



# Spring Allergies Alleviation

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# How do Seasonal Allergies affect us?

- Allergic rhinitis is an immunoglobulin (Ig)E-mediated response against inhaled allergens that cause inflammation.
- The initial response occurs within five to 15 minutes of exposure to an antigen, resulting in the degranulation of host mast cells.
- This releases a variety of preformed and newly synthesized mediators, including histamine, which is one of the primary mediators of allergic rhinitis.

# How do Seasonal Allergies affect us?

- Histamine induces sneezing and also plays a role in rhinorrhea (runny nose) by stimulating mucous glands. *(Get it out! Get it out! Get it out!)*
- Other immune mediators, such as leukotrienes and prostaglandins, are also implicated as they act on blood vessels to cause nasal congestion.
- Four to six hours after the initial response, an influx of cytokines occurs. These cytokines, in turn, facilitate the infiltration of eosinophils (disease-fighting white blood cells), T-lymphocytes, and basophils into the nasal mucosa and produce nasal edema with resultant congestion. *(Okay! Lock it down!!!)*

# What can Essential Oils do to help?

- Decrease the need for Histamine production
- Relax mucus membranes and blood vessels
- Penetrate cell membranes or bind to receptors of viruses or antigens
- Directly communicate with our brain's Hypothalamic control center

## *Find Your sCenter* & **Spring Allergy Relief**

What causes Spring Allergies in most people in New Jersey?

### **Tree Pollen!!!**

- Tree pollen is the cause of most spring pollen allergy symptoms.
- Throughout the U.S., trees produce the most pollen from March through May.
- Some trees produce pollen you can see (such as pine trees that release a fine, yellow dust that covers outdoor surfaces...like your car hood and windshield!).
- Some trees produce pollen that is very small and cannot be seen.

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## What causes Spring Allergies in most people in New Jersey?

- In the temperate climate zone of the world, pollen from trees of the order Fagales (e.g. birch, alder, hazel, oak, and hornbeam) are a major cause of Type I allergies (Ipsen *et al.*, 1985; Jarolim *et al.*, 1989a).
- Birch pollen contains a single major allergen with a molecular mass of 17 kDa (Ipsen and Loewenstein, 1983), designated Bet v 1. ( 1)
- More than 96% of all tree pollen allergic patients display IgE antibodies to Bet v 1, and 60% react exclusively to this allergen, indicating the importance of this protein in tree pollen allergy (Jarolim *et al.*, 1989a).

Source: *Isoforms of Bet v 1*

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Some of the trees that cause the most allergy symptoms are:

- Alder
- Ash
- Aspen
- Beech
- Birch
- Box elder
- Cedar
- Cottonwood
- Elm
- Hickory
- Juniper
- Maple
- Mulberry
- Oak
- Olive
- Pecan
- Poplar
- Walnut
- Willow

Source: Asthma and Allergy Foundation of America

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What causes Spring Allergies in most people in New Jersey?

## **Grass Pollen**

- Grass pollen is a major cause of spring/summer pollen allergy symptoms.
- Throughout the U.S., grasses produce the most pollen from April through June.
- There are hundreds of grass pollens, but only a select group cause allergy symptoms.

Source: Asthma and Allergy Foundation of America



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Some grasses that cause the most allergy symptoms are:

- Bahia
- Bermuda – very allergenic
- Fescue – very allergenic
- Johnson
- Kentucky blue
- Orchard – very allergenic
- Rye – very allergenic
- Sweet vernal – very allergenic
- Timothy – very allergenic

Source: Asthma and Allergy Foundation of America

# How do we combat the symptoms of Spring Allergies?

- Track the pollen count for your area
- Stay indoors in central air conditioning when the pollen count is high. Get a CERTIFIED asthma & allergy friendly® air filter for your air conditioner. If you do spend time outside, try to go out on days when the pollen count is lower.
- Prevent pollen from being tracked into your home:
  - Take your shoes off before coming into the house
  - Don't wear your "outside" clothes to bed or when sitting on couch/furniture
  - Cover your hair when outside or wash it at night
  - Wipe off pets before they enter your home
  - Shower after coming inside the home after being outdoors for a significant period of time

Source: Asthma and Allergy Foundation of America

# How do we combat the symptoms of Spring Allergies?

Why may certain foods need to be avoided during Spring allergy season?

- Profilins are ubiquitous proteins, present in all eukaryotic cells and identified as allergens in pollen, latex and plant foods.
- Plant profilins are designated as pan-allergens.
- Primary sensitization to profilin seems to arise from pollen sensitization.

Source: Santos A, Van Ree R. Profilins: mimickers of allergy or relevant allergens? *Int Arch Allergy Immunol.* 2011;155(3):191-204. doi: 10.1159/000321178. Epub 2011 Feb 2. PMID: 21293140.

# How do we combat the symptoms of Spring Allergies?

## Oral Allergy Syndrome (OAS) or Pollen Food Allergy Syndrome (PFAS)

- Occurs because some tree pollen is similar to the protein in some fruits, vegetables, & nuts.
- Your immune system gets confused & can't tell the difference between the two.
- Eating these foods may cause your mouth, lips, tongue, & throat to itch or swell.
- Avoid certain foods that could trigger an allergic reaction or exacerbate the effects of pollen on your respiratory system.

Source: Asthma and Allergy Foundation of America

# Oral Allergy Syndrome (OAS) or Pollen Food Allergy Syndrome (PFAS)

**Birch** tree pollen can cross-react with:

Almond	Fennel
Anise or aniseed	Hazelnut
Apple	Kiwi
Apricot	Parsley
Caraway	Peach
Carrot	Peanut
Celery	Pear
Cherry	Plum
Coriander	Soybean

**Alder** tree pollen can cross-react with:

Almond
Apple
Celery
Cherry
Hazelnut
Peach
Pear
Parsley

# Oral Allergy Syndrome (OAS) or Pollen Food Allergy Syndrome (PFAS)

**Grass** pollens can cross-react with:

- Cantaloupe
- Honeydew
- Orange
- Tomato
- Watermelon
- White potato

Source: Asthma and Allergy Foundation of America

# *Find Your sCenter* & **Spring Allergy Relief**

## How do we combat the symptoms of Spring Allergies?

1. Use a personalized, essential oil, Spring allergy inhaler personally crafted with guidance from Soul Biome!!!
2. Avoid certain foods that could trigger Tree Pollen allergy responses.
3. Stay hydrated.
4. Avoid specific EO aromas: Anise, Fennel, Coriander, Celery, Carrot

# Noted Resources

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## Noted Resources (cont.)

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Thank you for allowing me to be  
a part of your wellness journey!



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