

Nutrition for allergies



Allergies are abnormal reactions of the immune system that occur in response to otherwise harmless substances. For example, animal dander, dust, food, medicines, insect bites, chemicals and pollen, certain medicines. With allergies, an immunological conflict arises - during a person's interaction with an allergen, the body produces antibodies that increase or decrease sensitivity to an irritant.

Healthy foods for allergies

Products with a low level of allergens:

- fermented milk products (fermented baked milk, kefir, natural yogurt, cottage cheese)
- boiled or stewed lean pork and beef, chicken, fish (sea bass, cod), offal (kidney, liver, tongue);
- buckwheat, rice, cornbread; greens and vegetables (cabbage, broccoli, rutabaga, cucumbers, spinach, dill, parsley, lettuce, squash, zucchini, turnip)
- oatmeal, rice, pearl barley, semolina porridge
- lean (olive and sunflower) and butter

- some types of fruits and berries (green apples, gooseberries, pears, white cherries, white currants) and dried fruits (dried pears and apples, prunes), compotes and uzvars from them, rosehip broth, tea and still mineral water.

Products with an average level of allergens:

- cereals (wheat, rye)
- buckwheat, corn
- fatty pork, lamb, horse meat, rabbit and turkey meat
- fruits and berries (peaches, apricots, red and black currants, cranberries, bananas, lingonberries, watermelons)
- some types of vegetables (green peppers, peas, potatoes, legumes)

Dangerous foods with high levels of allergens:

- seafood, most types of fish, red and black caviar
- fresh cow's milk, cheeses, whole milk products
- eggs
- semi-smoked and uncooked smoked meat, sausage, small sausages, sausages
- industrial canning products, pickled products; salty, spicy and spicy foods, sauces, seasonings and spices
- certain types of vegetables (pumpkin, red peppers, tomatoes, carrots, sauerkraut, eggplant, sorrel, celery)
- most fruits and berries (strawberries, red apples, strawberries, raspberries, blackberries, sea buckthorn, blueberries, persimmons , grapes, cherries, pomegranates, melons, plums, pineapples), juices, jelly, compotes from them
- all types of citrus fruits; soda or fruity soda, chewing gum, flavored unnatural yogurt

- some types of dried fruits (dried apricots, dates, figs)
- honey, nuts and all kinds of mushrooms
- alcoholic beverages, cocoa, coffee, chocolate, caramel, marmalade
- food additives (emulsifiers, preservatives, flavors, dyes)
- exotic foods

Alternative treatment of airborne allergies:

- Stinging nettle (*Urtica dioica*) has antihistamine and anti-inflammatory properties. The common dose is 300 mg four times daily.
- Grape (*Vitis vinifera*) seed extract has antihistamine and anti-inflammatory properties. The usual dose is 50 mg three times daily.
- Ephedra (*Ephedra sinicia*), also called ma huang, has anti-inflammatory properties and has proven effective in treating allergies. However, ephedra should not be used, as it can raise blood pressure, cause rapid heartbeat, and interfere with adrenal gland function. Because of the severe health risks posed by ephedra, the supplement was banned from sale in the United States in April 2004.
- Licorice (*Glycyrrhiza glabra*) has cortisone-like, anti-inflammatory properties, stimulating the adrenals and relieving allergy symptoms. It can be taken as a tea or in 100–300 mg capsules. Long-term use can result in sodium retention or potassium loss.
- Chinese skullcap (*Scutellaria baicalensis*) has bronchodilator properties, is an anti-inflammatory, and prevents allergic reactions. It is taken in combination with other herbs. Some medical doctors warn against taking Chinese skullcap because of side effects that have been reported, including drowsiness, seizures, hypoglycemia, and arrhythmia.
- Ginkgo (*Ginkgo biloba*) seeds are used in Chinese medicine for relief from wheezing and coughing.

- Echinacea (*Echinacea* species) may have anti-inflammatory properties and boost the immune system. The National Institute of Health has warned against using the injectable forms of Echinacea because of the severe reactions it may cause.
- Khellin (*Ammi visnaga*) has bronchodilator properties.
- Cramp (*Viburnum opulus*) bark has bronchodilator properties.
- Traditional Chinese medicine treats allergic rhinitis with various herbs. The patent combination medicines Bu Zhong Yi Qi Wan (Tonify the Middle and Augment the Qi) and Yu Ping Feng San (Jade Windscreen) are used for preventing allergies, and Bi Yan Pian (Rhinitis Infusion) is often prescribed for symptoms affecting the nose.
- The homeopathic remedies *Rhus toxicodendron*, *Apis mellifica*, and *Nux vomica* have decongestant properties. They are taken internally. *Rhus toxicodendron* is made from poison ivy and therefore can cause a serious reaction in people allergic to poison ivy.
- Vitamin C has antihistamine and decongestant properties.
- Vitamins A and E are antioxidants and help to promote normal functioning of the immune system.
- Coenzyme Q10 may help to promote normal functioning of the immune system.
- Zinc may boost the immune system.