



Dr. Malott-Brechtel

Nothing to sneeze at!

Dear Dr. Brechtel,

I have sinus and allergy problems most of the year. I hate taking prescription medication but seek a natural alternative?

Sinus problems and allergies are definitely a common condition in this area of the country. Most of the time sinus and allergy problems can be attributed to an over-active immune system.

Since 70% of your immune reactive cells (the ones that respond to allergens) are found lining your digestive tract, gut health becomes the cornerstone of battling immune system problems. I recommend that patients begin using a quality probiotic supplement to restore healthy bacteria to the gut (min. of one month), as well as using a digestive enzyme to rest the pancreas and support the liver. Glutamine (a micronutrient for cells lining the gut) is often added to help seal the “leaky” inflamed gut.

To control your symptoms during this reparative process, I recommend using Quercetin (a natural anti-histamine). A *neti pot* (a nasal wash system) is also a good way to keep the nasal passages clear and clean of allergens during this process. I hope this “clears things up” for you!

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com