

ChicagoHealers.com Practitioner Dr. Ian Wahl in Skylights Magazine
May/June 2010 Issue

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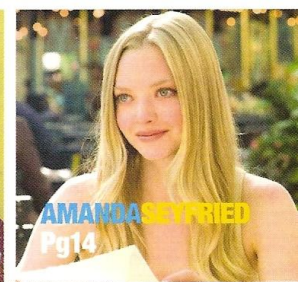
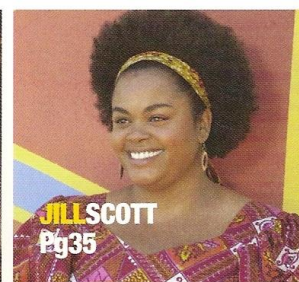
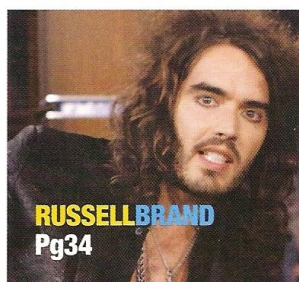
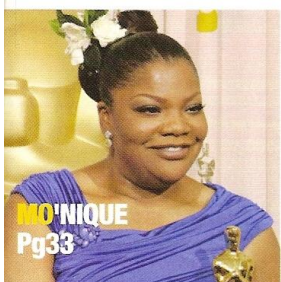
The inflight magazine of Spirit Airlines
May/June 2010

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SARAH JESSICA PARKER
"CARRIE BRADSHAW IS A GROWN-UP NOW"



ALLERGY ANTIDOTES

Strengthen your immune system to battle sinus allergies this season

By Teri Wingender

The return of spring and summer may be bliss for some, but for others it's time to battle runny noses and itchy eyes. According to the American Academy of Allergy, Asthma and Immunology, approximately 20 percent of Americans suffer from seasonal sinus allergies and about 100 million of us experience some kind of sensitivity, including food sensitivities that can aggravate seasonal woes. ChicagoHealers.com Practitioner Dr. Ian Wahl, DAC, LAc, an allergy and sensitivity specialist, offers immune building tips that can help you breathe easier.

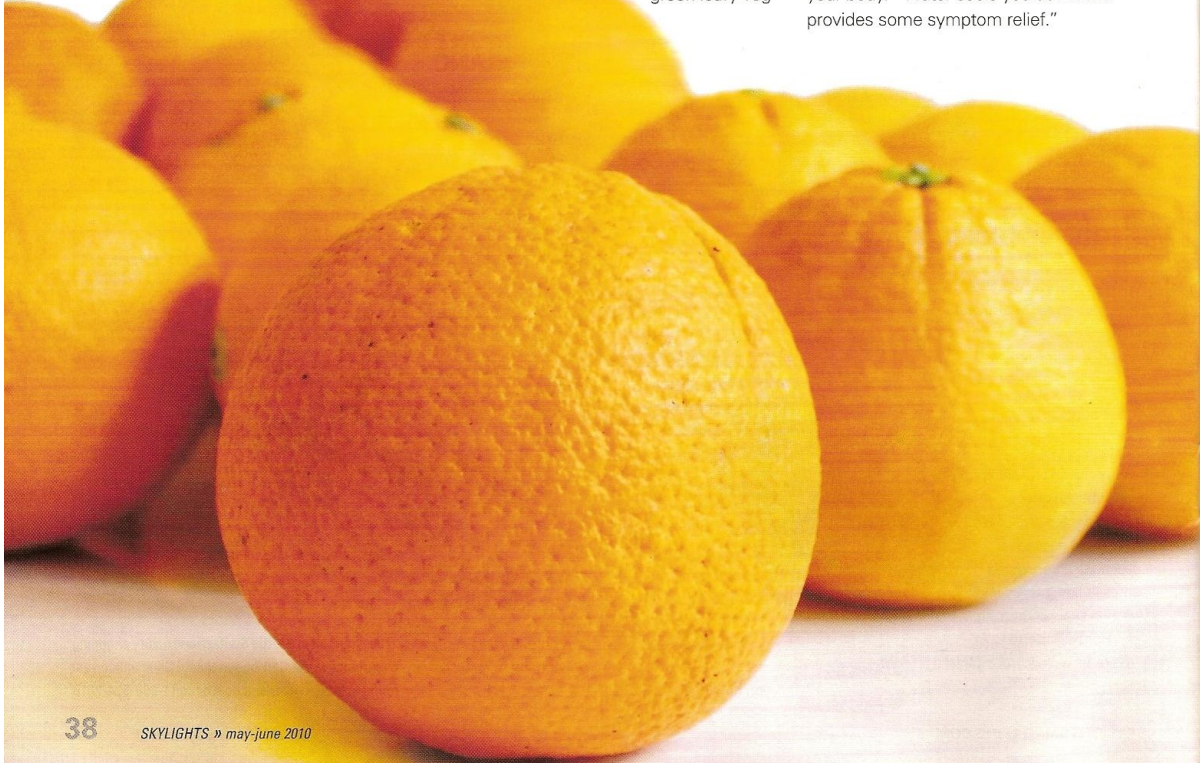
"C" IT THROUGH. Take a whole food-based Vitamin C, such as ester-C, that acts as a natural antihistamine. Methodist Hospital in Brooklyn, NY found that taking vitamin C daily significantly reduced blood histamine levels. Says Dr. Wahl, "Taking 1000 milligrams twice a day is baseline for most people and generally will not cause gastrointestinal problems."

MAX YOUR MAGNESIUM. "Foods high in magnesium are also high in B-vitamins, which are immune system boosters," says Dr. Wahl, who says the best sources are nuts, beans, whole grains, green leafy veg-

etables, and bananas. He recommends a daily 400 milligram whole-food magnesium supplement to his patients since it's hard to get enough from diet alone.

SHIELD WITH SHADES. Allergic rhinitis or hay fever creates photosensitivity, says Dr. Wahl. "Wearing sunglasses outdoors helps reduce your sensitivity to light and helps protect eyes from excessive watering."

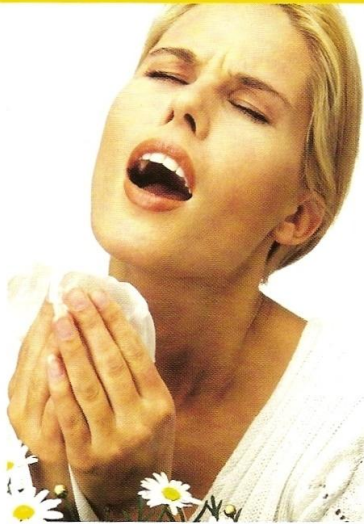
DRINK UP. While it seems counterintuitive to drink lots of fluid when your sinuses, nose and eyes are watering like crazy, Dr. Wahl says rehydrating is one of the best ways to eliminate toxins and allergens from your body. "Water cools you down and provides some symptom relief."



CONSIDER A COLON CLEANSE. When you reduce toxins in your body, the cleaner you become and the less susceptible you are to having a reaction to allergens you're surrounded by. "When you keep yourself healthy you can avoid a lot of sensitivities that others succumb to," says Dr. Wahl.

TRY ACUPRESSURE. Dr. Wahl uses the Advanced Allergy Therapeutics (AAT) technique that combines acupressure with introducing a sample of the allergen that ails you on the skin. "We're able to retrain the body to accept a particular allergen as harmless," explains Dr. Wahl. Find an AAT practitioner near you at: www.allergytx.com or visit Dr. Wahl's website at www.midwestallergyrelief.com.

TAKE A LOCAL POLLEN POLL. When pollen count is high, consider wearing a mask if you suffer from severe allergies. Indoors, air conditioning is highly effective against pollen, says Dr. Wahl.



DROP THE DAIRY. "If you have hay fever, eating cow's milk dairy will produce even more phlegm and make you feel worse," says Dr. Wahl. Substitute refreshing summer alternatives like frozen berries and cool drinks.

GET HIP TO HEPA. Make sure your vacuum has a true High Efficiency Particulate Air (HEPA) filter, which prevents polluting particles from recirculating back into the air. Look at the manufacturer's filter test results. A true HEPA filter will have test results stating that the filter removes 99.97 percent of airborne particles larger than 0.3 microns.

CUT THE CLUTTER. "Clutter is a major source of dust and dust mites," says Dr. Wahl, explaining that allergy sufferers need to be especially careful about controlling dust in their homes "If you can't see your floors or walls in closets and basements, you have a clutter problem."

CLEAN THE DRYER VENT. Build-up of lint in the dryer vent causes excessive dust in your house. It might surprise you how much is in there, says Dr. Wahl. "Have your vents cleaned regularly to avoid aggravating allergy symptoms."

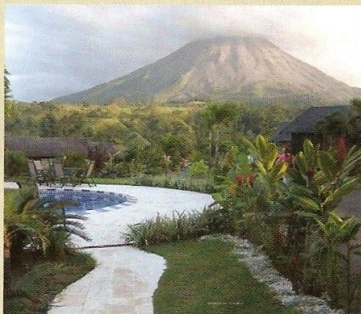
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