



Wellness Weekly

A WEEKLY NEWSLETTER



ENVIRONMENTAL ALLERGIES: WHAT IS IT?

Environmental allergies are the responses of our body's immune systems to something in our surrounding area, yet it is otherwise harmless. Many people of all age groups suffer from these allergies and experience different symptoms. Environmental allergens are the substances in the air that we breathe in, that causes one to have an allergic reaction. There are many environmental allergens that cause different effects on people.

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Types of Environmental Allergies

An allergy is a response of the immune system to something in the surrounding area. There are many different types of environmental allergies that affect people daily, such as:

- Pollen
- Pet Dander
- Pet Saliva
- Dust Mites
- Mold

These allergies may present themselves in different ways per person.



Symptoms of Environmental Allergies

There are a variety of unpleasant symptoms of environmental allergies. Though these symptoms may differ from person to person, the severity of it can refrain a person from carrying on a normal day.

- Sneezing
- Itching
- Runny nose
- Itchy/ watery eyes
- Hives
- Tightening of the chest
- Itchy throat
- Swollen lips, eyes, tongue
- Stomach pain
- Vomiting
- Diarrhea



The Benefits of Environmental Allergy Testing

Despite the unpleasant symptoms that environmental allergies bring on, there are benefits to testing to see which ones affect you. If you suspect that you or someone you know may have an environmental allergy, it would be best to seek a medical professional to get environmental allergy testing.

At Natural Medical Solutions Wellness Center, we test for environmental allergies through the blood. The results are extensive, which reads a list of environmental allergies that one has a reaction to. Once a patient has retrieved such results, they can now either eliminate the cause of allergy out of their dwelling space or learn how to live with it in a way that will not continue to trigger the immune response repeatedly.

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