

Hay Fever? No More!



Are you one of them suffering from seasonal allergies, or generally speaking, hay fever? If so, you should definitely continue reading this article. In this issue we will inform you on how you can get allergy relief fast and sufficient.

Seasonal allergies affect more than 35 million Americans and cost the U.S. economy more than \$7 billion in lost productivity. For allergy sufferers the costs very quickly add up. Doctor visits, prescription medications, and possible time missed from work will cost a lot in the long run.

Why Do Some People Get Allergy Symptoms?

Allergies are the result of an exaggerated response by the immune system to substances it recognizes as foreign. The body becomes hypersensitive to pollen and other environmental substances.

In an allergic person, 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 an allergic reaction.

Allergic reactions can consist of a number of irritating symptoms that can easily make life miserable. The symptoms can include sneezing, runny or stuffy nose, itchy throat or inside of ears, hives, swollen eyelids, and itchy eyes.

Common Allergens

For starters, ragweed is a weed that can grow almost anywhere, but especially in the east and Midwest of the United States.

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 allergies. Especially around the spring period and they thrive until the first frost. They are common in soil, compost piles, and in the leaves that cover the ground during the fall.

Now, to the important question...

How to Relieve Allergy Symptoms?

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 (blockages) 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 - your chiropractor 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 the release of an inflammatory producing substance, so called 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).

How Do You Know What Chiropractor to Choose for Allergy Relief?

Finding a good chiropractor, especially one that is focusing on treating allergies, is hard. What we always recommend is to search for chiropractic reviews, and read what patients have to say about their experience with a certain chiropractor.

If you have not yet met Dr. Adam Nachmias - Nachmias Chiropractic, we would strongly suggest that you take a look at his outstanding patient reviews, and also watch his 5 star review movies: <http://calldradam.com/chiropractic/patient-reviews/>

This will definitely help you choose your future chiropractor; Dr. Adam Nachmias. You will also understand why the Bayridge, Brooklyn and Chelsea, Manhattan neighborhoods chose Dr. Adam as their number 1 chiropractor.

Dr. Adam Nachmias Has Successfully Treated Allergy Symptoms for Over 26 Years, and Was Awarded “Best Chiropractor in New York” Both In 2015 and 2016

We warmly welcome you to come and visit any of our offices in Brooklyn and Manhattan. If you want to make an appointment in advance, please call:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Stop suffering when you do not need to!

Relive Allergy Symptoms With the Help of Nachmias Chiropractic!