the light without fixing the underlying problem.

And the shots are painful, time consuming and usually need to repeated over many years.

The only other option is to avoid the allergens, easier said than done if you react to dust, moulds, pollens etc!

So, is there a better way?

There are a number of natural allergy treatments available, some more effective than others. NAET (Nambudripad’s Allergy Elimination Technique) is one of them.

My personal experience with this modality began in 2003. I had suffered with various allergies for many years, and was ready to try anything. Despite the mixed reviews of this method I decided to give it a go. I was impressed to find that having been treated and pronounced clear of the allergens I no longer reacted to any of them.

And I still don’t react, 12 years later!

This is also my experience with clients - once they are cleared for an allergen it does not become a problem again.
The treatment uses the principles of acupuncture and works with your body to switch off the reaction. The body learns that it can be in balance, harmony, and non reactive when exposed to the allergen. This treatment has even been proven effective for severe and anaphylactic allergies.

The first step is to identify which allergens you are reacting to, then to treat them until cleared. The traditional NAET protocol has a strict order for treating allergens and will only consider one at a time, however, for seasonal allergies I have found it most effective to be guided by what your body wants and to treat as many of the environmental allergens as the body requests in one group. This group of allergens then takes 2 – 3 sessions to clear. The total cost to treat seasonal allergies is typically less than $400 and you will no longer need to be paying out for meds.

**One of my clients writes:**

“I was always short of breath, increased difficulty just going up the stairs. I was tested for allergies and it ended up I was allergic to multiple things .... I was treated and now I started playing hockey and running again. I barely use my puffers, and I am rarely sick even though I work in hospital setting.”

Book a complementary session with me to find out more about this truly life changing treatment.

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**About the Author**

*Sue Taylor* is co-founder and Clinic Director at Ottawa Holistic Wellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!

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If you want to understand more about your health and allergies you can book a complementary, no-obligation consultation with one of our experienced health coaches who can answer your questions. [Book an appointment now.](#)
Chapter 4

Allergies and Acupuncture, the Traditional Chinese Approach

Are you tired of taking allergy medicine to relieve your runny nose and watery eyes? Are you worried what the long-term effects of taking them? Are you wondering why your body is responding so negatively to these normally harmless particles?

You are not alone. Millions of North Americans suffer from itchy and watery eyes, runny noses every year, and every year, millions of dollars are spent on allergy medications and allergy shots to keep those pesky symptoms away.

Western medicine

From a Western medicine perspective, seasonal allergies are an inappropriate response by the immune system which sees the foreign particles as something to fend off. Our lymphocytes create anti-bodies which then attack the offending particles. These lymphocytes are found in the blood stream as well as in our gastrointestinal tract, spleen, lymph nodes and even in our bone marrow.

The Traditional Chinese medicine approach

In TCM, or Traditional Chinese medicine, the approach to treating allergies includes stimulating the Spleen, Stomach, Large Intestine meridians. The Large Intestine meridian starts on the index finger and ends at the nose. It is very common for patients to report an itchy nostril when the meridian is needled all the way down on their hand!
Diet plays a key role in our health. In TCM theory, too much overly sweet food is harmful to the Spleen, which is one of the key TCM organs treated when it comes to allergies. Sugar in milk, which contains a form of sugar called galactose, can all contribute to the formation of mucous and phlegm. It is, therefore, advisable to avoid or minimize these foods in your diet to maximize the benefits of the treatments.

**Treating with acupuncture**

As an acupuncturist, I enjoy treating allergies. Although a series of treatments is necessary to keep symptoms at bay on a long-term basis, immediate relief of some sort is often experienced during the first treatment. After the initial series of 10 to 12 treatments some patients will come in for a booster treatment once or twice a year, others don’t find the need for that and a few will come in every 2 or 3 months.

As acupuncture is a holistic form of therapy it addresses the root of the problem (cause) and the branches (symptoms). Because other branches or symptoms arise from the same root, by treating your allergies with acupuncture, or with your holistic therapy of choice, you will find other things relating to your health improve as well.

For instance, it is common for patients to report better digestion, sleep and an overall sense of well-being after a session.

Book a free meet and greet with me today and find out more about acupuncture.

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**About the Author**

Emily Dunn studied in Ottawa to become a registered acupuncturist and has additional training in Dr Tan’s Balance Method, Master Tung’s Points and facial rejuvenation for cosmetic acupuncture.

What inspires Emily as an acupuncturist is the ability to use a millennia old, drug-free method to help people relieve their symptoms and to facilitate natural healing.

If you want to understand more about your health and allergies you can book a complementary, no-obligation consultation with one of our experienced health coaches who can answer your questions. [Book an appointment now](mailto:ottawaholisticwellness.ca?subject=Booking%20Consultation%20-%20Acupuncture%20for%20Allergies).
Chapter 5

Acupuncture for Sinus Pain

For a growing number of people, the change in seasons and temperature results in some form of physical symptoms. It is common that our bodies respond negatively to this change.

These changes along with seasonal allergies can cause you to experience frequent sinus headaches. We have 3 main sinus cavities (Frontal, Sphenoid/Ethmoid and Maxillary) in the bones of our skull and face, between our eyes, in our forehead and nose.

Sinus headaches usually appear in the form of throbbing pain behind the eyes, in the face and in the forehead. Sinus headaches can occur when inflammation develops within the facial sinus cavities or when there is a build up of mucous.

These headaches can mimic tension or migraine headaches so getting a proper diagnosis from your practitioner is important. When our sinuses become inflamed they cannot drain mucous properly and, for this reason, you become more susceptible to bacterial infection.

You may be experiencing a sinus infection/headache if you get pressure like pain in your face or have tender points between the eyes and nose. The pain may be aggravated by sudden movements or when looking down, be worse in the mornings and you may have pain in your upper teeth or a runny nose.
Although there are many medications and even surgical treatments for severe sinus issues, one natural way to treat the signs and symptoms is acupuncture.

Most acupuncture practitioners will place needles in the face and in distal points like the hands and feet. Chinese medical practitioners describe sinusitis as “dampness” which creates inflammation and congestion in the mucus membranes. This dampness is cleared by strengthening the spleen meridian and by working with the stomach meridian.

Although there is not a large body of research done on this subject, acupuncture is also said to reduce inflammation by promoting the release of vascular and immune regulating factors.

So, if you are struggling with sinus pain this spring, give acupuncture a try. We at Ottawa Holistic Wellness can help you with this, along with other therapies that may be helpful for you.

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About the Author

**Dr. Stacia Kelly** is a chiropractor and acupuncture provider at Ottawa Holistic Wellness Clinic. The clinic has an extensive team of experienced wellness practitioners. They work together as a team, and consider individual’s symptoms to provide a truly holistic approach. This enables them to identify and treat the underlying causes of your issues to give deep, long lasting healing.

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Chapter 6

Allergies: How Does Osteopathy Help?

The common symptoms of allergies may include runny nose, eye irritation, sneezing, and are collectively called “allergic rhinitis”. People who are suffering from allergies will have hypersensitivity of the mucous membrane in the nose. As soon as an allergen contacts this mucous membrane, there is irritation and the tissues will become inflamed. As a result, they experience the symptoms of runny nose and congestion, and possibly a sensation of breathlessness. Eye irritation, sneezing, headaches or migraines are also possible.

Osteopathy to treat allergies

Cranial osteopathy is a very subtle, gentle technique. It will bring more mobility to the facial bones, releasing some of the tightness in the muscles, and improving mobility in the neck. However, the whole body is compensating for these restrictions so the osteopath will also make sure that there is no restriction in the ribcage, diaphragm and pelvis.

A whole body approach

In fact, in osteopathy, an allergy is considered more an imbalance in the neurovegetative system. It originates from other systems that are related to each other; the vertebral, cranial and visceral systems. This imbalance causes some stress in the body and disturbs the whole.

The goal of the osteopath will be to find where the stress is focusing: it could be a joint, an organ, teeth, feet, jaw, ribs, diaphragm...
When we suffer from an allergic reaction the parasympathetic and sympathetic nervous systems are not balanced. The sympathetic system is not inhibiting and balancing the parasympathetic system. This has diverse consequences such as digestive spasms, fatigue, hypersecretion from mucus glands, depression and more.

Treatment by the osteopath will be focussed on rebalancing both sympathetic and parasympathetic systems, allowing the body to function correctly and as a whole.

Come for a whole body check-up and find out how osteopathy can help you!

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**About the Author**

*Justine Gapihan* studied osteopathy in France. She has studied many techniques including structural, muscle energy, functional, fascial, craniosacral therapy and Jones counter-strain techniques. Justine’s experiences ranges from babies to the elderly, people with disabilities and athletes.

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L’asthme est une maladie du système respiratoire touchant les voies aériennes inférieures et notamment les bronchioles, définie comme étant une gêne respiratoire à l’inspiration. Il amène des périodes récurrentes de respiration sifflante, une oppression thoracique, un essoufflement et de la toux.

Le processus d’inflammation et de constriction

L’inflammation provoque une sensibilité des voies respiratoires qui a tendance à les faire réagir vivement lors de l’inhalation de certaines substances.

Ainsi, les muscles qui les entourent se contractent, provoquant le rétrécissement des bronches et la diminution du flux d’air dans les poumons. Il semblerait qu’une combinaison de facteurs, tels la génétique familiale et l’environnement, peuvent interagir et amener l’asthme à se développer, généralement précocement dans le développement de l’enfant. Il peut cependant affecter les personnes de tous les âges. Environ 12% des enfants et 8% des adultes sont asthmatiques.

Les premiers signes et symptômes sont:

- la toux fréquente, surtout la nuit
- essoufflement ou manque d’air facile
- respiration sifflante ou toux après l’exercice
- sensation de fatigue
- symptômes de rhume ou d’allergies
Il est important de traiter médicalement les symptômes lorsqu’ils surviennent pour la première fois. Cela permet de prévenir une crise plus importante et d’avoir un meilleur contrôle sur celle-ci.

Les patients atteints d’asthme doivent effectuer des efforts considérables pour surmonter les limitations mécaniques de la respiration. Les muscles expiratoires (diaphragme, intercostaux, scalènes) et les muscles inspiratoires (obliques, intercostaux, transverse de l’abdomen) vont être sur-sollicités pour parvenir à une ventilation convenable. Cette sur-sollicitation, dans le temps, réduit la mobilité de la cage thoracique, du dos et du cou. Toute augmentation de la mobilité de la cage thoracique par les manipulations ostéopathiques, réduit par conséquent ces efforts respiratoires.

**Traitement ostéopathique**


Le traitement ostéopathique apporte une complémentarité au traitement médical. Il cherche à lever les tensions des muscles inspirateurs/expirateurs, les tensions tissulaires de la cage thoracique et du cou (en rapport avec le nerf phrénique) afin de faciliter la bonne ampliation pulmonaire. Pour cela, il aura notamment recours à l’ostéopathie cranio sacré. Cette pratique travaille sur le système neuro végétatif, notamment le système para-sympathique afin d’accroître la décontraction et la mobilité pour augmenter la capacité vitale et la mobilité de la cage thoracique, et améliorer le fonctionnement du diaphragme.

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**About the Author**

Carl Teychene-Coutet is an enthusiastic and experienced osteopathic manual practitioner treating all of his cases with a holistic approach. He graduated from the Institut Dauphine Ostéopathie in Paris, France and went on to work with two clinics in Paris. In 2015, wanting to open his mind to alternate therapies, he attended the Wat Poh Thai Massage School in Bangkok.

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Chapter 8

Energy Healing & Reiki to relieve Seasonal Allergies

Allergies are an overreaction by the immune system to an otherwise harmless substance.

In the case of seasonal allergies you are reacting to pollens which do not pose a threat to your body. This reaction creates a continual state of ‘fight or flight’ in the body, weakening your immune system, increasing the risk of other infections or health problems and leaving you tired and worn out. It can also impact your sleep, adding to your fatigue.

Reiki and Energy healing work to rebalance and calm your body, activating the parasympathetic nervous system, eliminating the state of ‘fight or flight’ and allowing healing to occur. It can be used to help symptoms and to release underlying emotional issues which trigger the allergic response.

When using Energy Healing and Reiki, there are two parts to relieving your seasonal allergies, and they are most effective when you commit to a short course of treatments.

Controlling your symptoms

The first part is to assist with controlling your symptoms. The practitioner will focus on the affected areas of your body, so in the case of seasonal allergies your head, face, throat and chest.

The focus is on bringing balance and relaxation, unblocking the energy in the affected areas, releasing sinus pain, headaches, and resolving itchy eyes, runny nose, sneezing and wheezing. It is not uncommon to initially feel a little worse after the session; however this will shift within a day or two leaving you feeling better.
Reiki and Energy Healing also bring relaxation, allowing your body to rest and recuperate and improving your sleep. Many clients report feeling able to breathe more freely and that their sinuses and eyes are more comfortable following a healing session.

**Releasing underlying triggers**

The second part involves addressing the underlying reasons for your allergies. Most of us, especially adults, carry a certain amount of emotional baggage; from our childhoods, from our parents and previous generations (genetic memory), and some say from past lives.

Releasing these emotional memories from your body will help to bring about long lasting relief from your allergies. We cannot change what has happened in the past, but we can shift the way in which we react to these memories.

By allowing you to become less triggered and controlled by these past issues you become more balanced, grounded, centred, relaxed which ultimately makes you less reactive to allergens and also to daily stressors in your life.

Energy Healing and Reiki are not usually a complete cure for seasonal allergies, but they can assist your body to function in an optimal way. Following a course of healing sessions clients will comment that they feel better in many ways, including their allergic reactions.

Everyone can benefit from this type of healing so book now and enjoy enhanced health and well-being.

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**About the Author**

**Sue Taylor** is co-founder and Clinic Director at Ottawa Holistic Wellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you.

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