

Nutrition for allergies

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Abstract. According to WHO statistics, at least 40% of the world's population can safely be called allergy sufferers. At the same time, in developed countries there are significantly more of them due to the fact that they use more and more genetically modified products.

From Greek, *allergy* is translated as another *action* . Accordingly, an allergy is an unexpected reaction of the immune system to certain substances that are completely safe in the environment. As a defense against antigens, the immune system produces antibodies, which results in poor health. All age groups are susceptible to allergies - adults, children and even newborns.

Key words: allergy , description , causes occurrence , types and symptoms , complications , prevention , treatment, useful products , folk dangerous means _ products

Causes

Every day we come into contact with hundreds of thousands of bacteria and substances that are foreign to the human body. Upon contact, the body produces protein compounds whose purpose is to neutralize these substances. When the immune system fails, antibodies are produced in much greater quantities than necessary, resulting in biochemical reactions that produce histamine, which leads to the development and manifestation of allergy symptoms.

The reasons for the development of pathology may be:

- genetic predisposition - on the maternal side this disease is inherited in 20-70% of cases, on the paternal side the probability is slightly lower - from 10 to 40%. If one of the parents suffers from allergies, then the chances of the child getting sick are about 30%, and if both mother and father are susceptible, then the probability of developing allergies in children is up to 70%;
- unbalanced diet - reaction to foods with dietary supplements, as well as orange and red vegetables and fruits;
- medicines;
- environmental chemicals;
- plant pollen during the flowering period;
- house and street dust;
- pet hair and saliva;
- mold spores;
- the mother's desire to create "sterile" conditions for the baby;
- refusal of breastfeeding in favor of artificial;
- introducing complementary foods too early in infants;
- frequent pathologies of the respiratory tract: bronchitis, pneumonia;
- increased mental and emotional stress;
- insect bites - bees, wasps, some types of caterpillars;
- household chemicals.

Types and symptoms of allergies

Allergic pathologies manifest themselves as:

1. rhinitis, the hallmarks of which are itching in the nasopharynx, redness of the sclera, congestion and abundant clear watery discharge from the nose, sneezing, and difficulty breathing. All-season rhinitis of allergic origin is caused by house dust, mold spores and pet hair. Seasonal runny nose is provoked by pollen from flowering plants from spring to autumn;
2. conjunctivitis, which is characterized by swelling and redness of the eyelids, lacrimation, fear of light, a burning sensation in the eyes, red sclera, unbearable itching;
3. dermatoses, which are accompanied by redness of the skin, peeling and hardening of the skin, severe itching, a rash, which is localized in children on the elbows and behind the knees, in adults, usually in the neck and palms;
4. urticaria or nettle fever, which manifests itself as an itchy rash, red swollen spots on the face and hands;
5. enteropathy, it is characterized by nausea, stool disturbances, painful spasms in the intestines, swelling of the oral mucosa, increased gas formation;
6. blisters, rashes and red spots on the skin that cause sunburn;
7. cough, shortness of breath and attacks of suffocation, the patient complains of an exhausting dry cough to the point of vomiting, which is relieved only by the discharge of a small amount of sputum. Shortness of breath can occur both at rest and after physical activity, accompanied by wheezing, whistling and difficulty breathing. Choking is a pathological condition in which it is difficult to exhale; relief occurs in a sitting position or after a few sips of hot water;
8. anaphylaxis can be a reaction to insect bites and certain foods. Signs of an anaphylactic reaction include facial swelling, tachycardia or bradycardia, chills, convulsions, difficulty breathing, dizziness, confusion, and fainting.

Complications

Allergy is a serious pathology, which, if treated incorrectly, can result in unpleasant complications:

- it is possible to develop reactions to other allergens;
- allergic conjunctivitis can cause damage to the eyelids and cornea;
- Allergic rhinitis can cause sleep disturbances, headaches and poor concentration during the day;
- In parallel with allergies, bronchial asthma often develops;
- anaphylaxis can be fatal;
- dermatoses due to allergies can lead to exacerbation of herpes and mycoses

Forecast

The severity of the pathology and prognosis depend primarily on timely diagnosis and adequately prescribed treatment, in which case it will be possible to stop the disease at an early stage.

Prevention

In the modern world, people come into contact with a large number of allergens every day, so the main preventive measure is to minimize such contacts. In addition, people prone to allergies should:

1. Do wet cleaning at home regularly, since house dust is considered a strong allergen. In this case, preference should be given to hypoallergenic detergents;
2. monitor and control your psycho-emotional state. Constant stress weakens the immune system, and accordingly, the body becomes more susceptible to allergens; ^[2]
3. change air conditioner filters in a timely manner;

4. replace all pillows and blankets with hypoallergenic ones ;
5. promptly treat liver and kidney pathologies;
6. give up alcoholic beverages and smoking;
7. at the first allergic reactions, consult a doctor immediately;
8. do not use medications that have provoked an allergic reaction at least once;
9. If possible, avoid contact with animals;
10. exercise in doses;
11. prevent food from becoming moldy;
12. during flowering of trees and grasses, avoid trips to nature;
13. To prevent the development of allergies in children, breastfeeding is recommended for up to a year.

Treatment of allergies in official medicine

Before starting treatment, it is necessary to conduct a diagnosis. First, the allergist carefully listens to the patient's complaints, checks whether he keeps a diary of triggers, after which he prescribes a skin test and a blood test for sensitivity to possible allergens. And only after the test results, the doctor prescribes complex treatment, which involves:

- **allergen-specific immunotherapy** is prescribed in winter, before the flowering period. A small amount of allergen is introduced into the patient's body through injections or drops to stimulate the production of protective factors, as a result of which, upon interaction with the trigger, an allergic reaction does not occur. This treatment method is considered effective, as it can relieve the patient from allergy symptoms for a period of up to 10 years;
- **pharmacotherapy** - treatment with medications, usually antihistamines and glucocorticosteroids ;
- **extracorporeal hemocorrection** – involves purification of blood from antibodies and antigens.

Useful products for allergies

Allergy patients need to make a diet taking into account the doctor's recommendations. A hypoallergenic diet involves stewed, baked and boiled dishes with the addition of a minimal amount of oil. List of permitted products:

1. all types of vegetable oils, as well as butter [8] or ghee [9];
2. chia and flax seeds ; ^[4]
3. white meat: rabbit, poultry;
4. berries: blueberries [10] , blueberries, lingonberries;
5. baked apples [11], pears and apricots;
6. porridge from rice, oatmeal, pearl barley and buckwheat [12];
7. boiled beef;
8. vegetarian soups; ^[1,13]
9. vegetables preferably green or white;
10. potatoes [14], legumes, greens, cabbage, peppers, zucchini, cucumbers [15];
11. lactic acid products: yogurt [16], cottage cheese [17], kefir, yogurt [18];
12. liver, heart;
13. dried fruit compote, tea;
14. dietary bread, biscuits.

Folk remedies for the treatment of allergies

Effective and safe ways to get rid of allergic reactions are traditional medicine:

- Allergic rhinitis can be relieved by eucalyptus and lavender oils. To do this, add a few drops of oil to hot water and breathe over the steam;
- eat 2 tablespoons of fresh honey daily [19];
- tea made from mint leaves and stems [20] helps relieve congestion in the lungs;
- a decoction of nettle leaves [21] helps reduce histamine in the body;
- Licorice tea has an expectorant effect and soothes a sore throat;
- a decoction of viburnum bark [22] alleviates allergic rhinitis;
- a runny nose of an allergic nature is treated with inhalations based on chamomile decoction [23];
- skin itching due to allergies can be relieved with the help of apple cider vinegar [24], for this, the inflamed area of the skin is wiped with a piece of cotton wool moistened with a few drops of unfiltered apple vinegar; [7]
- a good effect for itchy skin can be achieved using baths or lotions from a decoction of the herb;
- Aloe extract helps well with allergic conjunctivitis. To do this, soak a cotton pad in fresh juice and apply it to the inflamed eyelids;
- swelling of the eyelids due to conjunctivitis of allergic origin can be relieved by applying compresses based on strong black tea to the eyes several times a day;
- Freshly squeezed dill juice has a good effect in the fight against hives and itching of the skin; [6]
- a bath based on oak bark has a healing effect;
- A decoction of laurel leaves can be used to successfully treat itchy skin.

When using traditional medicine methods in the treatment of allergies, one should remember that therapy must be comprehensive and good results can be achieved by combining the advice of folk sages and using modern medicines.

Dangerous and harmful products for allergies

Allergy patients must follow a strict diet during the period of exacerbation, but even after the signs of the disease disappear, foods that can provoke allergic reactions should be excluded from the diet:

- alcoholic drinks; [5]
- baked goods;
- chocolate and confectionery products containing cocoa;
- mayonnaise, mustard and other store-bought hot sauces;
- smoked products;
- all citrus fruits;
- sweet baked goods;
- eggplants and tomatoes; [3]
- strawberries [25], wild strawberries, pineapple [26] and melon [27], raspberries [28], cherries [29] ;
- fish and fish products;
- nuts;
- chicken eggs [30] ;
- mushrooms;
- milk and fatty cheeses;
- spicy vegetables: radish [31], horseradish, radish;
- store-bought juices;
- halva, marmalade and ice cream;
- strong tea, coffee and kvass.

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