

Allergy, asthma and nutrition

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- November 9, 2020
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1. [Allergy, asthma and nutrition](#)

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A very small dietary change can make a huge difference to the quality of our lives.

Pollen, pets, dust mites and foods are common triggers for skin allergies and/or asthmatic episodes. Sometimes a hyperactive immune system triggers a battle between our antibodies and some foods, creating all the familiar allergy symptoms.

Some allergies including eczema are alleviated by avoiding dairy, gluten, peanuts, eggs, honey and highly processed foods. Some of these are easy to identify through allergen tests. A dietary cure though is trickier, requiring careful monitoring & record keeping and will vary from person to person. Here are three tips.

1. Become familiar with anti-inflammatory foods.
2. Choose natural and organic foods where possible.
3. Avoid sodas, ultra-processed foods, fried foods, sugar, HFCS (high fructose corn syrup) and sulfites.