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To: Dr. David Taylor

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[Control Your Allergy Symptoms Naturally](#)



When looking to control allergy symptoms without resorting to medications, the first step is to limit your exposure. Using an air filter, preferably one that ties into a central heating and air conditioning system, can drastically reduce the build-up of allergens in your home. It is also important to focus on areas where allergens can collect. Pet areas, carpets, rugs, and upholstered furniture should be cleansed regularly, and bedding should be washed at least once a week.

In addition to these simple steps, you may want to look to your diet as a means for controlling your allergy symptoms. A study of 35 patients conducted in the *Journal of Asthma* found a positive correlation between allergy relief and vegetarian or vegan diets. In a clinical observation, 92 percent of patients who followed a vegan diet for one year reported reduction in asthma symptoms.

Foods that have been closely linked to respiratory allergies include dairy products, chocolate, sugar, and gluten. There is also strong evidence indicating a connection between allergic rhinitis and intake of certain food additives, including artificial dyes and colorants, sulfites, and benzoates.

Omega-3 fatty acids have also been shown to support healthy airways and additionally favor

the production of anti-inflammatory mediators. In a 2009 study reported in the *International Archives of Allergy and Immunology*, atopic asthma patients supplemented daily with omega-3 fatty acids improved airway responsiveness even when subjects were exposed to a known allergen. Dietary sources of omega-3 fatty acids include cold-water fish, flax seeds, chia seeds, and walnuts.

Increasing antioxidant intake is also essential to prevent the free radicals that are often elevated in allergies and asthma. Vitamin C is considered as one of the most important dietary antioxidants for the protection of the lungs, and low levels of blood vitamin C are considered an independent risk factor for allergic rhinitis. Other beneficial antioxidants may include vitamin E, selenium, the carotenoids, and the flavonoids, which all possess powerful free radical-quenching capabilities.

Why go through life suffering from allergies if you don't have to? With a few dietary and lifestyle changes, you can face allergy season without stockpiling allergy medications and Kleenex. Talk to your doctor for more information about allergies and natural solutions.

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[Show Me the Light: The Healing Power of Laser Therapy](#)

An increasing number of doctors nationwide are offering laser therapy to their patients. With its increasing popularity and use, that means more and more people are probably wondering about lasers in general and some important specifics, including how they work, how safe they are and what it feels like to get treated. Here's a little Q & A on laser therapy.



Q: What is laser therapy?

A: Laser therapy is the application of low levels of laser light to areas of the body that have been injured or damaged. Contrasted with high-powered lasers used in health care that cut tissue, such as surgical or hair-removal lasers, therapy lasers produce beneficial photochemical and photobiological interactions that can help relieve pain and repair injured/damaged tissue.

Q: How does laser therapy work?

A: The photons of laser light penetrate through your skin and are absorbed by special components in your body's cells called *chromophores*. Just as photosynthesis creates energy for plants, the absorption of the photons by your cells causes increased production of cellular energy. In areas of injury or damage, this means there is more energy available to improve the rate and quality of healing.

Q: What does it feel like to get a treatment?

A: With very low-powered therapy lasers, you feel nothing at all. Higher-powered (Class IV) therapy lasers produce a mild, soothing, warm feeling. You may notice a tingling sensation in

the treatment area as blood vessels dilate, or that muscle spasms are reducing in strength and duration. Laser therapy is a painless treatment.

Q: How do you know it not causing cancer or other tissue damage?

A: There are two ways that laser light can damage tissue; if it is very concentrated (high power density) or if the photons are very high energy. Therapy lasers use power densities that are far below the levels that cause tissue damage. Ultraviolet light has very high-energy photons capable of ionizing molecules, but therapy lasers use visible and near-infrared light, which only cause molecular vibrations. You could argue that therapy laser light is safer than sunlight.

Q: How can I get more information?

A: Ask your doctor! A steadily growing number of health care practitioners are offering laser therapy to their patients. Your doctor can determine if laser therapy is appropriate for your particular health situation.

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Four Ways to Keep Kids Moving



1. Lead by Example. When it comes to exercise, an adult couch potato effectively nurtures a child couch potato, who then becomes yet another adult couch potato years down the road - a vicious cycle of inactivity that increases disease risk. Fortunately, the opposite is also true, so get off the couch and show your kids the value of an active life filled with physical activity.

2. Unplug for Awhile. Hours on end of TV, video games, and even phone and computer "activities" like instant messaging, chat rooms and other pursuits leave very little time for exercise. While there's no easy solution, establishing a daily time limit on these activities is a great start.

3. Find the Time. When we're young, we spend hours in the yard or on school grounds playing our favorite games; then we slowly get more and more responsibilities and somehow, the time just seems to disappear. It happens quickly, right around the time daily homework comes along. What can you do about it? It's the same advice, whether young or old: Find the time. Pencil physical activity into your child's daily schedule and don't let "life" ever erase it.

4. Make It Fun. Too often, exercise becomes more of a chore than a pleasing activity, and this often begins at an early age, basically as soon as children get involved in the rigors of organized sports. Sure, it's never all fun and games, but exercise shouldn't be a dreaded activity, not if you do it right. Be creative and teach children that active is fun at any age.

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