

## VITAKIDS RECOMMENDS

### ADULTS

- A multi-digestive enzyme complex
- Quercetin & Bromelain
- Black Elderberry
- Dandelion Root
- Dandelion Root tea, Burdock tea
- Essential Fatty Acids: Complete Omega 3/6/9
- A good strength of multi-strain probiotics
- A high potency Multivitamin & Mineral
- A good potency of Vitamin C & Zinc
- Vitamin E
- Selenium
- Eyebright

### CHILDREN

- A high potency Multivitamin & Mineral
- A multi-digestive enzyme complex
- A good strength of multi-strain probiotics
- Essential Fatty Acids: Complete Omega 3/6/9
- A good potency of Vitamin C & Zinc
- Echinacea /Black Elderberry/Olive Leaf

For Topical Application on skin with Eczema:

- Extra Virgin Coconut Oil
- All Natural Eczema Cream
- Aloe Vera Gel
- Organic skin care products which are very gentle and chemical-free suitable for people with sensitive skin

### Find Us

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This material contains general recommendations only and is not intended to replace the advice of your healthcare practitioner.



## How to Overcome Allergies and Tame Over-Active Immune System

### Allergies

Allergy is the condition that is caused due to hypersensitivity of the immune system. It is an exaggerated response of the immune system to common substances like food, dust, pollen, drugs, chemicals or the environment.



Fortunately, these irritating reactions can be controlled once the cause is identified and avoided.

### Types of allergies

**Food allergy** is defined as an immunologic response to a dietary protein. Food allergy reactions may involve many bodily systems including the skin, gastrointestinal, respiratory tracts, and cardiovascular system.

**Allergic rhinitis** is a common disorder that is strongly linked to asthma and conjunctivitis (inflammation of the membrane covering the white part of the eye). It is broadly defined as inflammation of the nasal mucosa. The classic symptoms of the disorder are nasal congestion, nasal itch, rhinorrhea (excessive mucous production) and sneezing.



**Atopic dermatitis/ Eczema** is defined as a common, chronic, relapsing, inflammatory skin disease which is not life threatening and not contagious. The main cause of this is not clear but the possibility of this happening may be due to dysfunctional interplay between the skin and immune system. Symptoms of eczema is characterized by a lively red infiltrate with oedema, dry itchy skin, oozing and/or crusting.

## Causes and Symptoms:

Allergy	Causes	Symptoms
Food Allergy	-More than 85% of food allergy are from milk, egg, peanut, tree nuts, shellfish, fish, wheat, sesame seed and soy	<ul style="list-style-type: none"> <li>• Diarrhea / Vomiting</li> <li>• Nausea / Headache</li> <li>• Abdominal pain</li> <li>• Skin reactions [acute urticaria (hives), angioedema (swelling) and erythema (redness of the skin)]</li> <li>• Difficulty in breathing</li> </ul>
Allergic Rhinitis	<p>-Allergic rhinitis is caused by an over response of the body's immune system to non-infectious particles such as pollen, dust mites, animal hair, food, etc.</p> <p>-Environmental causes includes pollen, furred animal, textile flooring/upholstery, tobacco smoke.</p> <p>-Family History</p>	<ul style="list-style-type: none"> <li>• Nasal congestion (Itchy and blocked nose)</li> <li>• Rhinorrhea (excessive mucous production)</li> <li>• Sneezing / Runny nose</li> <li>• Conjunctivitis (inflammation of the membrane covering the white part of the eye)</li> <li>• Itchy eyes / Tearing</li> <li>• Altered smell</li> <li>• Cough</li> <li>• Headache</li> </ul>
Atopic dermatitis/ Eczema	<p>-Around 50–75% of all children with early-onset atopic dermatitis are sensitized to one or more allergens, such as food allergens, house dust mites, or pets, whereas those with late-onset atopic dermatitis are less often sensitized.</p> <p>-Family History</p> <p>-Mother's age when child born: When the mother gives birth to the child later in her childbearing years, a child is more likely to get Atopic Dermatitis.</p>	<ul style="list-style-type: none"> <li>• A rash that appears suddenly</li> <li>• Dry skin, scaly, and itchy.</li> <li>• Forms on the scalp and face, especially on the cheeks (can appear on other areas of the body).</li> <li>• Can bubble up, then ooze and weep fluid.</li> <li>• Causes itching that may come and go.</li> <li>• Trouble sleeping.</li> <li>• Skin infections, common due to rubbing and scratching.</li> </ul>

## Keep Allergic Reactions At Bay:

### Food Allergy:

To prevent allergic reactions caused by food, avoid the responsible food(s). Once a food allergy is diagnosed, strict elimination of the offending food allergen from the diet is necessary. When the elimination diet is used as treatment, the identified food allergens are removed from the diet indefinitely, unless evidence exists that the food allergy has resolved.

### Allergic Rhinitis:

- First-line treatment of allergic rhinitis involves the avoidance of relevant allergens (e.g., house dust mites, moulds, pets, pollens) and irritants (e.g., tobacco smoke).
- Patients allergic to house dust mites should be instructed to use allergen-impermeable covers for bedding and to keep the relative humidity in the home below 50% (to inhibit mite growth).
- Pollen exposure can be reduced by keeping windows closed, using air conditioning, and limiting the amount of time spent outdoors during peak pollen seasons.
- If the patient's symptoms persist despite appropriate treatment, referral to an allergist should be considered.

### Atopic Dermatitis/ Eczema:

- The first aim relates primarily to prevention; the second aim relates to treatment. Prevention is best attained by trying to reduce dryness of the skin, primarily via daily use of skin moisturizing creams that are organic and non-chemical. When dryness is reduced, the desire to scratch and risk of skin infection will decrease.
- After a bath is taken, an emollient should be applied directly thereafter to secure a moist epidermis and augment the skin barrier function.
- Limit or avoid contact with irritants like perfumes, detergents and jewelry.
- Avoid scratchy clothing materials and practice good skin hygiene.
- Avoid eggs, peanuts, wheat, dairy, strawberries, fried and processed foods, seafood.
- Incorporate exercise or meditation to manage stress.
- Eliminate all artificial food additives.
- Avoid spicy foods, sugar, caffeine, alcohol (may contribute to anxiety and stress).
- Avoid sun bathing or prolonged exposure to sunlight.

### Important Nutrients to Prevent Allergy Reactions:

- Omega 3, 6, 9 – supports body's natural anti-inflammatory response.
- Vitamin C – may help in reducing inflammation and promotes skin healing.
- Vitamin E and Selenium – promotes skin healing and provides antioxidant protection
- Digestive Enzymes and Probiotics – assist in proper digestion, detoxification and immune function.
- Bioflavonoids – enhances the effect of Vitamin C and may help to control the production of body's histamines, the compound that gives the bad reactions.
- Zinc and copper – assist in skin healing.
- Dandelion and Burdock – assist in detoxification of liver and may help purify blood.
- Eyebright – may relieve nose congestion and watery eyes brought about by rhinitis.
- Bromelain & Quercetin – Natural anti-inflammatories which work together synergistically.
- Black Elderberry – has anti-viral properties which helps to kill viruses attacking the body.