

## **... POLLEN ALLERGY.**

*Allergy refers to an abnormal and excessive reaction of the immune system against external agents (allergens) that result harmless to others. In other words, an allergy is the result of a bad interaction between humans and their environment.*

*When the allergen, in this case the pollen, comes into contact with the body, mast cells (histamine-producing cells located abundantly around blood vessels and connective tissue that are involved in inflammatory processes) release histamine, hormone responsible for redness, swelling and excessive secretion in the mucosa. The pollen that causes hay fever does not come only from hay, but from a wide variety of plants, trees and fungi such as timothy, pine, sycamore, birch, elm, ash, apple or plum.*

*In the humid areas, pollen allergy affects more people who live in city than countryside, while in dry areas the opposite happens. Scientists from Spain, Italy, Austria, Germany and Switzerland are investigating the connection between pollen allergy and storms. Apparently, storms cause pollen failure, agitate allergen particles in the atmosphere and charge them electrically causing rhinitis attacks in susceptible persons.*

*Hay fever or pollen allergy (also called seasonal allergic rhinitis or pollenosis) occurs through the following symptoms: itching, redness and inflammation of the eyes, tearing, sensation of sand in the eyes, nasal itching, profuse secretion, sneezing, nasal congestion, coughing, wheezing in the chest, sputum, general malaise, fatigue, gills clogged and congested, sore throat.*

*The emotional state of the person has a lot to do with the symptoms of allergy. According to Dr. Ruediger Dahlke and psychologist Thorwald Dethlefsen, "an allergy is an expression of defensive and aggressive attitude which was suppressed and forced to pass through the body." Pollen is the symbol of fertility and procreation, as the spring season in which patients suffer from hay fever the most. When acting as pollen allergen, it may indicate that the subjects love, sexuality, libido and fertility arouse anxiety and denial.*

*The allergic person manages the world around her as if she had to cross the jungle on a daily basis, the outside is dangerous and aggressive. For this, the defensive exaggeration of the allergic person aim to build a sterile bubble. Dethlefsen and Dahlke propose to make a parallel psychological desensitization with the physical desensitization and learn to live with the allergen, rather than reject them, with a recovery of inner balance.*

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*The best "treatment" of the allergy is to avoid contact with the allergen, in this case, pollen. Impossible task, unless the allergic person walks around with a spacesuit! Naturopathy offers different strategies that will focus on a terrain correction taking into account individual and, at the same time, the whole person.*

*The first strategy is, of course, in a food setting. Should be eating a hypotoxic, ie, without saturated fat, exciting, high glycemic index sugars, no milk (mainly cow) or derivatives, without gluten ... Limit also acidic foods (orange, strawberry, kiwi, vinegar ...) and acidifying (meat, white sugar, coffee, soft drinks ...) and moderate consumption significantly or eliminated from the diet foods rich in histamine or its precursors (canned tuna, pork, sausages, white wine, shrimp, tomato ...). On the other hand, increase consumption of foods rich in magnesium (seaweed, wheat germ, beans ...) by its bronchorelaxation effect and anti-inflammatory mucous membranes; in quercetin (red onion, broccoli, grapes red ...), natural antihistamine; vitamin B6 (wheat germ, carrots, lentils ...), through its anti-inflammatory and immune stimulant; vitamin C (parsley, pepper, cassis ...), antihistamine natural, immunostimulatory and inhibitory narrowing of bronchi; in omega 3 (flax, hemp, fish from cold seas ...), to reduce inflammation.*

*The second naturopathic strategy takes care of state of the intestines and flora. It is essential to regulate intestinal transit, clean and stimulate the flora using techniques such as enemas, and seasonal mono diet cures, intake of foods rich in chlorophyll and prebiotics and probiotics. It should also eliminate intestinal parasites, candida, fungal infections and other infectious outbreaks.*

*Other key proposed in case of hay fever is to support adrenal function, as there is a lowering of cortisol rate. To stimulate the adrenal glands, we will call to vitamins C and B5 and blackcurrant (*Ribes nigrum*).*

*Relaxation techniques are very useful to prevent or manage stress, which can aggravate allergy symptoms. The proposals are many and varied: breathing techniques adapted, visualizations, relaxation therapy, massage, warm aromatic bath and exercises such as yoga or tai chi, which, in addition, promote oxygenation. It is also important to regulate sleep and balance the activity time and rest.*

*The herbal medicine also offers some interesting proposals as immortal dunes (*Helichrysum stoechas*) that relieves the symptoms of allergy, eucalyptus (*Eucalyptus globulus*), which promotes nasal decongestion, the butterbur (*Petasites hybridus*), which blocks the receptors histamine and plantain (*Plantago major*), a great patron of the mucous membranes of the respiratory tract. In aromatherapy, essential oils of paperbark, eucalyptus or tea tree are very useful, inhaled or dissemination. To*

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*properly use plants and essential oils mentioned, it should seek advice from a specialist in herbal medicine and / or aromatherapy.*

*For those who prefer more subtle remedies, homeopathy offers *Sabadilla officinarum*, *Allium cepa*, *Euphrasia officinalis* or *Wyethia*, always using a professional to get good results.*

*Consistently, it is possible to recover the balance and find a solution to fully enjoy the spring.*

*\* These advice do not exclude nor do not replace any medical or pharmacological care.*

