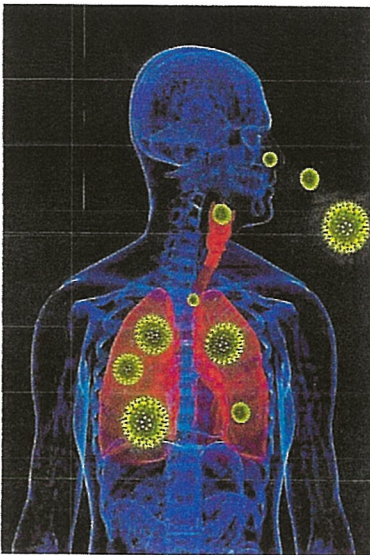


HALPERIN CHIROPRACTIC

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Oral Allergy Syndrome

Springtime airborne allergens may cross-react with allergens associated with food. This adds to the immune system burden and may intensify 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, an apple-sensitive person may produce an immune response similar to an apple allergy in the gut, which may affect digestion. In many cases 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, 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 who are sensitive to gluten with severe pollen allergies, along with increased gut and digestion issues. Several patients who have celiac disease, me included, have experienced symptoms related to gluten sensitivity even if we have not eaten any gluten-containing food. Pollen counts have spiked as birch is prevalent in the area. I recommend a "safe room" with an air purifier running 24/7 in the 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 taken between meals to reduce congestion and inflammation, as well as gluten enzymes taken with meals to prevent cross-reactions between pollen and gluten/wheat. Taking anti-inflammatories such as nettles combined with quercetin and plenty of good probiotics limits and prevents 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