

Treat Your Fall Allergy Symptoms with Chiropractic



Seasonal allergies, including fall allergies, affect more than 35 million Americans and cost the U.S. economy more than \$7 billion in lost productivity.

Common Fall Allergens

The most common allergen during mid-September to November is *ragweed*. Ragweed is a weed that can grow almost anywhere but especially in the east and midwest of the United States. From August to November, ragweed blooms and releases pollen—a very fine powder also made by trees, grasses, and flowers.

Other weeds that can cause allergies are; *goldenrod*, *curly dock*, *lamb's quarters*, *pigweed*, *sheep sorrel*, and *sagebrush*.

Outdoor molds are also a cause of fall allergies. They first appear in early spring, but thrive until the first frost. They are common in soil, compost piles, and in the leaves that cover the ground during the fall. Mold spores are common airborne allergens. They are light, very small, and easily inhaled into the lungs.

Symptoms of Fall Allergies

Pollen from ragweed, other weeds and outdoor molds causes allergy symptoms in many

people. These symptoms include sneezing, runny or stuffy nose, itchy throat or inside of ears; hives; and swollen eyelids and itchy eyes. This is often called hay fever or by its medical term, seasonal allergic rhinitis. Some people also develop asthma symptoms, such as coughing, wheezing, and trouble breathing (acaai.org & everydayhealth.com).

Treat Symptoms of Fall Allergies with Chiropractic

Medical doctors are fast to prescribe dangerous drugs that can cause many serious health problems. Antihistamines can cause serious heart problems and should not be used with alcohol, sedatives or tranquilizers. Also, steroid nasal sprays can damage the cilia in the nose and upper respiratory tracts and affect the adrenal gland.

For over hundred years chiropractors have been praised by allergy sufferers. By reducing the stress on the nervous system, caused by vertebral subluxation, it has helped people adapt better to all stresses in the environment, including those related to allergies.

Releasing stress on the nervous system allows the immune system to function more effectively – something all allergy sufferers need, since a nervous system with less stress functions more efficiently.

Let Dr. Adam Nachmias at Nachmias Chiropractic relieve your allergy symptoms. Dr. Adam has been successful treating allergy symptoms for over 20 years.

Read his outstanding reviews from ZocDoc, Yelp & Facebook and you will understand why patients are grateful they chose him as their chiropractor:

<http://calldradam.com/chiropractic/patient-reviews/>

Dr. Adam was also voted 2015's best [Chiropractor in Brooklyn](#), verified by opencare.com.

Stop suffering when you don't need to! Book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

**We warmly welcome you to Nachmias Chiropractic –
Your Family Wellness Chiropractor!**