



Alleviating Allergies & Sinus Problems

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

What are allergies?

Allergies are reactions you have to otherwise harmless substances called allergens. Normally, your immune system protects you against invading agents such as bacteria and viruses. However, if you have allergies, otherwise harmless allergens cause your body to react as if they were dangerous invaders. In effect, your immune system is responding to a false alarm caused by the build-up of antibodies to the allergen you are allergic to.

The next time you come into contact with the allergen, the allergen attaches to the antibody like a key fitting into a lock. This "lock-up" causes the release of inflammatory substances into your system, the false alarm. These inflammatory substances including histamine move into various parts of your body, such as your respiratory system, causing allergy symptoms like a runny nose, itchy, watery eyes, and sneezing.

What is an allergen?

An allergen is any substance that increases the immune response. Some common allergens can be dust, pollen, molds, and pet dander. Also, certain individuals can have allergic reactions to food, medication, and insect venom. Why do some individuals have allergies and other do not? The answers are genetics and exposure. Some people are just predisposed to allergic reactions from birth, while others develop

them through exposure to allergens when the body's defenses are weakened.

Allergies & Sinusitis

Allergies can do more than just make you feel uncomfortable, untreated they may also lead to the development of other conditions, such as sinusitis. Allergies can cause nasal passages to swell, so when that happens, mucus cannot drain properly from the nasal passages. The poor drainage then allows mucus to pool in the sinus cavities, which become an excellent breeding ground for bacteria. Thus you develop sinusitis because of this bacterial infection, and sinusitis can also stem from viral or fungal infections. Symptoms of sinusitis may include: headaches, yellow or greenish colored mucus, nasal congestion and fever.

How can chiropractic help?

Chiropractic allows the nervous system to communicate properly with your entire body. If you develop an irritation in your nervous system, then the communication lines are interrupted, thus allowing for abnormal body function to develop. Chiropractic adjustments remove a great deal of these irritations allowing for the communication to be restored; therefore, improving body function. Such improvements can be found in your ability to breathe, your muscle tone, and even your immune response. Chiropractic techniques can relieve sinus pressure and promote sinus drainage.

Can acupuncture help with allergies?

Allergies, for example, may show-up as a runny nose, itchy eyes, and swollen sinuses. These symptoms are treated with acupuncture points such as Liver 3, Large Intestine 4, and Large Intestine 20. For common cold with chills and fever, headache, stiff neck and nasal congestion, Bladder 13, Bladder 15 and Governing Vessel 14 would be needled. To prevent these symptoms from returning, use Stomach 36, REN 6, REN 12, Governing Vessel 12 and Bladder 20. Moreover, we are always in search of patients' personal imbalances which allows us to create the most appropriate acupuncture treatments to promote and maintain health.

Nutrition for allergies & sinus problems

While there are not any supplements or herbs that "cure" allergies, there are many that support and strengthen the immune system. Among them are Vitamin C, zinc, quercetin, cayenne pepper, ginger, yarrow, garlic, mushrooms, green tea, black elderberry, ambrosia, nettles, yerba santa, oregon grape root, echinacea, goldenseal, usnea, bayberry, yerba mansa, and ravsensara,. It's quite an extensive list, so we have broken this down into easy-to-understand categories.

Vitamins:

Vitamin C is the #1 vitamin people think of when they are getting sick. Vitamin C works as an antioxidant to destroy bacteria and free radicals. It also helps to rebuild collagen and helps with wound healing. You should start taking increments of 500 mg. at a time and stop when it produces a laxative effect. The next day, continue taking the maximum dosage you were the day before but decrease it by 250-500 mg. so it does not cause diarrhea. Beware of exceeding 2500 mg. Vitamin C. If you take high doses of Vitamin C long-term, you should also make sure you are supplementing with enough Vitamin E.

Zinc is also very good at boosting the immune system. White spots on your nails may indicate a zinc deficiency. People have used zinc lozenges to help with sore throats. Do not take zinc on an empty stomach.

Quercetin is a vitamin that works as a natural anti-histamine to decrease congestion and stuffiness.

Foods:

Cayenne pepper acts as a diaphoretic to increase your temperature and generate a mild fever. Far from being a bad thing, moderate fevers can help "burn off" bad bacteria.

Ginger, yarrow, and garlic work in the same way with garlic also having anti-bacterial and anti-viral properties.

Mushrooms and green tea are full of antioxidants, which help to fight foreign invaders.

Black Elderberry extract (sold as Sambucol) is a pleasant tasting formula that has incredible anti-viral properties, therefore helping to prevent the flu.

Herbs for Preventing and Treating Allergies:

Ambrosia (also known as eyebright), Nettle, Yerba Santa, and Oregon grape root can be taken in tincture form (look for this in a health food store) at a dosage of 1-2 dropperfuls three times a day. Nettles is also good for the hair and is best taken as a freeze-dried capsule (2-6 per day) with quercetin. If you prefer, these herbs can be used to make a tea since the tincture does not taste great.

Herbs for Sinus Infections:

Echinacea is the #1 herbal remedy for colds, but this only works when someone is just starting to feel sick. It is not meant to be taken long-term.

Goldenseal is a great complement to echinacea but can be hard to find.

Usnea, Yerba Mansa, Bayberry can be taken separately or combined in tincture form with echinacea and goldenseal for



HEALTHY LIVING

E-Newsletter

Volume I Issue VIII
November 2004

maximum effect. Again, it is recommended you take 1-2 dropperfuls 3-5 times per day. Echinacea can be taken even more often. **Ravensara** is not meant to be ingested as a pill, tincture, or tea. Instead, place a drop of ravensara oil on a tissue and hold it up to your nose. After 5-10 minutes, the scent (which is similar to menthol, but without the burning) will definitely clear up your sinuses.

For more questions and answers about allergy/sinus problems and treatments please contact Dr. Caroline Long and Dr. Sherman Yeager at West U Wellness.

It's Toys for Tots Month!

Help bring joy to Houston Area Children This Holiday Season!
November 1st - December 4th

Receive a **FREE Chiropractic Exam and initial treatment** at West U Wellness, when you bring in any **Unwrapped New Toy** (valued \$10.00 or more)
**Existing patients receive a Free Chiropractic Adjustment or Acupuncture Treatment*

Fit for Life Program

**High cholesterol? Rising blood pressure or blood sugar?
Gaining weight? Lack of energy and activity?**

We will start a new program soon!

So join West U Wellness' 8-week doctor-supported "Fit for Life" program! Each week you will meet at our clinic to take measurements such as cholesterol, blood pressure, blood glucose, height, weight and body fat. You will be given proven exercises, equipment, and nutritional advice to help you achieve your ideal body weight. A personal trainer will lead the exercises and participants may be eligible for a one-month free pass to 24 Hour Fitness.
A great deal for only \$150.00!

**As a bonus to "Fit for Life" or for anyone interested, you can join our West U Walking Club which will meet two times a week on Mondays and Wednesday at 7:30 A.M. at West U Wellness.
Call (713) 490-2225 today to sign-up!!!**



HEALTHY LIVING

E-Newsletter

Volume I Issue VIII
November 2004

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "stress management" lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Join us this Tuesday, November 9th
At 6:00pm for information on Nutrition for the Skin
with skin care consultant Melissa Brandon!**

November Calendar of Events

	1	2 Disc Herniations Health Talk	3	4	5	6
7	8	9 Nutrition for the Skin w/Melissa Brandon*	10	11	12	13 West U Wellness Open
14	15	16 Allergies Health Talk	17	18	19	20
21	22	23 Arthritis Health Talk	24	25 Thanksgiving Day (Closed)	26 (Closed)	27 (Closed)
28	29	30 Headaches Health Talk	29	30		