

ALLERGY TREATMENTS



Allergy Treatments

Many people are afflicted with some type of allergy to all types of things, such as environmental allergens, odours, fumes, food, and cigarette smoke just to name a few.

If symptoms become uncomfortable and happen on a routine basis, then allergy treatment and testing may be in order.

With food allergies and small children, the process of elimination is the best way to determine which food is causing the allergic reaction.



Allergy testing methods such as skin testing and blood testing are effective, but some people may respond better to one than the other.

Food allergies for instance show up better on blood testing, but if you know you're allergic to a certain food, wouldn't you just not eat it?

Environmental allergies are a little trickier.

Consider all the possible triggers; weeds, trees, pollens, grasses, dust, dust mites, moulds, pet dander, chemical fumes, and cigarette smoke these are all popular offenders.



Skin allergy testing is the best method to use for diagnosis of these types of allergies if severe enough to warrant this approach.

Allergy treatment can then be prescribed based on the level of reaction to certain irritants.

Not everyone with allergies has to seek help from a specialist.

There are quite a few over-the-counter medications that are very effective in treating symptoms, but if this doesn't work, then a professional should be consulted.



Many times allergies are present with other conditions such as eczema and asthma, and should be evaluated in conjunction to allergy treatment since they all go hand in hand.

By treating allergies, related conditions will resolve themselves or lessen significantly as allergy treatment progresses.

Prescribed allergy treatment usually consists of immunotherapy, better known as allergy shots, which expose allergy sufferers to tiny amounts of the offending allergens in gradually increased doses that over time decrease symptoms.



Of course, substances that cause severe allergic reactions, such as certain foods (shellfish, eggs, peanuts) and bee stings should be avoided completely.

Avoidance is the only allergy treatment in this case, aside from using an Epi-Pen and/or Benadryl in case an accidental exposure occurs.

Different allergy treatments and combinations thereof may have to be tried before significant relief occurs. Over time allergies decrease and may eventually disappear requiring less allergy treatment.



I also recommend you try drug-free allergy treatments.

They can be very effective for you.

A naturopath or kinesiologist will be able to help you.

It is good to get the test done so you can really see what you are allergic to and what you might be sensitive to.

Once you have had the test, you will then have more of an idea of the types of treatments you have available to you.



Have a look around our healing portal to learn about allergy treatments.

You may find that your allergy is an emotional response rather than a physical response a stimuli.

Once you know the cause, you will find the best treatment for you.

**This Ebook was written for
Global Healing Exchange**

