

A close-up photograph of a pine branch with numerous bright orange, cone-shaped pollen grains. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. The lighting is warm, highlighting the texture of the pollen.

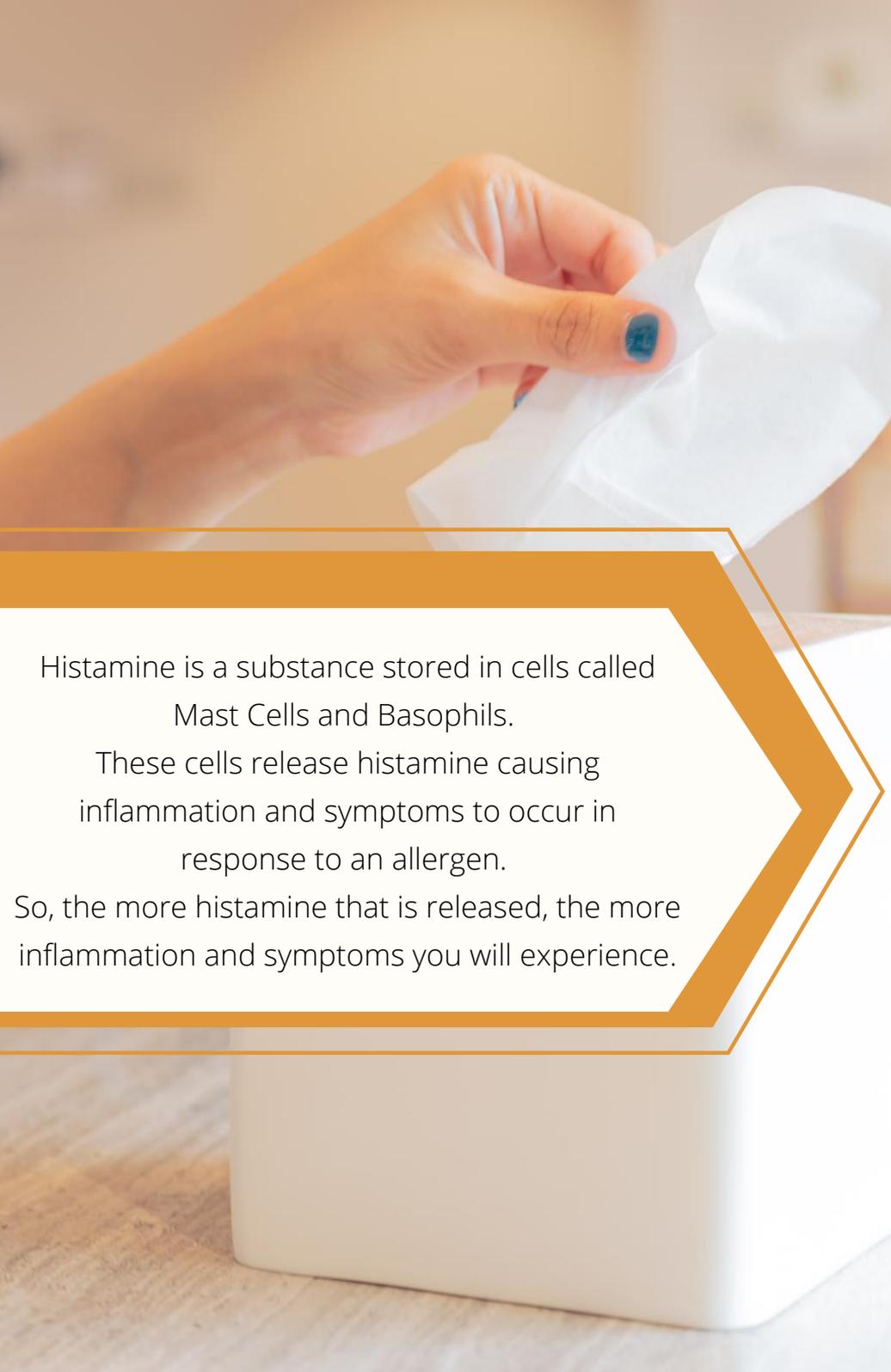
# GETTING A HOLD OF HAY FEVER

AN ALLERGY AND REACTIVITY REDUCTION PROGRAM



Suffering from seasonal allergies is an overreaction of the body's protective immune functions. Reactions like sneezing, watery eyes, runny nose, excess mucus production, and itching are all ways your body is trying to trap potential allergens and expel them before they can enter your system. With hypersensitivities, your immune cells are hyper-vigilant meaning whenever a potential threat gets close, such as pollen, dust, grass, or dander, your body recognises it as a dangerous foreign invader. It reacts with an immune response involving the physical signs of redness, swelling, warmth and fluid production as well an inflammatory cascade happening on a cellular level.





Histamine is a substance stored in cells called Mast Cells and Basophils.

These cells release histamine causing inflammation and symptoms to occur in response to an allergen.

So, the more histamine that is released, the more inflammation and symptoms you will experience.

## **So, why is it that your immune system is overreacting but your friends isn't?**

There is a huge connection between gut health and immune function which results in different people having different immune tolerance when it comes to reacting to the outside world. This largely depends on how healthy and protective your gut lining is and how diverse your microbiome is. The membranes and linings of your gastrointestinal tract, much like the membranes of your nose and airways, serve as a physical barrier between the outside world and the inside of your body. Not only that, your gut lining also produces an enzyme called DAO, which helps clear histamine before it can even enter the bloodstream.



**GUT HEALTH  
AND HAY FEVER**



Day in, day out, you burden your digestive barriers with a plethora of food and drink, medications and drugs, food allergens as well as additional chemicals like



food additives, pesticides, metals. This continual burden can not only wear down your protective membranes but also kill off your gut bacteria if



you aren't careful. Other factors that can affect your gut lining and microbiome include your life start (birth and breastfeeding), your intake of fibre, your history of



medications, your history of infections, your stress levels and any pre-existing health conditions.



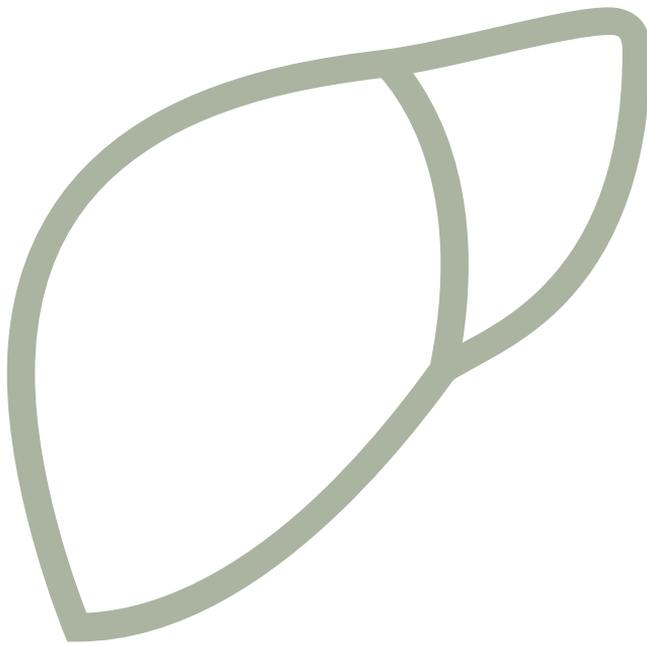
Your friendly gut bacteria also supports your gut lining, helping produce mucus, helping tag food as safe and assisting in dampening inflammation. So, with a worn-down gut lining, you have compromised barriers, weakened protection and access routes for antigens to smuggle themselves into your body instead of heading into the toilet bowl.

Antigen: A substance that finds its way into the body triggering an inflammatory immune response.





These antigens can often start off unnoticed; in the early stages, inflammation is triggered and resolved without us even knowing! But, without maintaining a good gut lining, you become exposed to antigens in a chronic nature and, bit by bit, your immune cells are constantly on the lookout for invaders with any antigen triggering immune cells. Eventually, immune cells become overwhelmed, less specified and hypersensitive to anything from the outside world. And this is how poor gut health plays a role in your symptoms. Poor gut health will contribute to low-grade inflammation making your symptoms more pronounced. Sealing up your digestive lining means antigens travel into the toilet, not you, it means less inflammation and less reactivity!



# **LIVER HEALTH AND HAY FEVER**

**Your liver is an organ that is responsible  
for clearing out waste in your body.**

**Hormones, neurotransmitters,  
medications, heavy metals, vitamins and  
general cellular waste.**

Histamine also gets cleared out by your liver in a process called methylation - which is dependent on specific nutrients. If the amount of histamine in your body begins to exceed the rate at which your body can clear it, then you get a bottle-neck type situation and a build-up of histamine contributing to your symptoms.



Things that will overload the liver potentially making it sluggish and slow include alcohol, medications, excess hormones, poor gut health, fat accumulation and poor diet choices. Interestingly, your liver will always prioritise the processing of these things before it processes our own bodies hormones.

It's important to make sure your gut is healthy before addressing any liver care as majority of the waste your liver clears ends up in the digestive tract. Therefore, you want to make sure that waste is headed to the toilet and not being reabsorbed through an inflamed gut lining and back into your body.



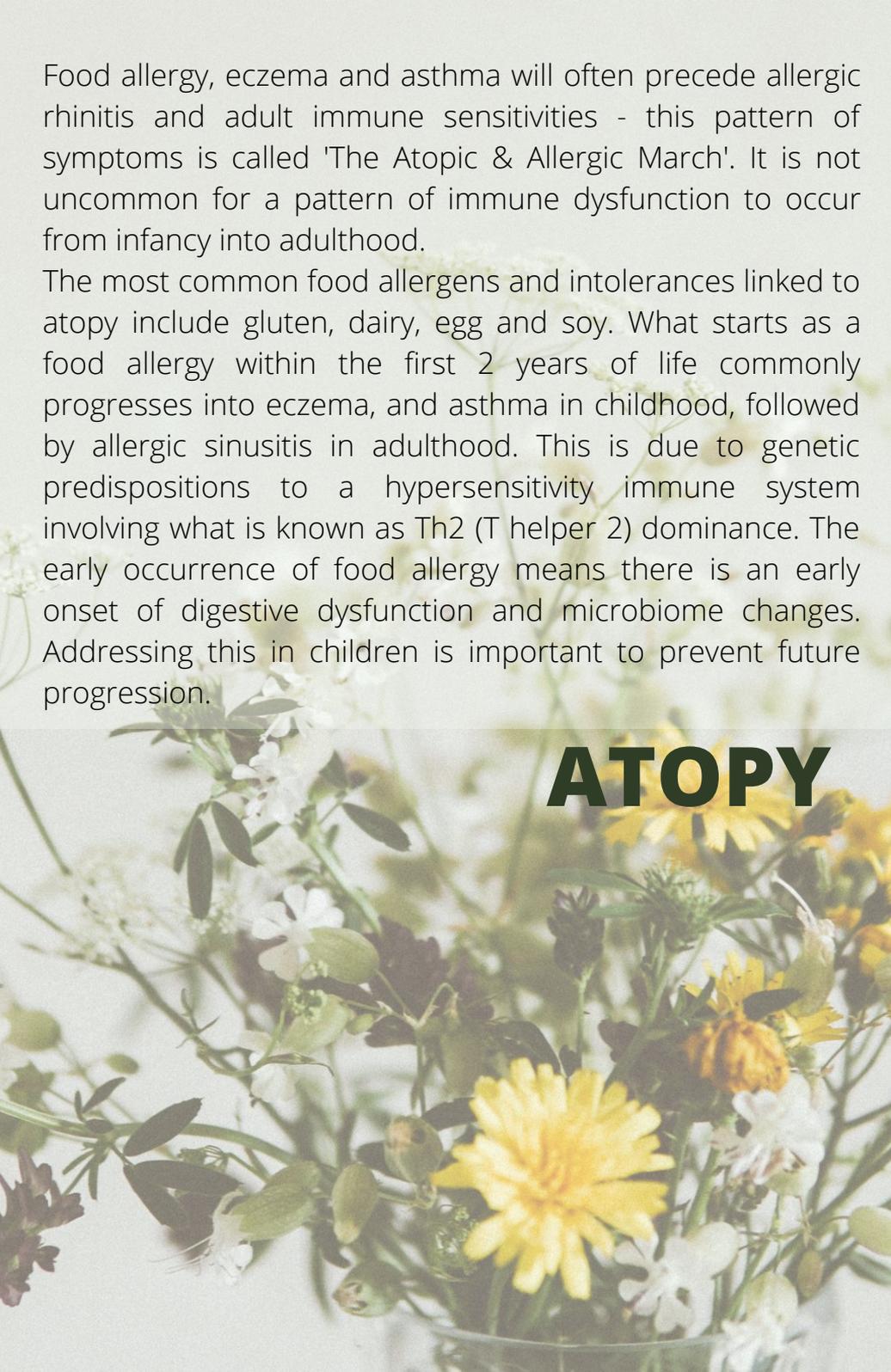
# MUSHROOMS & IMMUNITY

Many studies have emerged that highlight medicinal mushrooms and their effectiveness in immune modulation. A studies have shown enhanced immune response and suppression of inflammation from combined Reishi, Shiitake and Maitake mushrooms. The combination of these three was more effective than each mushroom alone. These health benefits can be attributed to Beta-glucans found in the cell wall of mushrooms; they drive these immune actions targeting hypersensitivity and atopic conditions like eczema, allergy, and asthma.

Food allergy, eczema and asthma will often precede allergic rhinitis and adult immune sensitivities - this pattern of symptoms is called 'The Atopic & Allergic March'. It is not uncommon for a pattern of immune dysfunction to occur from infancy into adulthood.

The most common food allergens and intolerances linked to atopy include gluten, dairy, egg and soy. What starts as a food allergy within the first 2 years of life commonly progresses into eczema, and asthma in childhood, followed by allergic sinusitis in adulthood. This is due to genetic predispositions to a hypersensitivity immune system involving what is known as Th2 (T helper 2) dominance. The early occurrence of food allergy means there is an early onset of digestive dysfunction and microbiome changes. Addressing this in children is important to prevent future progression.

# ATOPY

A bouquet of flowers, including yellow chrysanthemums and white flowers, in a glass vase. The flowers are arranged in a dense, natural-looking bouquet. The background is a soft, out-of-focus light green and white, suggesting a bright, airy environment. The overall aesthetic is clean and natural.

**WHAT IS  
HELPING AND  
WHAT IS  
HINDERING  
YOUR  
HISTAMINE  
CLEARANCE**

## **Foods adding histamine load:**

Alcohol

Fermented foods (kombucha, yoghurt, kimchi, sauerkraut)

Smoked/cured meats

Fish/Shellfish

Avocado

Peanuts

Citrus fruits

## **Substances hindering histamine clearance:**

Antibiotics

Oestrogens

Anti-histamines

Chloroquine

Analgesics

Antidepressants

Green tea

Black tea

## **Aiding histamine breakdown:**

Good quality extra virgin olive oil (raw)

Fenugreek tea

Low inflammation

# **AN ALLERGY AND REACTIVITY REDUCTION PROGRAM**

**Now is the perfect time to start addressing some of the underlying factors that contribute to your seasonal allergies.**

**We want to give you the chance to take control and implement strategic and nutritional changes that will target histamine, gut health, liver health and general inflammation in your body.**

**Join in on our 6-week program. We have divided the program into three, 2-week blocks focusing on specific areas of health. We have also provided ways you can do it on your own!**



# GUT HEALTH

## **Week 1-2**

Gut healing powder

Probiotic

# DETOXIFICATION

## **Week 3-4**

Liver clearance

Histamine support

Immune nutrients

# MAINTENANCE

## **Week 5-6**

Symptomatic care

Immune nutrients

# GUT HEALTH

## Week 1-2

The first weeks are focused on creating a healthy environment in your gut. By utilising herbs and nutrients such as glutamine, vitamin A, Aloe Vera, and Turmeric, the integrity of the gastrointestinal tract is well supported. Combinations like this aim to also reduce inflammation coming from compromised gut linings meaning your immune system will be less burdened by ingested antigens.

Adding a probiotic will further support immune reactivity and assist in gut membrane repair. Species such as LGG, L.Paracasei and SB have all been clinically shown to reduce systemic allergic reactions by improving immune function, reducing inflammation, and supporting bowel clearance of antigens.

# DETOXIFICATION

## Week 3-4

Histamine must travel through the liver. After two weeks of intensive gut care, we can now begin supporting liver clearance without worrying about the reabsorption of waste and antigens. Nutrients specific for phase 1 and phase 2 liver detoxification are key in these weeks. These include amino acids cysteine, taurine and glycine, aided by sulphur elements from broccoli powders, greens and reds powders.

Other nutrients to support immune system function, especially Mast Cell and Basophil activity come into play. Vitamin C is essential - stabilising these cells to reduce histamine release and also assisting in histamine clearance. B6 is also necessary along with zinc.

As you are promoting clearance, it is so important to ensure you have antioxidants to manage the inflammatory processes that occur from natural detoxification. Vitamin C, Vitamin E, Turmeric, Ginger, and Zinc are some fantastic antioxidants that may be used.

# MAINTENANCE

## Week 5-6

Continue to implement what you have learnt throughout the guided program! Continue supporting your immune cells with key vitamins A, D, E, Vitamin C and Zinc. Adding mushroom powders or whole foods is fantastic too!

Herbal medicines to assist with symptomatic flare can come in use. Albizia, Baical Skullcap, Perilla, Ginger, Turmeric, Long Pepper, Black Pepper and more!

## Eliminate

- Dairy - swap in oat, almond or coconut milk and vegan cheese
- Refined carbohydrate & gluten - GF breads and pastas and wraps. Alternative grains - buckwheat, rice, corn, brown rice
- Fermented foods - kombucha, yoghurt, kimchi, sauerkraut
- Cured meats - ham, salami, prosciutto
- Alcohol - swap in soda or mineral water
- Black tea & green tea
- High sugar snacks - swap for homemade snacks with alternative sugar sweeteners
- Histamine related produce: tomato, avocado, banana, spinach, strawberries, pineapple, papaya

## Increase:

- Functional Fibre's: Flaxseed meal, LSA, Psyllium husk, quinoa, brown rice, buckwheat, rolled oats
- Water: Aiming for a minimum of 2 litres a day
- Green vegetables: Broccoli, kale, spinach, Brussels sprouts, collards, asparagus
- Antioxidants: apples, blueberries, figs, pears, melons, kiwi fruit
- Spices: cinnamon, ginger, paprika, curry
- Omega 3 - walnuts, almonds, chia seeds, hemp seeds, flaxseed oil
- Gut healing foods - slippery elm, flaxseed meal, marshmallow tea, mastic, bone broth, gelatin
- Herbal tea: Nettle, calendula, fenugreek

These food recommendations are not strictly low histamine. For the general population a strict low-histamine diet is not necessary. We have taken foods out that can drive seasonal hay fever and kept/increased those that support gut health, inflammation and immunity



## THE REMEDY ROOMS

### TAKE OUT

### SWAP IN

Dairy products: milk, cheese, butter & ice cream	Oat, almond or coconut milk & vegan cheese
Refined carbohydrates & gluten: breads, pasta, cakes, pies & cereals	Gluten free breads, pulse pastas, and wraps. Perfect alternative grains to add include buckwheat, rice, corn & brown rice
Fermented foods: kombucha, yoghurt & kimchi, sauerkraut	Functional fibres: flaxseed meal, LSA psyllium husk, quinoa, brown rice, buckinis & gluten free rolled oats
Alcohol	Substitute for soda or mineral water with lemon and mint.
Tea: green tea & black tea	Herbal teas: peppermint, lemongrass and ginger, chamomile, nettle, calendula, fenugreek.
Histamine related produce: tomato, avocado, banana, spinach, strawberries, pineapple & papaya	Green vegetables: broccoli, kale, spinach, Brussel's sprouts, collards, asparagus. Antioxidant foods: apples, blueberries, figs, pears, melon, kiwi fruit.
	Anti-inflammatory foods: Spices - cinnamon, ginger, paprika, & curry powder Omega 3 - walnuts, almonds, chia seeds, hemp seeds, flaxseed oil

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**SAFETY:**

Please do not stop any prescribed medication before speaking to a professional health care practitioner

Please ensure, if purchasing your own natural health supplements, you check ingredients and interactions with any current allergies, medications or health conditions, including pregnancy before consuming.

For naturopathic recommendations and product prescription from our practitioners an appointment is required or purchase of the Getting a Hold on Hay Fever package.

The Remedy Rooms Naturopathy can not give supplement and product recommendations to those whom have not provided a health background including allergies, intolerances, diagnosed medical conditions.

Dosage recommendations should be followed according to product instructions unless otherwise prescribed by a qualified health practitioner.

Healthcare by The Remedy Rooms Naturopathy is to provide you with information and educational tools to promote good health via the implementation of natural therapies. Undertaking nutritional and herbal medicine therapies are not a substitute for medical care. Therapies or advice offered are not designed to be diagnostic, nor a cure of any disease, injury, or medical condition. By participating , you acknowledge that you understand that The Remedy Rooms Naturopathy is a complimentary health modality practicing under the NHA code of ethics.  
<https://www.nhaa.org.au/about/code-of-ethics-constitution>



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*The Remedy Rooms Naturopathy*  
*Getting a Hold of Hay Fever: a reactivity reduction program*  
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