Stop Using SALINE RINSES for Allergies — Do This Instead Transcript

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Allergy symptoms and overview

Are allergies driving you crazy? Well, it's that time of the year where people are experiencing sneezing, watery eyes, headaches, fatigue, symptoms related to allergies.

So in this video, I'm going to review the best natural treatments for allergies and what you can do beyond the typical over-the-counter medications which can have side effects.

I'm Dr. Mark Stengler. I am a naturopathic medical doctor. Been practicing for over 30 years. Allergies to environmental factors such as pollens, mold, animal dander, and other substances are very common, especially here in the San Diego area.

But for many people, allergies are seasonal. Others, they're year round. And about 25% of the US population has seasonal allergies. It can be a real pain.

What allergic rhinitis is and why it matters

The term Allergic Rhinitis refers to symptoms of nasal congestion, runny nose, post-nasal drip, sneezing, itching of the eyes, nose and throat. So, a lot of people suffer from this seasonal allergic rhinitis.

Now, an international research group has shown that most common symptoms of allergic rhinitis are runniness and nasal congestion. Those are symptoms that people can have throughout the day.

And symptoms occur more often than four consecutive days per week and more than 4 consecutive weeks per year. That's the official diagnosis. Now when you have allergies or allergic rhinitis, it increases your risk of sinusitis where you get inflammation and infection of the sinuses.

It can give you migraine headaches, tension headaches. Can give your sleep problems such as a worsening of obstructive sleep apnea. So there's a lot of other problems you can have with allergies.

Now I should mention fatigue. Fatigue is a very common symptom when people have seasonal allergies Now your immune system reacts to the perceived invaders of the root respiratory system.

This is why you get allergies. That's not a bad thing. It can be a good thing if they're actually things that can harmful to you. But when the immune response becomes imbalanced or excessive, that leads to prolonged symptoms.

And so allergens such as pollens, grasses, dust, even insects, mold, animal dander and others.

Avoidance, air filtration, and immunotherapy

Well, these are common triggers of allergies and they can be tested if you're not sure what you are reacting to. So the first line of treatment is to avoid the offending substances if possible, but often when they're in the air, you can't avoid them.

Next use of air filtration. can be used to reduce exposure, and that's highly advised. So air filters can reduce symptoms of allergies. There's also a treatment known as allergy desensitization, which is also known, as allergen immunotherapy.

And that could be effective too, although that is more of a conventional therapy. There is a number of medications that people use, a lot of them over the counter, but some can be by prescription.

I don't usually recommend these to patients, But in more severe acute cases, they can used. And they're normally given by nasal sprays or by oral pills.

The medications are usually antihistamines, decongestants, or steroids, cortical steroids. There can a be a numbers of side effects with these medications, especially the ones you take orally or the pill form.

Conventional medications and nasal irrigation

Now a common treatment that people use is the low pressure nasal irrigation and you've seen the ads on TV where people are rinsing their sinuses and maybe you have tried that yourself and for some people that can be helpful.

However, when you do it on a regular basis, that's when she would actually imbalance the nasal microbiota or the microbiome right in the sinus itself and that could be problematic when used on long term.

That's why I like to use a natural compound called xylitol in a nasal spray. And that's been shown to be effective for chronic sinusitis, nasal diseases, and it can be more effective than just the normal saline rinses.

So I'd like my patients to do that on a long-term basis. In addition, I find when you use that approach, you don't run the risk of having your sinuses dry out.

Now there's some excellent supplements that can used for allergies or allergic rhinitis. One of the top ones is quercetin. Now, high-absorbable quercetin has been shown to significantly improve symptoms of pollen allergies, such as eye itching, sneezing, and nasal discharge.

And the dose used in the studies is only 500 milligrams daily.

Natural supplements for allergy relief

Studies have also shown it's helpful in people who have asthma symptoms related to pollen, allergies or allergic rhinitis as well. Quercetin works by stabilizing the release of histamine.

Histamine is released, you have allergies and that gives you a lot of the symptoms. Unlike medications, it doesn't give you that drowsy fatigue effect.

Also, butterbur extract has been shown in a number of studies to reduce the symptoms of pollen allergies or allergic rhinitis. And in those studies, they use an extract that is free of something called pyrrolizidine alkaloids.

So when you're looking at extracts that are commonly used for allergies, that part has be removed. That can reduce allergic response, it reduces headaches as well, and the common allergy symptoms.

These natural treatments along with using a good air filter are an excellent way to control your symptoms if it's seasonal or if you're experiencing these allergies throughout the year.

Well, if like this video, make sure you subscribe to my YouTube channel. I've got many videos on a variety of different health conditions where I really focus on the best integrative and natural treatment to common health condition.