

對抗過敏

過敏是免疫系統對一般無害的物質作出的異常反應。當一個人對某種東西過敏時，免疫系統會錯誤地認為該物質正在傷害人體。過敏能發生在任何地方且表現形式有很多，從輕度過敏到危及生命。每年有超過5000萬美國人經歷著各種類型的過敏。

過敏的症狀



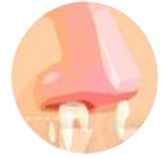
眼睛發紅



流眼淚



鼻子或眼睛癢



流鼻涕



打噴嚏



咳嗽



皮膚紅疹、搔癢



睡眠質量下降

什麼導致我出現過敏症狀？

室外過敏原 - 包括草坪和雜草的花粉

室內過敏原 - 包括黴菌和塵蟎產生的顆粒

動物過敏原 - 狗或貓等寵物產生的微小顆粒通過空氣傳播

食物過敏源 - 牛奶，雞蛋，魚，甲壳类貝類，堅果，花生，小麥和大豆



對抗過敏的天然方法

減少暴露於過敏原

- 在乾燥，大風天留在室內
- 外出回家後換洗衣服和洗澡
- 保持門窗關閉
- 使用符合HEPA標準的過濾器
- 定期打掃房間

沖洗鼻腔

把微溫生理鹽水加入擠壓式洗鼻瓶中，或將1茶匙無碘鹽加入8盎司蒸餾水或開水中混合，製成鹽水沖洗液。

草藥

- 蜂鬥菜
- 蕁麻

兩者都被認為具有抗炎作用，可以減少鼻腔腫脹和反應。

營養療法

- **天然抗組胺劑**：蘋果，洋蔥和柑橘類水果
- **蘋果醋**：增強免疫力，幫助黏液分解，幫助淋巴排毒
- **維生素C**

針灸治療

通過針灸治療過敏症，能改善體內潛在的失衡現象



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Fight Your Allergies

Allergies are abnormal immune system reactions to things that are typically harmless to most people. When a person is allergic to something, the immune system mistakenly believes that this substance is harming the body. Allergies come in a variety of forms and can be anywhere from mildly bothersome to life-threatening. More than 50 million Americans have experienced various types of allergies each year.



Red eyes



Watery eyes



Itchy nose or eyes



Runny nose



Sneezing



Cough



Itchy red rash



Decreased quality of sleep

WHAT CAUSES OUR ALLERGY SYMPTOMS?

OUTDOOR ALLERGENS - pollen from grass and weeds

INDOOR ALLERGENS - mold and particles from dust mites

ANIMAL ALLERGENS - tiny airborne particles produced by pets like dogs or cats

FOOD ALLERGENS - milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybean



NATURAL WAYS TO DEFEAT ALLERGIES

Control Your Exposure

- Stay indoors on dry, windy days
- Wash clothes and bathe after being outside
- Keep doors and windows closed
- Use a HEPA filter
- Regular house cleaning

Flush Sinuses with Nasal Rinse

Fill a squeeze bottle with warm saline OR, mix 8 oz of warm distilled or boiled water with one teaspoon of non-iodized salt to make up the saline irrigation solution.

Herbal Medicine

- butterbur
- nettle

Both are thought to have an anti-inflammatory action that may decrease swelling in the nasal passages and reactivity.

Nutrient Therapy

- **Natural Antihistamine:** Apples, onions and citrus fruits
- **Apple cider vinegar:** Boost the immune system, help break up mucus, and support lymphatic drainage
- **Vitamin C**

Acupuncture

When allergies are treated with acupuncture, underlying imbalances within the body are addressed.



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