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Summer Newsletter

2008

Focus on Hay Fever / Allergic Rhinitis

Allergenic rhinitis, is a reaction to an inhaled airborne substance. It is an increasing widespread problem which has been linked with the increased use of anti-bacterial products which have provided a highly hygienic household environment, chemical pollution and a decline in the consumption of fish and fermented, probiotic rich foods.

Year round sufferers are likely to react to foods, perfume, animal hairs, dust, moulds or fungi whilst seasonal sufferers are more likely to react to hay, straw, grass, flower or tree pollen.

The development of allergies develop through continued exposure to pathogens. When a sufferer comes into contact with an allergenic substance, an antibody known as IgE is produced. This attacks the substance, such as pollen, stimulating cells in the lining of the nose, mouth and eyes to release a chemical called histamine, which triggers symptoms. Whilst most sufferers use over the counter anti-histamine medication to control symptoms there are a number of natural supplements and holistic treatments that can help, either alone or in combination with orthodox medication.

Allergy/Health Screening

Find out what you are reacting to! Screening technology can identify trigger sensitivities and intolerances to a wide range of foods and environmental influences.

How does it work? A painless probe is applied to single acupressure points on the fingers. The machine sends the electrical signature of, for example, the grass pollen to be tested, through the skin. The body's reaction is recorded and compared with an acceptable reaction. The result is clearly displayed on the computer's screen.

Dietary Measures - Eat plenty of fresh organic natural foods, high in probiotics, flavonoids and plant sterols and essential fatty acids. Steam, stir-fry or lightly bake vegetables, fish and organic meat,

which are high in nutrients and low in pesticides. Increase intake of high fibre, complex carbohydrates including brown rice, legumes, seeds and beans. This eases liver overload and reduces bowel congestion. Avoid the use of pre-packed "convenience foods" whose ingredients may include derivatives of an allergenic food, remainder of pesticide or antibiotic given to "farmed" animal or preservatives. Further information relating to a "natural" diet can be found in my booklet, "Naturally Healthy", and may be purchased from me for £7.00

Probiotics- When taken during pregnancy, probiotics have been shown to reduce the risk of the baby developing an environmental allergy. Probiotics are "friendly bacteria" found in the gut and are found in live dairy yoghurt, cottage cheese, kefir, vegetable sauerkraut, soya miso, tofu, natto, tempeh, tamari, soya yoghurt, rye sourdough bread.

Flavonoids - found in plants and fruit appear to inhibit the production of pro-inflammatory substances, whilst plant sterols seem to normalise the functioning of T-cells. Increase consumption of fresh organic vegetables, herbs, and fruit to reduce the likelihood of developing allergies.

Essential Fatty Acids- To ease symptoms regular intake of omega 3 and 6 is essential. Sources of Omega 3 include mackerel, swordfish, marlin, tuna, salmon, sardines, flax seeds, sunflower seeds. Sources of Omega 6 include safflower oil, sunflower oil and seeds, corn oil, pumpkin seeds, walnuts, sesame seeds, wheat germ.

Water - Our bodies are made up of 70% water. To maintain hydration and flush out toxins, drink between 1.5-2 litres of "pure" water per day.

Ear Candling – The anti-inflammatory properties of the ingredients in these thermal auricular candles provide relief for some because the tiny amounts of beeswax and honey have a naturopathic effect. Depending on severity of the symptoms, two to three treatments may be needed in the first week, and then once to twice per week for the next two to three weeks. This can be combined with a lymphatic massage to intensify treatment.

**Food Sensitivity/Health Screening * Nutrition Therapy * Pre-conception/Fertility Programme
Lymphatic Massage * Reflexology * Thermal Auricular Therapy * Therapeutic Massage * Reiki Healing**

Parkside Therapies, Hampton Hill TW12 1BE and Maple Leaf Clinic, Twickenham TW2 5AB
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Lymphatic Massage – The lymphatic system, put simply, is the plumbing of the body! Lymphoid tissue is semi-solid and comprised of water, fats, proteins, salts, hormones, dead cells, immune system cells and lymphocytes. The job of lymphocytes is to destroy bacteria, form lymphatic and blood cells and protect against disease. This form of massage uses a specialised and highly effective form of rhythmic hand and finger movements to stimulate lymph flow which stimulates elimination of accumulated chemicals and other toxins, through urination and faeces. This in turn, supports the immune system. Hay fever and allergy sufferer's benefit from this treatment because it can help to reduce water retention and puffiness, encourage detoxification, stimulate, boost and re-balance the immune system which relieves inflammation and congestion.

Dry Skin Brushing - Dry skin brushing, improves skin softness and quality, calms some skin irritations and is recommended to stimulate lymphatic and blood circulation. It should be done daily and only takes 2 minutes!

Reflexology - Works on the principle that reflex points in the hands and feet correspond to every

part of the body. By working on these "reflexes" blockages in the energy pathways are cleared, aiding the body to heal itself. Reflexology does not claim to be a "cure all", but numerous different disorders respond well to this natural therapy. These disorders include migraine, sinus problems, hayfever, breathing difficulties. Reflexology improves circulation, assists detoxification, re-energises, balances mind, body and soul, calms, soothes and nurtures.

Household cleaners – To reduce allergenic development and exposure to artificial products change household and beauty products to non-bleach formula's. Household products should not contain petro-chemicals, artificial preservatives, artificial colours and fragrances, parabens, SLES (sodium laureth sulfate) harsh detergents, phosphates, enzymes or chlorine bleach.

Disclaimer: This newsletter has been written for general guidance only and does not take into consideration individual food sensitivities/food allergies/specific illnesses. If you have any disorders or are on regular medication it is important to discuss making changes to your diet with your GP.

Natural health practitioner with over 10 years experience blending nutritional therapy with holistic body treatments. Specialising in fertility issues, pregnancy, children's health and stress related disorders.

- ❖ **Nutrition Consultation** - Includes an Asyra sensitivity screening, dietary programme and "Naturally Healthy" booklet.
- ❖ **Pre-conception and Fertility Programme** - Conditioning programme using health screening, specialised supplementation and dietary protocol with the option of holistic treatments to prepare for and during pregnancy
- ❖ **Hormonal/Food/Environmental Screening** - from £65-£150
Children's Screening (Under 12's) £45 (10% donated to SOS!SEN charity)

Prices from 1st September 2008:

30 minutes treatments	£35.00
Ear Candle treatment	£45.00
60 minutes treatments	£50.00
75 minutes treatments	£65.00
Nutrition Consultation	£90.00
Follow on nutritional consultations	£50.00
Pre-conception/Fertility Prog.	£100.00
Health Screening	various
Supplementation and homeopathic remedies are charged additionally	
Courses of treatments – buy a course of 5 and get the 6th treatment free!	

Andrew's Coleslaw – serves 2

Fabulous coleslaw salad, rich in nutrients and easy to prepare.

- 1 leek
- 2 carrots
- 1 stick celery
- ½ white cabbage
- ½ cooking apple
- Handful walnuts – broken up
- Handful sultanas – optional
- Dressing: 2 tablespoons olive oil, 2 dessertspoons cider vinegar, Black pepper to taste
- Grate or finely chop all raw vegetables into bowl, add walnuts and sultanas and toss with dressing.

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