
Allergies

**Seasonal, Food and More.
Symptoms, Natural Treatments and Ways to Gain Relief!**

Ottawa Holistic Wellness

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OTTAWA HOLISTIC WELLNESS

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INTRODUCTION

Did you know that allergies can be the cause of a wide and diverse range health concerns?

They can be a factor in many symptoms such as runny nose, sneezing, itchy/watery eyes but also pain, headaches, anxiety / depression, fatigue, skin issues, stomach and intestinal upsets and even affect fertility.

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

You may be interested know that Ottawa has been dubbed

“The Allergy Capital of Canada”

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



CHAPTER 1

WHY SO MANY ALLERGIES?

The number of allergies is on the rise, but why so many allergies especially in children?

Allergies and auto-immune disorders occur when our immune system mistakenly identifies an otherwise harmless substance as a threat. It then attacks these inappropriate targets.

In the case of an allergy this may be a food, dust, mould, pollen etc or in the case of an autoimmune disease the body is attacked.



So Why So Many Allergies?

The medical profession does not really have any definitive answers as to why the number of allergies is on the rise.

There are however several theories.

1. **The Hygiene Hypothesis** speculates that we are not exposed to enough pathogens, parasites and other microbes giving our immune systems too little to do. This hypothesis has been around for several decades.
2. **Digestive Health and Leaky Gut** around 80% of our immune system is in our gut, if the gut is not healthy, then we will not be healthy.
3. **Lifestyle factors** such as warmer, drier homes and a more sedentary lifestyle.

The Hygiene Hypothesis

Population studies have found that there is a much lower incidence of allergies, asthma and anaphylaxis in developing countries. It is also known that children who grow up on a farm, around animals and spending a lot of time outside have fewer allergies.

The theory is that these children are exposed to parasites and other microbes, which is much more in line with the way that we evolved.

During evolution our bodies adapted to the constant presence of these parasites and other microbes. Now that they have been removed from our environment we have a very active immune system that is effectively itching for a fight.

In other words, our living conditions and food are so clean they don't offer our immune systems enough to do, so our systems overreact to harmless allergens instead.

Nick Furnham at the London School of Hygiene & Tropical Medicine and his team have also found similarities between the proteins in parasitic worms and those in pollens. He suggests that our parasite defences will naturally attack the pollen leading to seasonal allergies.

So what can we do?

We are simply too paranoid about “GERMS”.

If your house is generally clean it is acceptable for your child to play on the floor. Allowing your child to play outside and to be exposed to dirt is beneficial for the immune system. (Avoid areas that may be contaminated with animal waste)

Also, exposure to animals including pets will have benefits for their immune system and your child's mental well-being.

Digestive Health And Leaky Gut

It is estimated that 80% of our immune system is found in the gut.

When damage is caused to our gut lining by food allergies and intolerances, reactions to antibiotics or pesticides, or illnesses such as gastro-enteritis it allows bacteria, metabolic wastes and undigested proteins to enter our blood stream.

These foreign substances in the blood stimulate the immune system into attacking and trigger inflammation, allergies and auto-immune diseases.

Allergies are also more prevalent in C-section children. Baby's digestive tracts are sterile. During a natural birth they will be exposed to the flora found in their mother's gut. Studies are suggesting that these babies should deliberately be exposed to a swab from their mother in order to populate their gut with the necessary 'good' bacteria and other microbes.

So how do we fix this?

"Healing and sealing" your gut has been shown to help alleviate allergy symptoms. The key lies in altering your diet to eliminate any offending foods and introducing healthier choices that will support a proper balance of bacteria in your gut.

It is becoming more generally understood that pesticides in food, processed foods, "junk food", GMO products and synthetic ingredients in foods can decimate the beneficial bacteria in your gut, thereby having a negative effect on your immune system.

A registered nutritionist can give you individualized advice on which foods to eat.

Antibiotics should be avoided unless absolutely necessary. Following any course of antibiotics it is essential to take a good quality, preferably soil based, probiotic to repopulate the gut with 'friendly' bacteria.

Lifestyle Factors

Human beings are designed to be active for a greater portion of their day. In our modern world we too often spend many hours sitting down. Our lack of fitness impacts many systems in the body.

We also evolved to be outside in all weathers and temperatures. We live indoors in clean, warm and dry conditions. We are not exposed to challenging conditions and temperature changes that strengthen our bodies.

One study in the UK found that people who took a swim in cold water (sea, river or a lake) daily or several times a week, actually had stronger immune systems, were sick less often and had fewer allergies.

What can we do?

The answer is easy - move more and get out into the fresh air... If only it were that simple!

Take your child outdoors throughout the year, they will come to no harm in the cold or heat as long as they are properly dressed and protected.

Make sure that they get plenty of exercise and active time - you will benefit too if you play with them.

As an adult, try to make time to be outdoors most days, and plan a time to exercise 5 days a week if you can, even if it is a 30min walk. Find an activity that you enjoy, whether playing ball with your child, building a snow man, going to the gym, a team sport or a regular walking group.

By putting your exercise time into your schedule you will find it easier to achieve. The benefits will be worth the effort!



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. 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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CHAPTER 2

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 be 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. The NAET treatment is one of them.

My personal experience with this modality began in 2003. I had struggled 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, both food and environmental. It's now 2017 and I still don't react!

This is also my experience with clients – once they are cleared for an allergen it usually does not become a problem again.

The treatment uses acupressure (no needles) and works with your body to switch off the reaction. It teaches the body that it can be in balance, harmony, and non reactive when exposed to the allergen. It is safe for all ages, from new born to seniors and can even be used to treat pets such as cats, dogs and horses.

The allergens are identified then treated 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, it is usually permanent, and you will no longer need to be paying out for meds. Occasionally, a client will return to my office several years later complaining of renewed seasonal allergies. We simply treat whatever is new in their environment, usually only one or two visits, and their allergies are no more.

Chantal, a client of mine, 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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CHAPTER 3

4 BEST SUPPLEMENTS TO ALLEVIATE SEASONAL ALLERGY SYMPTOMS

As a child, I suffered from terrible allergy symptoms. My mother did not know about supplements that may alleviate seasonal allergy symptoms. Instead, she would take me to the doctor who wrote out multiple prescriptions to mask my various symptoms.

Common Seasonal Allergy Symptoms

Typical seasonal allergy symptoms include:

- Congestion
- Post-nasal drip
- Excess mucus production
- Sneezing
- A runny nose
- Itchy, watery eyes
- Scratchy throat.
- Tickle/irritation in the ears
- Wheezing



Supplements To Alleviate Seasonal Allergy Symptoms

Back in the 1970s, when I was a child with allergies, natural remedies and supplements were available, but a minority of people knew about them, and they received minimal scientific scrutiny. Thankfully, things are beginning to change, and researchers are showing that supplements work.

The following is a list of the four best supplements demonstrated through high-level scientific research to alleviate seasonal allergy symptoms.

1. Probiotics

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of these as germs that cause diseases. However, your body is full of bacteria, both good and bad. Probiotics are often called “good” or “helpful” bacteria because they help keep your gut healthy.

A placebo-controlled, double-blinded, and randomised study demonstrated that a probiotic containing a *Bifidobacteria longum* bacteria was able to significantly improve Allergic Rhinitis (AR) symptoms and quality of life in children with pollen-induced AR and intermittent asthma.

Another randomised, double-blind, placebo-controlled clinical trial results suggest that *Lactobacillus acidophilus* can alleviate the symptoms of perennial allergic rhinitis

I recommend trying Probiotic Supreme DF™ which contains both *Bifidobacteria longum* and *Lactobacillus acidophilus*.

2. Black Cumin (*Nigella sativa*)

Nigella sativa (black caraway, also known as black cumin, nigella, and kalonji) is an annual flowering plant in the family Ranunculaceae, native to south and southwest Asia.

A double-blind clinical trial showed that *N. sativa* could reduce the presence of nasal mucosal congestion, nasal itching, runny nose, sneezing attacks, turbinate hypertrophy, and mucosal pallor.

I recommend trying Life Extension Black Cumin Seed Oil.



3. Curcumin

Curcumin is a bright yellow chemical produced by some plants. It is the principal curcuminoid of turmeric (*Curcuma longa*), a member of the ginger family, Zingiberaceae.

A randomized double-blind study showed that curcumin alleviated nasal symptoms (sneezing and rhinorrhea) and nasal congestion through reduction of nasal airflow resistance.

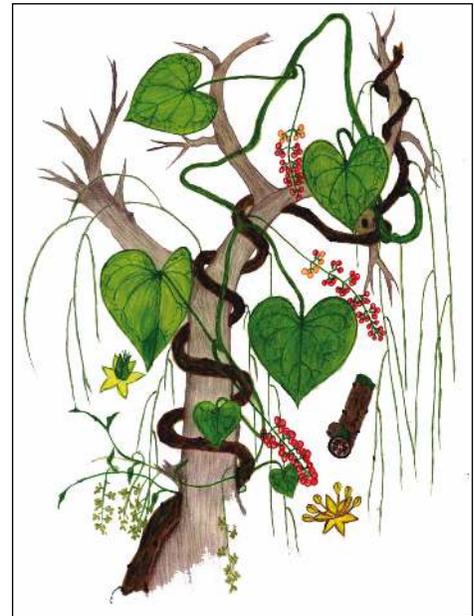
I recommend Curcum-Evail™ by Designs for Health.

4. *Tinospora cordifolia*

Tinospora cordifolia, which is known by the common names heart-leaved moonseed, Guduchi and giloy, is a herbaceous vine of the family Menispermaceae indigenous to the tropical areas of India,

In a randomized double-blind placebo-controlled study, *Tinospora cordifolia* significantly decreased all symptoms of allergic rhinitis.

I recommend HistaEze™ by Designs for Health that contains *Tinospora cordifolia*.



Disclaimer:

This article is not intended to provide medical advice, diagnosis or treatment.



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.

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CHAPTER 4

FOODS TO AVOID TO HELP ALLEVIATE YOUR SEASONAL ALLERGIES

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.

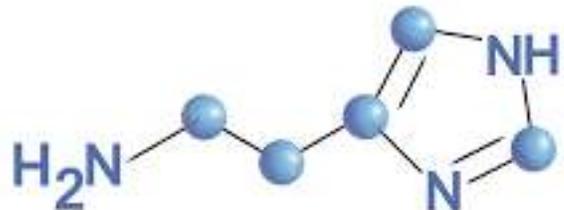
Dependent on what you are allergic to, the allergy season can start in late March, with the melting of the snow, and last through to the fall, with the first frost.

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 its appearance and from my observation can cause the worst symptoms.

Histamine

With the beginning of the allergy season, the majority of people reach for their favourite brand of a histamine 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.

Histamine-Containing Foods

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, yoghurt, and kombucha.
- 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 these 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 your seasonal allergies, I offer a free Functional Medicine Discovery Session where we can review your case.

Disclaimer:

This article is not intended to provide medical advice, diagnosis or treatment.

Written By:

***Dominick Hussey, Clinic Founder, Osteopath &
Functional Medicine Practitioner***

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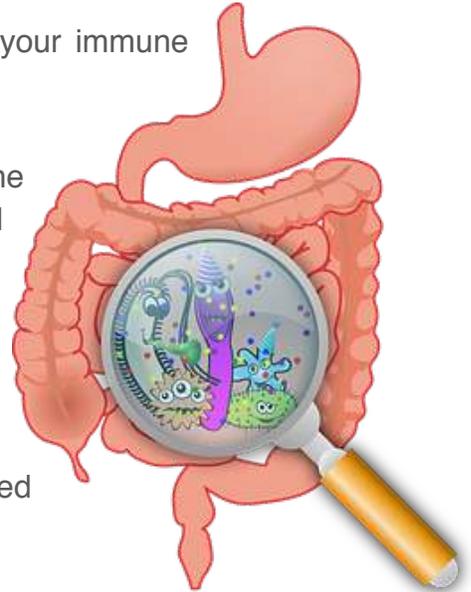
CHAPTER 5

HISTAMINE INTOLERANCE: MORE THAN JUST 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 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.



About the Author

Dr. Eric 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.

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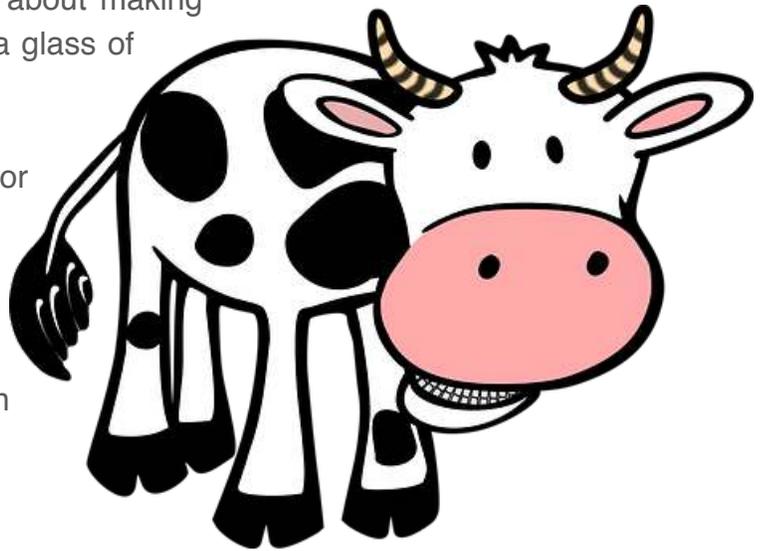
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CHAPTER 6

DOES YOUR CHILD HAVE A MILK ALLERGY?

We hear a lot on TV and in social media about making sure to "get enough milk", and how good a glass of milk is *with every meal*...

The truth is, whether we are adults or children, we do not need milk products in our diet to be healthy. We can get all the necessary nutrition from other foods. In addition to which milk allergy is very common and consuming milk products can bring a wide range of health issues.



Allergy or sensitivity?

Allergies typically cause a fairly immediate reaction such as runny nose, sneezing, hives, vomiting, diarrhoea and possibly anaphylaxis. Sensitivities on the other hand produce a delayed reaction that can take several days to show up. I might also refer to this as an intolerance. This is more difficult to spot due to the delay in the reaction.

At the end of the day, it does not make much difference whether it is an allergy or sensitivity, either way your child will be better off avoiding the offending food. Both can lead to discomfort, affect nutritional levels, and impact your child's development.

One of the most common food allergies and sensitivities I see is a milk allergy. Your child may react to the sugar (lactose) and / or the protein (casein) in the milk, and some of the signs are not obviously linked to what they are eating.

The symptoms may start at a very young age due to your child being exposed to milk products through your breast milk. As a child graduates to solid food they are often given milk to drink, yoghurt and cheese. As a child gets older the symptoms may decrease. This can usually be attributed to the fact that the child is no longer drinking cups or bottles of milk, and a larger part of their diet is non-milk.

Here are 5 groups of symptoms that would lead me to suspect milk allergy.

1. Digestive upset

This is maybe the most obvious group of symptoms.

- Colic, spitting up
- Nausea, vomiting
- Diarrhoea; may be greenish, smelly
- Gas and bloating
- Abdominal pain, tummy aches

2. Hyperactivity and sleep problems

I see many children in my practice who do not sleep well leading to irritability, temper tantrums and exhausted parents.

It is not unusual that removing milk products from their diet brings almost complete relief, in some cases going from just a few hours of sleep a night to a straight 10 hours within a few days of removing the milk.

3. Skin Conditions

When the body breaks out in a rash, hives, eczema, or the skin is either dry or just itchy it is trying to tell you something. One of the most common causes for this irritation is milk.

4. Respiratory issues

Even if your child does not have an allergy or sensitivity to milk it is generally mucous forming.

It is not unusual that asthma, cough, frequent colds, congestion, sinusitis and ear infections are linked to a milk allergy. I have a number of clients who were prepared to take their child to have their adenoids or tonsils removed and who found that removing milk products from the diet improved symptoms to such an extent that surgery was no longer necessary.

5. Failure to thrive

This is a little more difficult to spot. You may find that your child has black rings under their eyes, looks tired, lacks energy, is frequently unwell, tends not to gain weight or has excess weight for no obvious reason. They may have issues concentrating or mild to moderate learning difficulties.

If your child is drinking a lot of milk they may also have low iron levels as the calcium in the milk interferes with the uptake of iron from food. I had a recent 11yr old male client who was lethargic, unmotivated, had back and knee aches and a tendency to be quite plump.

I tested him as being low in iron, and a blood test from his family doctor showed that he was borderline anaemic. He had been drinking a big glass of milk at every meal and at bedtime. This also meant that he was not eating a proper amount of food due to being full up with the milk.

Elimination Diet To Test For A Milk Allergy

Remove the milk for at least 3-4 weeks. Monitor your child's symptoms. Try reintroducing one type of milk product over a week or so and see what happens. You can then determine the level of tolerance, and which products are better or worse.

Switching to lactose free products may help, however, frequently the issue is the milk protein which will still be present so it best to remove ALL milk products.

This means milk (including chocolate milk), cheeses, yoghurt, cream, ice cream, and milk in products such as chocolate, desserts, cakes and baked goods, flavoured crackers and chips.. and more - read the labels on things you buy.

It is important to remember that the reaction may not appear immediately, so you need to think about what your child ate 2, 3 or even 4 or more days ago. A food and symptom diary can be helpful for this.

Conclusion:

At times medical interventions such as surgeries and medications are necessary. However, if you suspect a milk allergy or sensitivity you may want to remove milk products from your child's diet first to see if that is the underlying cause for the issues.

To find out more, or determine whether your child does have a milk allergy, seek the advice of your Family Doctor, Naturopathic Doctor or Natural Allergist.

I also offer Allergy testing, for children from newborn and up, for milk and other foods to which they may be reacting to.

Written By:

Sue Taylor, Clinic Founder, Allergy Therapist & Energy Healer

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CHAPTER 7

MINIMIZING THE RISK OF CHILDHOOD FOOD ALLERGIES

As a parent of a young child, what steps can I take to reduce the risk of childhood food allergies?

1. **Fish Oil** consumption during pregnancy may cut the risk of childhood allergies by 30% (1). Researchers in London compiled data from women consuming a daily fish oil capsule from the 20th week of pregnancy until the first 3-4 months of breastfeeding. The consumption of fish oil cut the risk of childhood egg allergy by 30% (1).



2. **Probiotics:** eczema risk was cut by 22% in a group of mothers consuming a daily probiotic supplement between 36-38 weeks of pregnancy and the first 3-6 months of breastfeeding (1). However, probiotic supplementation did not appear to reduce the risk of childhood dairy allergy (1).

3. **Hygiene:** Avoid overuse of “baby wipes” and make sure that soap is completely washed off of your baby’s skin. A recent study using mice suggests that disruption of our skin’s top lipid (fat) layer by soaps and allergens can contribute to the development of food allergies in young children with altered genetic mutations in their skin (2).

Mice with genetic mutations in their skin barrier that were exposed to common food allergens (eg. peanuts) to their skin over 2 weeks were then fed these allergens by mouth. The mice developed allergic reactions in the intestines, on the exposed skin sites, and suffered anaphylaxis. More research is needed in this area to further clarify how these mechanisms affect humans.

Unfortunately, skin barrier mutations are not visible in children until later in life, so minimizing your child’s exposure to harsh chemicals and allergens that may disrupt their skin barrier is a factor in reducing the risk of developing childhood food allergies.

Always consult with your doctor before beginning any new supplement or medication. For more information on the prevention and treatment of childhood allergies, consult with your local naturopathic doctor and/or functional medicine practitioner.

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About the Author

Dr. Eric 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.

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CHAPTER 8

IS THERE A LINK BETWEEN SEASONAL ALLERGIES AND ANXIETY?

So, as an allergist, I see a lot of clients for seasonal allergies. Spring and fall are especially busy. The seasonal allergies will be the main reason for their visit so they are often surprised to discover between seasonal allergies and anxiety, depression and other mental health issues.

Commonly, whilst taking the health history during the initial assessment, they will mention that they have mental health issues such as anxiety and depression. Their anxiety and depression frequently getting worse in the spring or at the end of the summer, just when most people are feeling at their best.

This is a factor that the medical profession is beginning to understand. This peer reviewed [article](#) states: the majority of published studies indicate some type of indistinct relationship between allergies and anxiety and mood syndromes.

Linking Seasonal Allergies And Anxiety

In a 2002 study, a team of scientists led by Paul S. Marshall, PhD, a clinical neurophysiologist, found that people with seasonal allergies experienced more sadness, apathy, lethargy, and fatigue in late summer, when ragweed season peaks.

His report states that seasonal allergies are known to cause specialized cells in the nose to release [cytokines](#), a kind of inflammatory protein.

Animal and human studies alike suggest that these cytokines can affect brain function, triggering sadness, malaise, poor concentration, and increased sleepiness.

In 2005 Teodor T. Postolache, MD, led a study that found peaks in tree pollen levels correlated with increased levels of suicide in women.

Other studies have shown that adults with seasonal allergies were twice as likely to have been diagnosed with major depression in the previous 12 months, and that children who had suffered from these allergies at age 5 or 6 were twice as likely to experience major depression over the ensuing 17 years.

Addressing Allergies

In the case of food allergies the easy answer is to avoid those foods, however, this is not so easy for moulds, pollens, dust and other environmental allergens!

Conventional medicine can offer immunotherapy (allergy shots or sublingual drops) to reduce allergy symptoms. This a time-consuming process, involving frequent visits to the doctor's office over 5 or more years and can become expensive.

There are other, alternative therapies.

Allergy Treatments

I personally recommend the use of NAET (Nambudripad's Allergy Elimination Technique). This is an effective, natural, non-invasive treatment that works with your body to permanently 'turn off' the reaction. It teaches the body that it can be non-reactive in the presence of the allergens and can be used to treat allergies to foods and environmental factors.

Since 2004, I have used a Natural Allergy Treatment method based on NAET to treat seasonal and environmental allergies and have had great results in people of all ages from infants to seniors, including those with Alzheimer's.

This process does not take many sessions and costs significantly less than regular use of over the counter allergy meds.

Acupuncture

Another option is Acupuncture which works to rebalance the body and relieve symptoms. A good Traditional Chinese Medicine acupuncturist will be able to significantly reduce inflammation and reactions in your body. This has the added benefit of being able to address the anxiety and depression as well.

To find out more about NAET and Natural Allergy Therapy or acupuncture book now for a complementary discovery session with me.

Written By:

Sue Taylor, Clinic Founder, Allergy Therapist & Energy Healer

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CHAPTER 9

CONNECTING THE DOTS: A LINK BETWEEN FOOD ALLERGIES & MENTAL ILLNESS

If you suffer from mental health issues such as anxiety and depression I recommend you ask ***"Can food allergies cause anxiety and depression and other mental health issues?"***

As an allergist and energy healer I see many clients who have anxiety, depression and other mental health issues. For most, the medical profession simply want to prescribe meds without addressing any of the underlying causes.

I find that two of the most overlooked factors in these conditions are allergies and intolerances to foods.

Case Study:

Meet "Rachel",

She discovered that in her case, very clearly, Food Allergies cause anxiety and depression

Rachel had been experiencing anxiety issues since around 7 years old. As she passed through puberty into her late teens the symptoms became much worse and included severe anxiety, depression, along with lethargy and fatigue, an inability to concentrate and migraines.

By the time she was 17 years old she had been on medication for a number of years. These meds helped her to function, but the side effects had a negative impact on her quality of life. When she came to me she was seeking an alternative approach that could help her eliminate the necessity for her to take meds.

Using **Natural Allergy Testing** we determined that the protein casein found in cow's milk products, wheat, tomatoes and bell peppers were big issues for her.

I have found these to be important allergens that can cause anxiety, depression and other mental health issues in many of my clients.

Frequently anxiety and depression go hand in hand with irritable bowel and other digestive complaints, however it is important to remember that it is *not necessary* to experience these digestive issues to have food allergies and intolerances.

Nutrition

Food allergies and intolerances also impact the digestion of foods and absorption of nutrients. This is why I recommended that Rachel ask her MD or to test her blood levels of Vit D, B12 and iron (ferritin). These nutrients are essential in supporting mood and mental health. Her **Naturopathic Doctor** could also provide **blood testing** for nutrients and food allergies

The levels came back at the within what an MD will consider to be the 'normal' range, but at the very bottom and where I would consider them to be sub-optimal.

The solution

In Rachel's case she removed the milk products, wheat and night shade vegetables including tomatoes and peppers from her diet. After an initial detox period, of less than a week, when she felt even more tired and depressed, her mood lifted significantly, her energy levels steadily increased and her migraines became less frequent and severe.

She started taking Vit D and B12 supplements along with some iron glycinate.

Within a month she had improved significantly and was able to discuss coming off her meds with her MD.

Going Forward

Now, several years later, she feels great, no longer has migraines and is not taking meds. She uses meditation to release the stress everyday life causes her. In her own words, she has "*Never felt so balanced and well*".

Are suffering for anxiety and depression? Contact me for more information on how food allergies cause anxiety and depression along with other mental health issues.

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CHAPTER 10

IBS & FOOD ALLERGIES



Have you been diagnosed with Irritable Bowel, or IBS? Or maybe you suspect that you have IBS? Are you seeking answers to the question "What causes IBS?"

You are experiencing one or more symptoms of constipation / diarrhoea / bloating / gas and / or cramping. Your doctor has maybe prescribed some meds to control the symptoms but otherwise been of little help?

The medical profession is beginning to understand more of the causes behind IBS, such as SIBO (Small intestine bacterial overgrowth), infection, inflammation and abnormalities in the nerves in your digestive tract. However, you may be better to talk to your Functional Medicine Practitioner or Naturopathic Doctor about causes and solutions.

How I First Learned That Food Allergies Cause IBS; My Story

I was 33yrs old when IBS hit me...

Up until then I had not had any digestive issues other than cramps if I drank glasses of milk, and suddenly I was in the washroom multiple times, usually at short notice and experiencing terrible diarrhoea, cramps and gas.

Everywhere I went the first thing I did was find out where the closest washroom was located.. sound familiar?

When my doctor diagnosed IBS, I asked "So, what causes this?"

He said vaguely, "Oh, could be anything.." When I asked about allergies, he stated categorically that there was no possible link between allergies and IBS, and prescribed meds to control the cramping and diarrhoea.

On the suggestion of a friend, I had an Allergy test. It came up positive for yeast, cow's milk products including cheese (I was a BIG cheese fan) and wheat. I immediately cut these foods out of my diet and within 48hrs felt almost completely normal. What a relief!

My doctor was very skeptical. However, I knew that just a few mouthfuls of bread or one glass of wine, which contains a lot of yeast, and I would be in the washroom for most of the next morning.

The top food allergens I have found for IBS include wheat, corn, soy, yeast, milk and eggs. However, we are all unique individuals, there is no one size fits all and you can be reacting to any of the foods you are ingesting.

A true allergy causes an immune response and will trigger an almost immediate reaction. Once that food has been eliminated from your system you will likely feel much better.

If you have intolerance to a food the reaction will be slower. There is no immediate immune response, it is more an issues with digesting, breaking down and absorbing the food. The reaction can actually take several days to reach a peak. This makes it quite difficult to work out what is triggering your reactions as it may be nothing you ate today, or even yesterday.

Identifying Food Allergies That Cause IBS

There are a number of ways to test:

1. Elimination Diet

You can try an elimination diet, removing suspected foods and monitoring the result. After a trial period without the foods you reintroduce them one at a time. It can be difficult to obtain definite answers, especially where you are reacting to several foods – eliminating one brings little relief as you are still reacting to others.

2. Blood Testing

Your family doctor or a naturopathic doctor can requisition a blood test which looks for antibodies to certain foods. You have to be eating the allergens in your every day diet in order to be tested. This means that if you have removed, say, wheat, and then want to find out if you are Celiac the doctor will ask that eat it for several weeks or even months prior to testing. I have found blood testing to be reasonably accurate for allergies, but that it can provide false negatives for intolerances and emotional reactions to foods where there is no immune response.

3. Skin Prick Testing

Skin testing can also provide answers. Your family doctor will need to refer you to a medical allergist to have this done. In my practice I have found this method great for identifying bigger allergies, but have also seen cases where the skin showed no reaction even though there is a strong reaction when eating that food.

4. Muscle Response Testing, Autonomic Response Testing, Applied Kinesiology

All names for the same thing..

As a Natural Allergist I prefer to use this method. It utilizes the body's response to potential allergens and can assess allergies, intolerances and emotional reactions to foods. It is an effective way of asking the body to tell us what it likes and does not like. It has the added benefit that you do not have to be eating the allergens in order to be tested and results are immediately available.

Whichever method you choose having an allergy test can provide much needed answers and, as in my case, bring enormous relief from your IBS symptoms.

If you want to find out more about the triggers for IBS come for a complementary discovery session with me or one of my colleagues at Ottawa Holistic Wellness.



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. 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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CHAPTER 11

ARE ALLERGIES CAUSING YOUR HEADACHES?

Are you one of the many people who suffer from chronic or severe headaches?

Perhaps you have been through the medical profession and have no answers?

I have had numerous clients who experience headaches and migraines and have been to a whole range of doctors, had multiple tests performed only to receive no answers as to the cause of their pain.



An aspect that is often overlooked is the impact that food allergies and intolerances can have. I speak from personal experience; if I eat any corn products I suffer for several days with what I would describe as a 'clamping' headache - my head feels like it is in a vice and I cannot think straight. No corn, no pain!

Some doctors may suggest that you avoid certain common food triggers such as coffee, chocolate, wheat, corn, cow's milk, eggs, citrus, sugar, alcohol, artificial additives, colourings, sweeteners (especially aspartame) and MSG. However, these are just that, 'common' triggers; every one of us is a unique individual, and as such we all react to different things.

If you don't feel well, get bloated, or tired after a meal it is a good indication that the food that you are eating is not suiting your body and may be a factor in your headaches.

An elimination diet where you remove the common food triggers and any others that you suspect will help you to determine whether they are actually a factor for you. Remember that if your headaches only occur periodically then you may need to remove the foods for several weeks or even a month or so to determine their effect. You will probably notice a range of

other improvements too, including your digestion, energy and stamina, muscle function, sleep, memory, concentration and others.

Once you have established that you are better without the foods you can reintroduce them, one at a time. It may take a few days or more for any reaction to become apparent so I recommend that you wait 2 weeks before adding another food back in.

You can also have allergy testing. This can take the form of blood or skin tests, however, I find these to be of limited use when looking for the cause of headaches as they provide a general list of allergens, and do not identify the specific triggers for your headaches.

I usually recommend muscle testing with an experienced practitioner. You will get the results at the time of the test and it is possible to identify specific triggers for your headaches including allergies, intolerances, nutritional deficiencies and any emotional or structural components.

Once you have identified the food triggers it is easy to then avoid them.

Diet in general will play a huge role in relief from headaches and migraines and in general wellness. One of the biggest things you can do is try to return to a more natural, 'real food' diet. So, cooking from scratch, using organic produce where possible and sticking to grass fed, free range meats and poultry or wild fish. It can actually be cheaper to eat this way, and you will be surprised how good you can feel.

Of course this has to be balanced with reality, so it is equally important to accept that it is not always possible to eat this way, and not to stress about those occasions when you 'cheat'!

And, finally, **water is an essential part of that natural diet.**

Dehydration will ALWAYS cause headaches... so try to get 2 litres a day.

Contact me for more information, or book a complementary introductory session.

Written By:

Sue Taylor, Clinic Founder, Allergy Therapist & Energy Healer

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CHAPTER 12

ALLERGIES & YOUR SLEEP

Allergies and sensitivities have an impact on many aspects of our health and are often overlooked when seeking to determine the causes for our health concerns.

Over the last 12 years I have had many clients who come in complaining that nothing they do seems to really resolve their sleep issues. Frequently they have been forced to resort to sleeping pills from their doctor in order to finally get the sleep they need.

In many of these cases I have found that food allergies and sensitivities are a large part of the problem. They can cause:

- increased anxiety and restlessness
- an inability to fall asleep
- difficulty staying asleep

Foods



Clients may find that they experience a faster than usual pulse rate, thirst, excessive urination, sweats and even shivering. They may experience dreams and nightmares or complain that their brain “just won't shut off”.

Common foods linked to these problems include cow's milk products, artificial additives and colours in foods, and the night shade vegetables such as tomatoes, peppers and potatoes. There is some truth in the old wives' tale that eating cheese before bed causes nightmares!

Of course, if your food allergies are causing you to experience digestive issues such as cramping, gas, reflux or indigestion; this too will affect your sleep.

They can also lead to inflammation and pain in the body making sleeping uncomfortable. In my practice I often find cow's milk, wheat and corn to be triggers for digestive issues, inflammation and body pain.

If you suspect that food allergies may be a cause of your sleep issues, try removing the common triggers of wheat, milk products, artificial additives and night shade vegetables for a week and see if that helps.

Environmental Allergies

Food allergies, along with environmental allergens such as dust and dust mites, moulds, pets and feathers can trigger stuffiness, sore throats and cough, leading to poor sleep. In this case it is hard to avoid the triggers, but you can reduce them by avoiding feather pillows, using protective covers on your mattress and pillows, and removing carpets from the bedroom. You could also seek treatment from a natural allergist or NAET practitioner who can effectively eliminate the allergies.

Electro-magnetic Frequencies (EMF)

Another area to consider is the large presence of Electro-magnetic radiation in our modern world. We are literally bombarded, sources including TVs and cell phones, wifi routers, bedside clocks, smart meters, household wiring and electrical outlets in the wall. Just as an example, at my work place I can pick up 32 different wifi networks from surrounding businesses and condos.

These electro-magnetic frequencies can have a stimulant effect on your body and mind. You may want to remove all electronic devices from your bedroom and make sure that your bed is positioned such that you are sleeping at least 5 feet away from them; whether they are in your bedroom, the other side of a wall or in the room above or below.

If this is not possible then make sure they are switched off and unplugged from their power source. For at least 2 hours prior to bed try to avoid using electronic devices, especially phones, computers and games, and preferably TVs too. This gives your body and brain time to calm down and prepare for sleep.

So, to summarize, allergies and sensitivities can play a big part in your insomnia. I have only touched the surface here so come and see me or one of my colleagues at Ottawa Holistic Wellness to find out more about how these are affecting you.

Stop guessing and get the answers you need!

Written By:

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CHAPTER 13

ENERGY HEALING AND REIKI FOR 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 treating 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 treatment; 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 treatment.

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 treatments 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.



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. 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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CHAPTER 14

SINUSITIS:

A HOLISTIC UNDERSTANDING & APPROACH

Your doctor divides sinusitis into 2 broad categories: acute and chronic.

Acute sinusitis is generally triggered by seasonal allergens such as tree pollen, or the common cold.

Chronic sinusitis is a little more complex. It may be caused by pollution or allergens which you are continually exposed to such as: animal dander, dust mites, household molds, etc. It may be the result of a previous infection, such as a cold. Most often chronic sinusitis has roots in both these causes as well as causes that lay deeper in your body.

An Overview Of The Sinuses



Let's begin with an overview of the sinus to better understand the causes of sinusitis.

Like all parts of our body that open to the outside world, the sinus is lined with a mucous membrane. The mucous membrane, whether in the respiratory tract, urinary tract, or digestive tract, is a part of the non-specific immune system. It protects the body from things getting into the body from outer openings. For example, the mucous membrane lining the sinus protects the lungs from virus that travel on the air entering the nose.

Here's how it does this:

1. The mucous' gooey, sticky texture traps bacteria, viruses, allergens and particles of pollutions. This stops them from traveling deeper into the body. The runny nature of mucous then flushes out the unwanted.
2. Mucous contains IgE anti-bodies. These antibodies detect unwanted visitors trying to enter our body and trigger the release inflammatory molecules such as histamines. Often IgE anti-bodies are considered the cause of sinusitis, whether acute or chronic. But it is the allergen or the infection that is causing the condition, not the histamine response triggered by the antibody.

-
3. Mucous protects underlying tissues. Mucous helps keep underlying tissue moist and limits their exposure to unwelcome visitors such as pollen and bacteria. This keeps the unwanted on the surface of the body and the underlying tissue intact.
 4. The mucous membrane is home to the body's flora, good bacteria. This bacteria we have a symbiotic relationship with. It protects us from unwanted bacteria and parasites as well breaks down many of our nutrients in the gut.

Now let's consider the relationship between the digestive tract and the respiratory tract. They are both lined with mucous membranes that are similar in structure sharing the same flora and tubing the body.

For example: post nasal drip, drips into the stomach. Once in the stomach, the acids in the stomach kill off any unwanted bacteria, deconstruct the proteins found in the mucous and then sends remains on to the small intestine where nutrients are reabsorbed while the wastes travel onto the bowel to be eliminated.

Relationship Between The Gut And The Sinuses

The relationship between the digestive tract and the sinus is important to understand when taking a holistic approach to sinusitis.

Here are some recommendations as herbalist will make:

1. Recolonize the gut with friendly bacteria. I generally recommend fermented foods to do this, however, a good probiotic can help.
2. Avoid foods that aggravate the gut bacteria and are known to trigger the IgE anti-body such as: dairy, gluten, sugar, alcohol (I know it's not a food, but some people think it is.)
3. Stop using decongestants. These over the counter drugs limit the effects of the mucous membrane and may seem to bring initial relief, but do not provide a long term solution.
4. Go for a brisk walk daily or participate in some form of movement that creates heat in the body. Exercise can help break up stagnancy in the body and chronic sinusitis is stagnancy.
5. Stop smoking, get an air purifier if you live on a busy street with lots a care, or if the air is dry where you live, try a humidifier.

Herbalist's always assess a liver's health, whenever there is a chronic condition. Chronic sinusitis is a sign of liver congestion. Let's look at the ways the liver can influence the health of your sinuses.

The Liver's Role

The liver influences the health of our gut flora. Bile secreted by the liver participates in the regulation of flora. Bile's anti-microbial effect eliminates unwanted flora while supporting healthy gut flora. If the flow of bile is hindered either by tension in the abdomen or congestion of the liver causing a thickening of bile, then the gut flora will be out of balance, and we already considered the challenges this brings.

The liver is also responsible for the removal of toxins. If the liver is overburdened by substances it needs to prepare for removal from the body (think alcohol, fried foods, birth control pills, other pills, etc.) it becomes congested.

Please be aware this is very much how traditional herbalists understand the physiology of the body. Traditional Chinese herbalists, Ayurvedic herbalists and western herbalist call this condition a hot liver. Heat from the toxins raises causing all sorts of health challenges including sinusitis and headaches of all sorts.

How do you know if liver congestion is part of the bigger picture of sinusitis?

Just to name a few:

- Pain under your right rib, particularly with fatty foods.
 - Pain in right shoulder
 - Nausea
 - Irritability and fatigue
 - Systemic inflammation or you have wandering aches and pain throughout your body
- Please note: many of the herbs mentioned below support the liver and help eliminate congestion.

How Herbal Medicine Can Help

1. Astragalus is an important immune modulating herb. Taking astragalus a month before being exposed to the allergen, whether it be pollen, animal dander, etc, will dramatically limit any symptoms such as stuffy sinus, itchy eyes and sneezing. Astragalus is a paradoxical herb that calms down an overactive immune system, while strengthening it.



2. Goldenseal, myrrh, bayberry bark, cayenne and lobelia make a synergic blend that when applied topically over the sinus breaks up congestion, allows them to drain, supports the removal of infection and helps heal any irritation to underlying tissues.
3. A blend of herbs called alternative that works deeply in the body to support the release of toxins from the liver, lymphatic system and interstitial fluid. This is important part of a protocol although does not seem to directly relate to the sinus. If the body is carrying a toxic load chronic conditions will show up, such as eczema, leaky gut syndrome and chronic sinusitis. It is not unusual to see a client struggling with all three conditions simultaneously. Alternatives support the body in eliminating toxins.
4. Lastly a tea of herbs known for their anti-histamine effects such as: nettles, goldenrod, calendula, peppermint and hyssops. Plantain is also a favoured herb in treating sinusitis as it participates in the healing of both the mucous membrane and the underlying tissue.

A Wholistic Approach Also Includes The Mind

As I already mentioned, chronic sinusitis is considered a stagnant condition. You may want to consider the following questions. They may reveal stagnancy in other parts of your life.

Where is there stagnancy in my life?

Is there a repetitive emotion that seems spin the same old story?

Where do I hold that emotion in my body?

How do I learn a new relationship with that emotion?

Is there a belief that limits my ability to enjoy my life?

What would my life be like if I let go of that belief?



About the Author

Abrah Arneson has over 10years experience as a herbalist, and additional training in iridology, Bach Flower essences, and is a Reiki Master. She has taught plant medicine and is author of 2 books. Believing that when we are heard and understood by someone concerned for our wellbeing, the possibility of wellness opens naturally, she listens deeply to her clients' concerns before offering recommendations particular to each individual's needs.

To find out more about your health and how we can help you, come for a complementary, no-obligation consultation with one of our experienced health coaches.

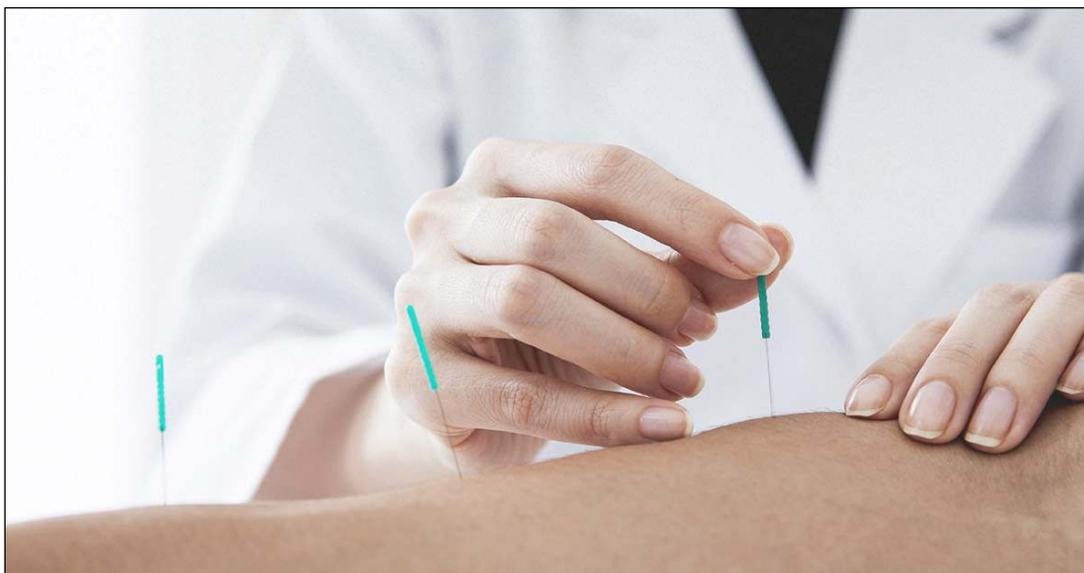
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CHAPTER 15

ACUPUNCTURE FOR SINUS HEADACHES

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.



About the Author

Dr. Stacia Kelly is a chiropractor and acupuncture provider who is also qualified to fit you with custom orthotics. She believes that chiropractic care can support both acute and chronic pain, as well as help to maintain lifelong wellness. Whether it for spinal dysfunction, rehabilitation, nutritional advice, or other life stresses, Dr Kelly will individualize her care based on what suits your chiropractic needs.

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