

N-Compass Health

Patient Management

Directing you to health through nutrition

This specialized report is delivered by:

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Health Concerns

Allergies, Environmental

Definition

An immediate or delayed adverse reaction by the immune system caused by environmental factors such as pollen, house dust, molds, smoke and environmental pollutants. They can be seasonal or chronic.

Signs and Symptoms

- Diarrhea
- Bronchitis
- Runny/stuffed nose
- Nausea
- Chronic fatigue
- Rash/hives
- Digestive upset
- Depression/anxiety
- Ringing in the ears
- Asthma
- Headaches
- Arthritis
- Eczema
- Hayfever
- Sneezing
- Itchy skin/eyes
- Dark circles under the eyes

Possible Causes

Weakened immune system - may be due to increased T-cell levels because of constant internal battle, which causes allergic reactions to be triggered more quickly.

Environmental toxins (metals, chemicals, other pollutants) which weaken the immune system.

Repetitive immunizations or antibiotic/steroidal medication that decrease immune response and disturb the normal gastrointestinal flora.

Dysbiosis - candida, parasites, fungi, etc. decrease efficiency of gut mucosa and increase potential for allergies.

Heredity - children born to parents with allergies have an increased chance of developing allergies themselves.

Nutritional deficiencies.

Stress/physical or emotional trauma - due to decreased immune function, adrenal response and possibly decreased HCl production.

Poor liver function - due to its role in removing foreign protein from the body and detoxifying the system

Nutrient Applications

A detoxification program is beneficial. Helpful nutrients include milk thistle, silymarin, glutathione, chlorophyll, broccoli, dandelion, red beet root, and yellow dock. See, "Systemic Detoxification Combination," under "Patient Fact Sheets."

Immune support including:

Vitamin C

High potency with bioflavonoids. Flavonoids are highly effective in allergy reactions. They inhibit the release of histamine from mast cells during an inflammatory response.

Selenium, zinc, B-complex and vitamin A

Zinc and vitamin A may increase IgA levels on the mucosal surface, which is a gastro-intestinal antibody.

Thymus Extract

Thymus glandular helps direct specific nutrition to the thymus.

Echinacea and Goldenseal

Potent antibacterial action; enhance the immune system

Health Concerns

Allergies, Environmental - (continued)

Nutrient Applications - (continued)

Garlic

Antibacterial properties

Quercetin

Quercetin is a potent bioflavonoid - in fact, it has been named, "the most important flavonoid" by a leading peer-reviewed journal (Nutr. Cancer 1993, 20:21-9). It is a powerful antioxidant, and Michael Murray suggests that, "quercetin appears indicated in virtually all inflammatory and allergic conditions" (Murray, M. Encyclopedia of Nutritional Supplements, 1996, Prima Publ., Rocklin, Ca. p. 327).

Proteolytic enzymes, essential fatty acids and bioflavonoids for inflammatory response.

HCL and pancreatic enzymes to decrease allergen load and optimize digestive function

Leaky gut nutrients (See, "Intestinal (Leaky Gut) Combination" under, "Patient Fact Sheets.") - A healthy intestinal lining will prevent environmental toxins from crossing the gut into the system.

Adrenal support if necessary. Pantothenic acid (vitamin B-5), which supports the adrenals, may be taken during hayfever season to prevent an allergic reaction.

Calcium and magnesium as a nerve relaxant. People with allergies usually suffer from an over-reactive nervous system.

Dietary and Lifestyle Applications

Eliminate dairy products. They increase mucus production, which creates further irritation.

Avoid food allergens and environmental allergens as much as possible. Allergy-proof the house.

Eat a healthy diet. Avoid over-cooked fats and oils, which compromise the digestive system.

Avoid non-steroidal, antiinflammatory drugs (NSAIDS).

Avoid tobacco, toxic pollutants and petrochemicals.

Eliminate alcohol, sugar, and caffeine.

Decrease stress.

Garlic, ginger, onions, black pepper and cayenne may be helpful to stimulate IgA production.

Infants who are not breast-fed have an increased likelihood of developing allergies.

Check for hypothyroidism.

Drink plenty of water to thin mucus secretions.

Fenugreek and thyme tea may be helpful as a mild decongestant for sinus congestion sufferers.

Notes

Antihistamines are common drugs used for allergies. Antihistamines are often mixed with a nasal decongestant.

Antihistamines:**Function**

Block the action of histamine at the receptor sites.

Side effects

Most antihistamines cause drowsiness, because by blocking histamine action they block histamine function in the brain. Histamine's main function in the brain is to maintain alertness. Some antihistamines have been manufactured which do not cause drowsiness, because they have been formulated not to affect the brain receptor sites. The drawback of antihistamines is that they have potential risks, including cardiovascular and liver problems.

Lung Support

Notes

See Asthma, Bronchitis, Emphysema or Pneumonia.

Sinus Infection (Sinusitis)

Definition

An inflammation and/or infection of the nasal sinus cavities including:

Health Concerns

Sinus Infection (Sinusitis) - (continued)

Definition - (continued)

Frontal sinus

In the forehead

Ethemoid sinus

Between the eyes at the bridge of the nose

Sphenoid sinus

Behind the eyes deeper into the head

Maxillary sinus

In the cheek bones

Signs and Symptoms

- Nasal congestion and discharge
- Headaches
- Pain and swelling around the eyes and/or cheeks
- Postnasal drip
- Difficulty breathing
- Toothache
- Fever/chills

Possible Causes

Bacterial, viral or fungal infection (usually precipitated by the common cold)
Chronic hayfever or repeated acute infections
Chronic allergies, especially to dairy products
Poor diet
Suppressed immune function
Environmental pollutants, chemicals, heavy metal toxicity
Dental abscess or other dental problems
Deviated septum
Hypoadrenia

Nutrient Applications

Vitamin C - strengthens the immune system
Beta-carotene - immune support
Bioflavonoids - antiinflammatory agents
Goldenseal - effective for acute bacterial sinus infections (Murray, M. and Pizzorno, J. Encyclopedia of Natural Medicine, Prima Publishing, CA, 1991 p. 508).
Immune herbs - including echinacea, elderberry and cranberry; reduce bacterial colonies and their ability to adhere to the sinuses
Thymus and spleen extract - immune support
Proteolytic enzymes - aid in inflammation
Quercetin - potent bioflavonoid and antiinflammatory
Vitamin A - promotes health of the mucous membranes
Liver extract - antihistamine effect

Dietary and Lifestyle Applications

Make sure to strengthen the immune system and treat for hayfever or cold if necessary.
Eat a healthy diet. Avoid refined sugars, saturated fats and dairy products (they increase mucus formation). Increase fresh fruits and vegetables and whole grains. Avoid food additives and preservatives. An elimination/rotation diet is suggested.
Avoid food allergies and environmental pollutants.
Drink plenty of filtered water. Warm fluids are very soothing.

Health Concerns

Sinus Infection (Sinusitis) - (continued)

Dietary and Lifestyle Applications - (continued)

A humidifier may be helpful. A hot facecloth placed over the sinuses may help to relieve congestion.

Be careful of medications, especially antihistamines as they will eventually dry nasal secretions with long-term use and cause increased congestion.

Get plenty of rest during an acute infection.