



AdvaCare Clinics
Advanced Healthcare Solutions

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AdvaCare Clinics: ALLERGIES

According to the Centers for Disease Control and Prevention (CDC), allergies are the 6th leading cause of chronic illness in the U.S. and more than 50 million American suffer from allergies each year.

Allergies are an overreaction of the immune system to substances. These substances which generally do not affect other individuals are called allergens and can cause nasal congestion, itchy eyes, rash, stomach ache, vomiting, difficulty breathing and wheezing,

Allergic reactions range from merely bothersome to life-threatening. Some allergies are seasonal, like hay fever. Allergies have also been associated with chronic conditions like sinusitis and asthma.

Who is at risk? Anyone may have or develop an allergy – from a baby to a senior and everyone in between.

How can you tell the difference between allergies and a cold? Below are a few ways to recognize the difference.

- Fever – fever is not a symptom of an allergy, but may be accompanying a cold.
- Contagious – allergies are not contagious, a cold is and you can sometimes identify the person who “shared” it with you.
- Scratchy Throat – scratchy throat is an allergy symptom.
- Itchy, watery eyes – Itchy, water eyes are a sign of allergies.
- Body Aches – body aches are common with a cold but not with an allergy.

While there are several over-the-counter allergy remedies from pills, liquids, nasal sprays, eye drops to inhalers, we recommend that you know what healthcare professional treatment options can support your body in returning to good health.

AdvaCare Clinics offer care for allergy relief by strengthening your immune system. A stronger immune system is more equipped to fight off allergies. We do this by balancing the spine of misalignments, stabilizing hormone levels, and improving nerve function. We also utilize Allergy / Sensitivity Elimination and Reprogramming Technique. This non-invasive nature treatment can lead to substantial improvements by identifying the allergen, while holding the allergen, we stimulate pressure points along the spinal column which changes the immune systems conditioned response.

For a consultation contact AdvaCare Clinics at (952) 835-6653.