Allergy Season!...
Are We Helpless?
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With the change in season upon us, most will search for “quick-fix” remedies to address common symptoms such as runny nose, watery and puffy eyes, congestion, and even more serious reactions to environmental triggers such as difficulty breathing and fatigue. There is certainly no shortage of over-the-counter or prescribed remedies that may provide temporary relief. The alarming fact is that these advertised “solutions” never address the underlying cause.

I would invite you to consider the underlying cause to be a reflection of the strength of your immune system. Recognizing that seasonal allergy reactions merely represent an “overly-sensitized”, or weakened immune system is crucial. A deeper understanding is to consider that the immune system is under the total control of your nervous system. In conclusion then, consider that allergies are truly a reflection of the integrity and strength of your nervous system!

On a daily basis I remind my patients that we are incredible self-healing organisms. Health and healing occurs from the inside—out, and not from the outside—in. Unfortunately, most believe in the latter concept, as evidenced by the rising number of drug and surgical interventions. So I invite you to recognize that our health is truly a reflection of the integrity of the spine and nervous system.

Therein lies the tremendous gift that Chiropractic is to each and every one of us. A complete Chiropractic spinal examination can uncover minor or major interference to the central nervous system, which is the control and communication network for your entire body, and the source for optimal health and healing. A healthy nervous system will respond appropriately to environmental triggers, meaning we would experience little or no discomfort even when facing the most potent allergy triggers (tree pollen, etc...). In addition to this, I educate my patients on eating well, moving well, and thinking well, for life! I urge each and every one of you to embrace this “living principle” and you will come to find that the seasonal changes are not to be feared, and that natural, health-promoting strategies always work best in negating or minimizing allergy reactions. For more information, I invite you to attend my weekly health and wellness workshops on Tuesday evenings at 6:30—7:00PM and discover the best kept health secrets. Call for a seating reservation and receive a complimentary health screening!