

ALLERGIES

WHAT ARE ALLERGIES?

An allergy is an extreme immune system reaction to a substance or chemical - in food or air - that is harmless to most people.

SYMPTOMS

An allergy can cause almost any symptom and can often mimic well-known diseases.

Acute symptoms ~ watery eyes, runny nose, throat constriction, rashes, shortness of breath.

Chronic symptoms ~ muscle and joint pain, arthritis, chronic fatigue, depression, poor concentration/memory, insomnia, weight gain, hypoglycemia, skin conditions (acne, eczema, psoriasis, etc.), asthma, hyperactivity/ADHD, bed-wetting, ear infections, constipation, diarrhea, skin flushing (i.e., red ears or cheeks), heart palpitations, gas and bloating.

WHAT CAUSES ALLERGIES?

- Genetics
- Pre-natal exposure to a virus, drugs, radiation or chemicals
- Early weaning
- Genetically modified food
- Stress
- Poor diet
- Low stomach acid
- Chronic over-consumption of a particular food (typically wheat, corn, dairy, eggs, soy, tomatoes, citrus fruit, chocolate, artificial sweeteners)
- Toxic exposures (pesticides, cleaning products, environmental pollutants, perfumes)
- Prescription drugs (such as cortisone)

A NATUROPATHIC DOCTOR CAN HELP

Naturopathic treatment is highly effective for treating allergies. Your ND will treat the cause of your allergies and alleviate your symptoms using:

- **Nutritional Counselling & Modification** ~ to identify and eliminate allergens from your diet and nourish your body.
- **Immune & Adrenal Support** ~ using vitamins, minerals, herbs and hydrotherapy.
- **Digestive Support** ~ using digestive enzymes, probiotics ("friendly" bacteria), nutritional supplements and herbs.
- **Stress Reduction** ~ such as breathing techniques and exercise programs.
- **Lifestyle Modifications** ~ such as avoiding chemical toxins that damage immunity.

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