

## Why Chiropractic Helps Relieve Allergy Symptoms



*Millions of people suffer from seasonal hay fever, which causes the body to become hypersensitive to pollen and other environmental substances. This condition causes a number of irritating symptoms that can make life miserable.*

At this time, the number of people affected by allergy symptoms is between 10-30 percent of the total population and are increasing rapidly. For Americans who suffer from nasal and seasonal allergies, the costs very quickly add up. It is currently estimated that between doctor visits, prescriptions, and time missed from work, these allergies cost in excess of 3 billion each year.

Seasonal or not, all allergies are the result of an exaggerated response by the immune system to substances that it recognizes as foreign. In allergic persons, the immune system produces a specific antibody known as immunoglobulin E (IgE) in response to pollen, pet dander, foods, dust, and other matters, which then produces the symptoms of an allergic reaction.

### **How Can Nachmias Chiropractic Help?**

The strength of both the immune and respiratory systems depends largely on proper communication between the brain and spinal cord, to control and coordinate their functions properly. When there are interruptions in this communication, such as misalignments of the spine, immunity may be compromised. This upper cervical joint irritation can exaggerate or even produce allergic and asthmatic symptoms. Through manipulation of the joints and soft tissue either through traditional chiropractic adjustment or spinal decompression, Dr. Adam at Nachmias Chiropractic can help restore alignment and open the necessary pathways of communication between the brain and spine.

In addition to promoting a stronger immune system, adjustments may also help regulate the rush of histamine and amount of cortisol produced during high allergy season. The majority of allergies involve release of inflammatory producing substances such as histamine. Adequate production of cortisol, an anti-inflammatory hormone produced by the adrenal gland is necessary to combat this. Many allergy sufferers are found to have weak adrenal gland function. What needs to be understood is that the adrenal gland is fed directly by the T9 spinal level nerve root, meaning once again, that spinal misalignments can greatly impact allergic reactions (*Source: southeastchiro.com & upchiro.com*).

Dr. Adam can help identify any underlying neck or back misalignments, which may be compromising your immune system. He can also help you determine best practices and eating habits to help keep allergic reactions away. Let Dr. Adam relieve your allergy symptoms, you won't regret it!

Dr. Adam has been successful treating allergy symptoms for over 25 years. Read his outstanding reviews from ZocDoc, Yelp & Facebook and you will understand why patients are so grateful they chose him as their chiropractor:

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

Dr. Adam was also voted 2015's best Chiropractor in Brooklyn and New York, verified by [opencare.com](http://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

**Welcome to find relief at Nachmias Chiropractic!**