



## Allergies – Understanding your Defense System

This article will provide you with information on overcoming troublesome allergies. Whether you experience seasonal allergies or you suspect that you may be sensitive to certain foods, the following articles will offer practical advice and solutions.

According to the American Academy of Allergy Asthma and Immunology, allergies affect more than 50 million people in the U.S., and more than half of all U.S. citizens test positive to one or more allergens be they airborne/seasonal allergens or food-based allergens.

So what causes allergies? Simply put, allergies are the immune system's mistaken response to a relatively harmless substance. As we know, the immune system's primary job is to stand guard and defend your body against intruders that can be dangerous to your health, like certain viruses and bacteria. When it does its job well, you don't get sick. So like an alert policeman, the immune system is constantly patrolling the body.

The problems begin when the immune system has difficulty distinguishing harmful substances from relatively harmless ones. Similar to a new and eager recruit in the police force, it tends to overreact in minor situations. So the seemingly innocent pollen or peanut now becomes a prime suspect. Other situations occur when there are just too many of the truly harmful ones, like if you were to routinely eat certain processed foods that offer little nutritional value, as this ends up hurting your body and causing inflammation – this is the classic food allergy. Some experience allergies very early on, soon after birth or in the early childhood years, while others develop them later on in life.

Most treatments focus on stopping the reaction after it already has begun – this is the approach taken in the formulation of the many over the counter drugs you find in drug stores. So why not look to address the cause of the reaction before it has a chance to take hold?

*The Spa on Green Street Wellness Programs* offers natural solutions that look at the whole energetic state of your body. Your immune system cannot work optimally if the quality of food remains poor. In a similar fashion, too much stress or lack of exercise causes an imbalance in your immune response, causing symptoms to appear, re-appear or even get worse. Important organs like your liver and digestive system can also become congested if toxins are not being eliminated efficiently, and this alone can affect your immune response. Thus, you have to take a well-rounded approach if you are going to be successful in achieving balance in your health. An approach that is based on a healthy lifestyle is a sensible one, so start on your Wellness Program to seal your commitment to a greater sense of well-being.

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