

SPRING 09

HEALTH PERSPECTIVES

OKANAGAN NATURAL MEDICINE

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IS IT THAT TIME OF YEAR AGAIN?
ARE ALLERGIES GETTING YOU DOWN?

ACHOO
GESUNDHEIT !!

Spring has sprung and with it comes allergy season. In this month's newsletter we look at some basic naturopathic approaches to get you through the season

APRIL 2009

In The News

For Kids



Saturated Fat Reduces Children's Allergies and Trans Fats Increase Them

A team of researchers from Finland have found that diet may play a role in the increased incidence of allergies.

Their study found that children who eventually developed allergies ate less butter and more margarine compared with children who did not develop allergies.

The study is not the first to suggest that certain types of fats may play a role in the onset of allergic diseases. Polyunsaturated fats like those in margarine are thought to promote allergies by causing the immune system to release a protein that triggers allergic reactions.

Their results support the hypothesis that the quality of the fat consumed in the diet is important for the development of allergic diseases in children.

The possibility of preventing allergic diseases by supplementation or by changing the fatty acid composition of the diet of young children remains to be tested by clinical trials. Allergy 2001;56:425-428



ALLERGY ALTERNATIVES

Herbal Therapies Offer Hope for Allergy Sufferers

Allergic rhinitis, whether seasonal or constant, is characterized by sneezing, runny nose, blocked nasal passages, itchy eyes and throat, and runny eyes.

Although the term hay fever is commonly used for seasonal allergic rhinitis, it is inappropriate because the symptoms are neither produced by hay nor associated with fever! Allergic rhinitis is caused by pollen allergens falling on the mucous membranes of the nose, resulting in a hypersensitivity reaction.

The usual treatment for seasonal allergic rhinitis is antihistamines.

These reduce the runny nose and sneezing but are less effective for nasal congestion and may cause sedation and drowsiness.

The availability of steroid nasal sprays without prescription has increased their use by patients with allergic rhinitis. Similarly, antihistamines can be obtained over the counter for treatment of hay fever, and all may interact with alcohol and decrease driving ability.

A study, (published in the British Medical Journal, January 19, 2002), found that the certain herbal extracts were comparable to the effectiveness of the antihistamines.

Continued...

Natural medicines provide safe, effective treatments for seasonal allergies

About 25 percent of the population suffers from allergies, especially during the spring and fall when tree, grass and flower pollens, mold and other particles are all carried in the air. It's important to note that all allergies, whether they occur only in the spring or year-round, are a reflection of an impaired immune system.

An unhealthy diet, poor sleep, lack of exercise, and high stress can beat down your immune system. Food allergens and chemical sensitivities can conspire to make your system more reactive to a wider range of allergens.

Our approach to allergies is to get you out of crisis mode and address the underlying causes. Diet and lifestyle changes are fundamental. Herbal, homeopathic and nutritional

supplements are effective tools to rebuild and repair your immune system over the long haul.

A basic treatment plan can include a combination of quercetin and stinging nettles, healthy fats and homeopathic desensitization drops or injections.

Medicines derived from foods such as pineapple (bromelain), papaya (papain) and turmeric (quercetin) can also be useful to help support the immune system

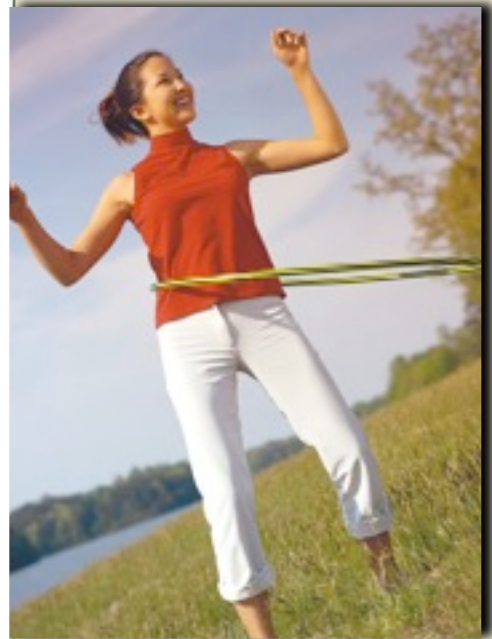


Breathe easy this spring !

Call to set up an appointment with one of our doctors.

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Upcoming Events

- April 17 - 7:00 pm at Ladies World **Hormones and Women's Health**
Dr. Entner will be discussing how to identify and treat hormone imbalances that can cause fatigue, weight gain, insomnia and irritability
Space is limited. Please call Ladies World at 250. 503.2363
- April 21 - 4:00 pm - 7:00 pm
We are Co - Hosting **Business After 4**
Vantage One Indoor Soccer Centre

HEALTHY CHOICES RECIPES

Tahini Lemon Dressing

Makes 2 servings

4 Tablespoons Tahini

4 Tablespoons Lemon juice

2 T water

2 T Braggs Liquid Aminos

Place all ingredients in a small mixing bowl. Mix well, and toss over your favorite greens. Enjoy as a salad, or



inside a wrap of collard leaf or nori sheet.