

## **Best Practices for Allergy Sufferers**

By Lisa A. Lundy

Author of: The Super Allergy Girl™ Allergy & Celiac Cookbook

[www.TheSuperAllergyCookbook.com](http://www.TheSuperAllergyCookbook.com)

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I know the difference that good allergy practices can make on health and well being because I have seen the impact of doing or in some cases, not doing, the following tips. As with any health issue, make sure you are getting your medical advice from a licensed physician, as it is my experience that self-medicating is never a good idea.

### **1. Use an air purifier where you sleep/to your heating/cooling system**

The reason for this recommendation is that your body repairs itself when you sleep. The better quality air you have while you are sleeping, the better it is for your body. It was shocking to me to discover how much dust and contaminated the room air purifier we purchased pulled out of the air because after all we had almost no carpeting. We started with one in our daughter's room initially. It was only after we became more educated that we added additional air purifiers to our heating and cooling system and two more for main living spaces.

It is important that any air purifier you could use or consider not produce or give off ozone gas. Several air purifiers on the market do produce ozone gas, which is not recommended by the EPA or other medical experts. A quality air purifier will set you back a few hundred dollars. I am not an expert in the different air purifiers on the market, nor am I willing to recommend one.

### **2. Encase pillows and mattresses with allergy certified protective coverings**

Use the type of protective pillowcases and mattress casings that are certified by one of the allergy organizations. The rationale for this is that it will reduce or eliminate dust mites, one of the major allergens. Quality products are an investment in your health and well being. We purchased one or two at a time until we had the number we needed. Rome was not built in a day, nor will you implement all of these tips overnight.

### **3. Reduce or eliminate carpeting**

This is much easier said than done, I realize. Make a commitment that you will live in a carpet-free or carpet-reduced home and then make it happen. Carpeting is a wonderful place for dust, dust mites, mold and other allergens to hide. Individuals with allergies who have removed carpeting report a notable difference, often immediately.

- 4. Keep your living space clean and dust free (but not with toxic chemicals)**  
We have almost no carpeting, 3 substantial room air-purifiers, one air purifier on our heating and cooling system and you would be dumbfounded over the amount of dust we have. I am quite frankly always amazed at the dust. Use microfiber dust cloths to dust – no chemicals needed with a good microfiber dust cloth. Individuals with allergies and/or asthma are well advised to use non-toxic or natural cleaning supplies to reduce allergy inflammation and irritation.
- 5. Get plenty of sleep**  
Sleep is vital to your health and well being. If you have allergies one of the best practices you could implement is to get plenty of sleep. See my sleeping tips document on my website if you have troubles sleeping. The only time your body has to repair itself is when you are sleeping!!
- 6. Increase your nutritional levels**  
Most Americans have some nutritional deficiencies according to studies conducted on this topic. Since your body runs on vitamins, minerals, and nutritional elements, if you are experiencing allergies, it makes sense to bolster your body's immune system by giving it more of what it requires. Please see your physician to have nutritional testing done, as using supplements without guidance is not a good idea.
- 7. Cut out or reduce the products that you use containing chemicals**  
Most likely your personal care products like shampoo, conditioner, perfume, lotions, aftershave contain chemicals that can aggravate or exacerbate allergies. Many perfumes, aftershaves and colognes contain toxic chemicals such as acetone, benzaldehyde, benzyl acetate, ethanol ethyl acetate, linalool, methylene chloride, a-terpineol and phthalates. These chemicals are particularly harmful to individuals with asthma, allergies, and other health conditions. Statistically speaking, 72% of asthmatics have adverse reactions to perfumes, which can be fatal. If perfumes and other scented products are not good for people with asthma, how good can they be for the rest of us?
- 8. Find a really great physician**  
I realize that finding a really great physician is not the easiest task in the world. Trust me I know this is true. It is, however, worth the time to ask around to your friends, work associates, neighbors, and relatives to find a physician who you will be able to work with. This is a very, very important point if you want to be well.
- 9. Check out your attitude: optimist, pessimist or realist?**  
Research has shown that your attitude does impact your health and well being. Are you an optimist, a pessimist or one of the people who refers to themselves as a realist? I hate to break it to you folks, but if you said you are a realist, in my humble opinion, you are actually a pessimist. I have yet to meet a pessimist who was willing to lay claim to that title. Most pessimists will describe themselves as realists. If you are a pessimist or a realist, one of the cheapest and best things you

can do to improve your allergies is to change your mindset. Start thinking positively. Start a gratitude journal where you write down, as needed, everything that you have to be happy about. Pick up a book on positive thinking. Surround yourself with positive people. Overtime, you will make progress on changing your thinking. I am one of the happiest and healthiest people I know, who has lived with chronic stress in the last many years, and I always look on the bright side.

#### **10. Make a commitment to your health and well being**

There are many actions you could take to improve your allergies, health and well being. No matter what you are considering, it all starts with a commitment to your health. If you are not exercising, that is one place to start. If you have exercise-induced asthma, please discuss with your physician if and how exercise can be safely done given your asthma. Make a commitment to your health and then use the above tips for ideas on what actions you can take! And above all, enjoy the journey.