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Allergies, Asthma and Eczema Tips

1. **Allergies affect how we feel, think and act.** Most people think allergy reactions are only a runny nose, skin rash or asthma. The same allergy cells that are in the nose, on the skin and in the lungs are in every other organ of the body as well. That's why allergies can cause almost any symptom including behavior problems, difficulty focusing, depression, anxiety and gastrointestinal reflux.
2. **Skin testing allergies all at once will not differentiate the other symptoms.** When allergists skin test by placing all the allergens on the skin at one time, they can only consider the skin reaction, not what other symptoms occur from the allergen.
3. **You don't outgrow allergies.** Allergies can change how they manifest in your body but you don't really outgrow them. Often a young girl with asthma will stop having asthma when she hits puberty. Everyone thinks she has outgrown it. But too often the asthma returns when she goes into menopause. She didn't outgrow the allergies, they changes due to changes in hormones.
4. **Asthma has become more life threatening since having drugs to treat it.** Studies have found that each time a new category of asthma drug is introduced there is an increase in mortality and morbidity.
5. **Allergies interfere with learning.** The Annals of Allergy Medical Journal reported that kids with allergies perform less successfully in school across the board.
6. **Allergies can make you feel depressed.** The first antidepressants were antihistamines. They worked because they blocked histamine, a neurotransmitter that can cause depression.
7. **Vitamin C is a natural antihistamine.** There are many nutrients that can help block the allergy reaction.
8. **Some asthma medications can cause a life threatening asthma reaction.** Though recommended as a last resort asthma medication, these drugs are often prescribed at the onset of treatment and can increase the risk of asthma death.
9. **Allergies are the cause of ear infections.** Studies found that the top two allergy foods causing ear Infections are dairy and wheat.
10. **Treating the mother when she is pregnant can prevent eczema.** This would be important to do if one child already has eczema.