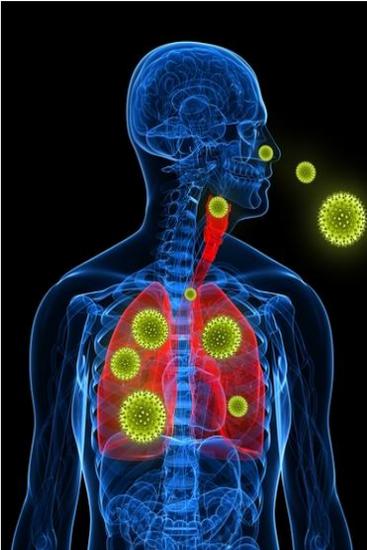


HALPERIN CHIROPRACTIC

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Oral Allergy Syndrome

Springtime airborne allergens may cross-react with allergens associated with food, adding to the immune system burden and leading to intensified allergic reactions. Cross reactivity may also occur due to common allergenic structures from different food families.

A good example is when birch pollen allergens cross-react with apple allergens, leading to a major allergic reaction to either apple or birch. When birch pollen is inhaled and swallowed, in an apple-sensitive person, it causes an immune response similar to an apple allergy in the gut that may affect digestion. Many times the effect is additive, leading to severe inflammatory

histamine reactions such as itchy throat, skin, and mouth. Throat and tongue swelling may occur. Head and body aches may accompany swollen nasal passages.

This Spring season, alder, birch and grass pollen counts are very high in the Seattle area. Both birch and grass pollen react with wheat, leaving many of my patients that are sensitive to gluten with severe pollen allergies along with increased gut and digestion issues. Several patients who have celiac disease, myself included, have experienced symptoms related to gluten sensitivity, even though we have not eaten any gluten containing food. Pollen counts have spiked with birch being prevalent in my area. I recommend a "safe room" with an air purifier running 24/7 in my bedroom and living room. I also start patients on homeopathic remedies that promote drainage of the liver, lymph, and kidneys. Included in this regimen are proteolytic enzymes between meals to reduce congestion and inflammation, and gluten enzymes with meals to prevent cross reactions between pollen and gluten/wheat. Taking anti-inflammatories such as nettles combined with quercitin and plenty of good probiotics limit and prevent inflammation in the gut and nasal passages.

Cross Reactivity between Inhaled Pollens and Foods:

- Birch Pollen.....Apple, hazelnut, almond, apricot, peach, carrot, potato, pear, plum, prune, cherry, fennel, parsley, coriander, buckwheat, celery, kiwi, honey, peanut peppers, spinach, walnut, **wheat**
- Grass pollen.....Melon, oranges, swiss chard, tomato, watermelon, fennel, celery, kiwi, peanut, **wheat**
- Alder pollen.....Almond, apple, celery, cherry, hazelnut, parsley, peach, pear
- Ragweed Pollen.....Honeydew, banana, apple, watermelon, chamomile tea, honey, nuts, sunflower seeds