

Holistic Approaches to Rhinitis Relief

It's pretty obvious that the place to start in getting relief from rhinitis is to remove the source of the respiratory irritants, whenever possible. For example, get rid of toxic household cleaning products and chemicals and, if air pollution is a serious problem, purchase an air filtration system. Even if it's pollen you're allergic to, reducing the amount of irritants your sensitive membranes have to deal with will go a long way to easing your problems.

You can also gain relief from rhinitis by dealing with a number of underlying health issues that are often contributing to the problem. These include all of the following:

Food Allergies

Allergic reactions to foods in the intestinal tract will hypersensitize the immune system and make you more susceptible to respiratory allergies. Common food allergies that may be contributing to rhinitis include wheat, corn, dairy, citrus, eggs, peanut butter, shellfish and soy. Food additives, dyes and preservatives in processed foods may also be a contributing factor.

There are signs that indicate food allergies may be a contributing factor. If a person experiences any of the following after eating a food, they probably have an allergic reaction to it: dark circles under the eyes; redness of the ears, face or eyes; a glassy look; an increased pulse rate or mood changes. If a person craves certain foods excessively, they may be allergic to them.

If you suspect food allergies may be contributing to your rhinitis, eliminate all suspected allergy-producing foods or do a short fast for two or three days. If symptoms improve, then food allergies are probably an underlying factor. Reintroduce suspected foods one at a time and watch for symptoms or reaction.

Several supplements may help with rhinitis due to food allergies. The most important of these are enzymes. A good general enzyme formula such as **Proactazyme Plus** or **Food Enzymes** can go a long way to reducing allergic reactions. In addition, **AL-J** is very good at decongesting the system and **HistaBlock** is good at reducing allergic responses. (See next page.)

Intestinal Inflammation and Leaky Gut Syndrome

Inflammation in the colon tends to congest the lymphatic system and trigger inflammation in the respiratory tract. If you're eating a standard American diet and have allergies, cleansing the colon will probably reduce rhinitis symptoms. Take a source of fiber, such as **Nature's Three** or **Everybody's Fiber**, along with a good cleansing formula like **All Cell Detox** or **Enviro-Detox**. Also take digestive enzymes, either **Food Enzymes** or **Proactazyme Plus**. Be sure to drink plenty of water, too.

It takes about three to four weeks before you'll start seeing significant results, but this cleaning out the colon has helped many people obtain permanent relief from chronic rhinitis. If leaky gut syndrome is a factor, **Kudzu/St. John's wort** or **Uña D'Gato** can be helpful.

Liver Problems and Toxicity

The liver is the primary organ of internal detoxification and when it is overburdened with toxins, people become more susceptible to allergies. A number of toxins have been shown to contribute to rhinitis, including mercury, sodium benzoate, atazine yellow, MSG, aspirin and a number of other drugs.

If you get stuffy, bloated feelings in your abdomen, especially under the right rib cage and feel very groggy and sluggish in the mornings, you may need to support your liver. Irritability, headaches and difficulty getting to sleep are also indications your liver may be overwhelmed with toxins.

Cleansing the colon will also help the liver clear toxins better, but in addition, consider adding a more specific remedy to aid liver detoxification. Good choices include **Chinese Liver Balance** and **Milk Thistle Combination**.

Inhibited Lymphatic Drainage

The lymphatic system drains fluid away from inflamed areas, so if you have poor lymphatic drainage, this may contribute to your problems with rhinitis. If you can feel swollen lymph nodes or tenderness in your neck, then poor lymphatic drainage may be a factor in your stuffed up head. **Lymphatic Drainage Formula** or **Lymphomax** may be of assistance.

Adrenal Insufficiency

The adrenal medulla regulates histamine reactions and inflammation in the body. So, reduced function of the adrenals may contribute to excessive allergic responses. If you feel tired, or under a lot of stress, this may be a factor in your rhinitis, in which case **Adrenal Support** or **IF Relief** may be helpful.

Nutritional Deficiencies

Nutritional deficiencies may play a role in allergic rhinitis. The over sensitivity of the immune system may be due to a lack of essential nutrients needed to regulate the immune response. For instance, vitamin C and bioflavonoids (especially quercetin) have been shown to reduce histamine reactions. **Citrus Bioflavonoids with Vitamin C** is a good blend to supply these nutrients.

Deficiencies of calcium and magnesium have also been linked with allergic rhinitis. Many Americans are particularly low in magnesium. **Magnesium Complex**, therefore, can be helpful for some people.

Omega-3 essential fatty acids help produce compounds which mediate inflammation and reduce inflammatory reactions. **Super Omega-3 EPA**, therefore, will often help ease inflammatory symptoms in rhinitis.

Other nutrients that may be beneficial to allergy sufferers include vitamin A, selenium, zinc, pantothenic acid and antioxidants like **MSM** or **Thai-Go**. Also consider some of the formulas on the next page.