

Seasonal Allergies Taking the Joy Out of Spring?

SPRING! The birds are chirping, the flowers are blooming, the sun is shining and the scent of cut grass is in the air. What could be better you might ask? For many people, this season boosts energy levels with increased light exposure, warmer temperatures and those familiar fragrances, but those suffering from recurring allergies react to the season very differently. Spring allergies affect 20% of the population who will experience itchy watery eyes, sneezing, runny nose and even rashes. Airborne pollen is the most common cause of seasonal allergies.

There are, however, resources to combat those allergies other than medication. Eighty percent of your immune health is located in your gut, so supporting your digestive health is essential to sustaining a healthy immune system. When your immune system is compromised, symptoms such as allergies emerge.

Tom G suffered for 10 years with seasonal allergies, complaining of congestion, runny nose, sneezing and cough until his colleague at work suggested he visit The Holistic Center at Bristol Square. We identified his specific allergies and started Tom on a program which was geared toward rebuilding his immune system. Removing stressors to the immune system such as processed food, preservatives, and cleaning products, as well as creating a healthy eating plan, boosted his nervous system function and added supportive supplements.



Dr. Rochelle Bien & Dr. Michael Goldstein

Within several weeks, Tom noticed a significant difference. He was less congested, his nose stopped running, and the cough was greatly reduced. Tom is not worried that SPRING HAS SPRUNG as he is feeling so much better and is planning on enjoying all the

outdoor activities he had to miss out on for so many years.

If you are suffering with allergies call The Holistic Center at Bristol Square located at 1426 Main Street, Walpole. Call (508) 660-2722 to schedule your appointment today.