

The Gluten Sensitivity-Seasonal Allergy Connection

by

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Your child is miserable with allergies. Every time the season changes, it's another runny nose, sneezing, itchy watery eyes fit. Both of you are miserable. The weather channel tells you it's going to be another high pollen or high air pollution day. The pharmaceutical companies time the release of the latest greatest antihistamine just as the new season approaches. You hope this one will work better than the last. You are cautioned not to give this medicine to children younger than 16. Sometimes you want to just crawl into a bubble and hide from life. We know that won't happen. There are too many runny noses to wipe, maybe even yours.

There is now a theory that the consumption of wheat products can cause seasonal allergies to flare up or become more intense. Having been there myself I can say it is more than a theory, it is a fact. Those who are working on this theory have noticed that when a person goes on a gluten-free diet their seasonal allergies subside. According to essortment.com, the allergic reaction may be caused by yeast, which is a fungus and is used in nearly all wheat products. They believe the more a person consumes these products the more they are susceptible to the "allergens" or fungi in the air.

But the fact is, a person may have an allergic reaction to wheat flour particles in the air not yet consumed. This would prove that the allergic reaction is more than just the yeast. Yeast is used in gluten-free baking as well, and who are on a gluten-free diet, have seen a dramatic improvement with seasonal allergies. So the idea that it is the yeast may not be as accurate a theory as first thought. The real problem is more likely the protein *gliadin* found in wheat. If you have seasonal allergies may want to try an experiment by eliminating all gluten products from your diet for 1 week. Then make an assessment on your seasonal allergies.

Gluten sensitivity has many symptoms

Why would gluten cause seasonal allergies to manifest or become worse? An allergic reaction is an immune response. According to glutendoctors.blogspot.com, 40% of the people in the USA have sensitivity or auto-immune issues with gluten. If you have type O or type A blood you will likely have a wheat sensitivity. Sensitivities can manifest themselves in many ways, including causing seasonal allergies to become worse. Most people assume that gluten causes digestive issues. But the fact is that only 25% of those with gluten issues have an indigestion type of response. Reactions can be very diverse. Some common ones are: asthma, anxiety, lack of focus, hyper-activity, headaches, and yes, nasal allergies. Allergies to food can show many differing symptoms.

Most people are aware of allergic rhinitis. This can be observed easily from the sneezing, stuffy nose and itchy ears that people get. A prolonged nasal allergy response can cause the sinus passages to clog, resulting in a sinus infection. If your child is frequently suffering from rhinitis, try keeping all wheat products and wheat flour from her for several days. If the symptoms disappear, you have just found the culprit.

Myth Busted: You do not out-grow allergies

Dr. Jesse Hanley, a wellness practitioner, states that it is a misperception that children out grow allergies. The fact is, the response to the allergen changes. Those with gluten intolerance or wheat

related sensitivity will have differing issues later in life. You may have had rhinitis as a child and then as an adult have migraines or digestive issues. Or the stomach aches you had as a child will disappear and you end up with adult onset asthma. For more information go to <http://www.puristat.com/glutenintolerance/default.aspx>

So before you pull your hair out because you have the poster child for sinus misery sneezing and hacking all over you, or you have taken a medicine that will dry you out worse than last year's birds nest, try eliminating gluten. It may be hard at first, but you may just find yourself feeling better all the time. As an added bonus, your misery index will fall dramatically and so will your medical and over the counter medicine bills. You may even find that the season changes are your favorite times of the year!

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