

# A natural approach to allergies



Natural health advice from CNM  
(College of Naturopathic Medicine)

**An allergy is an abnormal sensitivity of the body to certain substances, called allergens. There are generally two main causes.**

## A weak immune system

If your immune system is weak, it will over-react on exposure to allergens, causing the body to increase the production of 'antibodies' to destroy the invaders. These antibodies release immune cells which cause unpleasant allergic symptoms. Sneezing, wheezing, nasal congestion, itchy-watery eyes, runny nose, asthma, stomach ache, fatigue, irritability and brain fog are some of the different ways that allergies can manifest.

## Leaky gut syndrome

Most nutrients from the food we eat are absorbed in the small intestine. The intestine is selective and should only absorb digested foods. If there is a disruption to the intestinal lining, however, larger undigested food molecules together with toxins, yeast and other waste material which the body normally doesn't allow through, is able to enter the blood stream, a condition known as leaky gut. The immune system comes into action against the 'intruders', resulting in allergy symptoms.

Toxins can enter through a leaky gut from many sources, including some pharmaceutical drugs, vaccinations, a diet high in sugars, sweeteners, starches, over processed and microwaved foods, preservatives, refined flours and sodas. Coffee, smoking, and alcohol cause inflammation in the gut and destroy the gut flora. Nutritional deficiencies can result, further compromising the immune system.

## What can you do?

The naturopathic approach to addressing allergies is to boost the immune system and to improve the function of the digestive system. A Naturopathic Nutritional Therapist can create a personalised dietary and lifestyle plan to help you do so. Meanwhile, you can help yourself by sticking to a diet rich in vegetables, leaves and herbs, preferably organic to reduce the likelihood of toxic residues. Deal with stress issues, as chronic stress suppresses the immune system.



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