

Allergy

∞ Butler



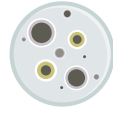
Top 10 Tips to Get Immediate Allergy Relief

*Plus:
Causes and Long-term Solutions*

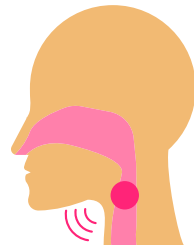
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What causes my allergic reactions?

People with allergies to pollen, dust, animals, or molds have bodies that think these allergens are dangerous to the body. Their bodies have built up immune defenses to attack these allergens to keep them away from vital organs of the body as if they were a dangerous virus. This is called Allergic Rhinitis.



When immune system cells inside your nose come into contact with these allergens they send chemical messages to your cells that they are under attack. These messages cause the lining in your nose to swell and to start producing mucus. This mucus causes runny noses. The swelling and mucus can cut off your eye drainage passage which causes the itchy watery eyes. The swelling can also cut off the passage to your ears which causes stuffy head and clogged ears. There are nerves in the nasal cavity that attach directly to the brain. The mucus and swelling can irritate these nerves, and when they are irritated you start to sneeze. Finally, the mucus draining into your throat can cause the itchy throat feeling.

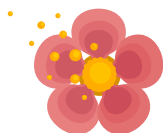


3 strategies to treat allergies

There are three strategies to treat allergies.

1. Avoid the allergens so your body doesn't react.
2. Disable the immune system so the swelling and chemical reactions don't happen.
3. Teach your immune system that allergens are not dangerous viruses or bacteria.

1) How can I temporarily prevent an allergic reaction to pollen?



There are temporary actions you can take to reduce allergic reactions to pollen:

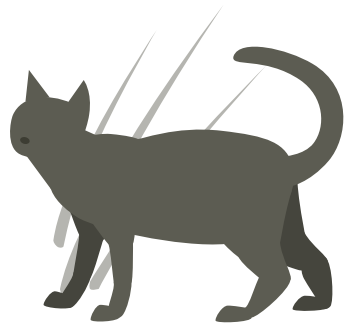
- **Tip #1: Limit your outdoor activities when pollen counts are high.** This will lessen the amount of pollen allergen you inhale and reduce your symptoms.
- **Tip #2: Keep windows closed during pollen season and use central air conditioning with a HEPA filter attachment.** This applies to your home and to any vehicle (car, bus, train, etc.).
- **Tip #3: Start taking allergy medicine before pollen season begins.** Most allergy medicines work best when taken this way. This allows the medicine to prevent your body from releasing histamine and other chemicals that cause your symptoms.

- **Tip #4: Bathe and shampoo your hair daily before going to bed.** This will remove pollen from your hair and skin and keep it off your bedding.
- **Tip #5: Wash bedding in hot, soapy water once a week.**
- **Tip #6: Wear sunglasses and a hat.** This will help keep pollen out of your eyes and off your hair.
- **Tip #7: Limit close contact with pets that spend a lot of time outdoors.**
- **Tip #8: Change and wash clothes worn during outdoor activities.**
- **Tip #9: Dry your clothes in a clothes dryer, not on an outdoor line.**

Pet allergy: Are you allergic to dogs or cats?

Allergies to pets with fur are common, especially among people who have other allergies or asthma.

In the United States, as many as three in 10 people with allergies have allergic reactions to cats and dogs. Cat allergies are about twice as common as dog allergies.



Is there such a thing as a hypoallergenic pet?

People with dog allergies may be more sensitive to some breeds of dogs than others. Some people may

be allergic to all dogs. People may think certain breeds of dogs are “hypoallergenic,” but a truly non-allergic dog or cat does not exist.

2) Tip #10: How do I reduce my allergy symptoms?

Certain over-the-counter and prescription medicines may help reduce pollen allergy symptoms by disabling the immune system reactions.



- **Antihistamines** come in pill, liquid or nasal spray form. They can relieve sneezing and itching in the nose and eyes. They also reduce a runny nose and, to a lesser extent, nasal stuffiness.
- **Decongestants** are available as pills, liquids, nasal sprays or drops. They help shrink the lining of the nasal passages and relieve nasal stuffiness. Use decongestant nose drops and sprays only on the short-term.
- **Nasal corticosteroids** are a type of nasal spray. They reduce inflammation in the nose and block allergic reactions. They are the most effective medicine type for allergic rhinitis because they can reduce all symptoms, including nasal congestion. Nasal corticosteroids have few side effects.
- **Leukotriene receptor** antagonists block the action of important chemical messengers (other

than histamine) that are involved in allergic reactions.

- **Cromolyn sodium** is a nasal spray that blocks the release of chemicals that cause allergy symptoms, including histamine and leukotrienes. This medicine has few side effects, but you must take it four times a day.

3) How do I get permanent relief?

Many people with pollen allergy do not get complete relief from medications. This means they may be candidates for immunotherapy. Immunotherapy is a long-term treatment that can completely prevent or reduce the severity of allergic reactions. It can change the course of allergic disease by modifying the body's immune response to allergens.

Allergy Shots – Subcutaneous Immunotherapy (SCIT) has been around for more than 100 years, is FDA approved, and can provide long-lasting and permanent symptom relief. SCIT is a series of shots that have progressively larger amounts of allergen. An injection of the allergen goes into the fat under the skin. Over time, allergic symptoms generally improve. Many patients



experience complete relief within one to three years of starting SCIT. Many people experience benefits for at least several years after the shots stop.

Sublingual Immunotherapy involves placing a tablet containing the allergen under the tongue for 1 to 2 minutes and then swallowing it. In 2014, the FDA approved three types of under-the-tongue tablets to treat grass and ragweed allergies. More are in development. You take SLIT tablets daily before and during grass or ragweed season. This treatment offers people with these allergies a potential alternative to allergy shots.



NEXT STEPS

1) Schedule an in-home allergy test with one of our licensed pharmacologists. The test covers dozens of weeds, trees, grasses, and pets and will identify which ones you are allergic to. You will receive the results just minutes after your test is complete!

2) Determine whether in-home allergy shots are right for you. For permanent, lasting relief, Allergy Butler recommends allergy shots – and we teach you how to give yourself the shots in your own home! This makes our safe, proven system much more affordable than the allergist. And, you don't need to make dozens of hassle-filled, time-consuming trips to the doctor!

Visit allergybutler.com/appointments-1 or call **1-844-4-BOW-TIE** now to schedule your test!