

About Allergy

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Abstract

What does it mean "Allergy"? It means that our immune system has a very high sensitivity. If this factor takes important place for a person, it is a form of disease. Usually, we can see it on our skin. In this case the integument will be covered with the small scales. They provoke an annoying effect when a man wants to scratch a skin from time to time. Unfortunately, for the present day there is not any effective way to cure this disease because of many both outside and inner factors which take place. From the one side it is the specific property of the human organism, and from the other side it is the influence from the food and our environment. There is some useful information connected with the allergy in this article which can help for a person may be partly avoid such negative influence of the allergy or even eliminate it at all.

Keywords: allergy, factors, nutrition, reasons, food, defence.

Introduction

There are very many factors which have the negative influence on the human health, namely:

- Dust;
- Food allowance (for example: meat, spices, sweets, chocolate and so forth);
- Condition/status of the alimentary canal;
- Climate in the environment and drinking water or/and juices;
- Nature: forests and flower;
- Woollen and hirsute surfaces;
- Some vegetables and/or fruits;
- Domestic animals (for example, cats and/or dogs);
- Stress from nervous and so on.

Practically, each of these factors can have the negative influence on the man [1-7]. That's why it is rather difficult to find universal way to interrupt allergy. At the present day doctors recommend to use medical preparation – suprostin. But these medical drug cannot help each time and it doesn't very effective method against all possible cases and reasons.

About Factors and Recommendations

As it was mentioned above, any dust in our flat isn't good and it can lead to allergy. That's why doctor's advice to make water cleaning or moist clearing up into the rooms regularly. The influence of this factor (food allowance) must be investigated practically by the person (may be with his/her family) at home. Why? Because of the place where the ill person is living (any doctor cannot

be all day near the patient). This process will be rather long. They must investigate the influence for each product on the symptoms of allergy during about one and a half week. During of this period of observation they have to exclude each product consistently time after time.

The status/condition of the alimentary canal is a very important index about the common health for the man. It correlates with the allergy as well. If it will not be well, we must treat/cure it as soon as possible. Some words about climate now. Really, climate (cold, hot or moist) can lead to the allergy. Some trees/bushes and flowers cannot be good for the person with allergy. The same situation can take place with the different flowers which have dangerous smell and pollen which reinforce the allergy process. As the practice shows, sometimes woollen and hirsute surfaces can be the initiators for the strong allergy. Try to delete such things and downy pillows, carpet with a pile, blanket and scarf with a wool.

Really, some vegetables and/or fruits can be the reason to appear the allergy also. To confirm or to disprove this affirmation it is needed to make the long observation and investigation of the results. Domestic animals (not only cats and dogs but even birds and other living creatures) can be as the source of allergy. At last. It is argued that bad nervous system in a human body can be the essential reason to appear allergy. In this case only doctor can give the right recommendation what you must make, for example: to be in a fresh air, walk, physical training, lotion with the cold water, swimming-pool, to read and to see not awful stories or situations, to have a good rest and sleep about seven hours every day.

Common advice

All versions of treatment must be done with the constant control and consultation with a doctor.

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