

## RELIEF FROM SEASONAL ALLERGIES

*StoneTree Naturopathic Clinic, Collingwood, ON*

One of the most remarkable talents your body has is its ability to defend itself by *learning*. After successfully dealing with a foreign intruder like a bacteria or virus, your body “remembers” by creating antibodies so your immune system can recognize the same intruder in the future.

In some cases, though, the system learns the wrong thing, and begins to make bad decisions. That can lead to what we call *allergies* – your body reacting adversely to something it should (or used to) tolerate.

### **Toxins and Allergies**

But what’s *causing* this inappropriate response? Sometimes, genetics are the culprit – it’s simply the way your body is built. But for allergies that worsen over time, or appear later in life, there can be other factors at play, such as increased toxicity or the development food intolerances.

It may seem counter-intuitive, but your digestive system is critical to a healthy immune system. It’s here that critical enzymes and trillions of beneficial bacteria extract nutrients from your food and protect against unwanted bacteria.

Toxins and poor nutrition weaken this system, hampering your immune system’s ability to tell the difference between a dangerous foreign invader, and a friendly food or harmless pollen.

Reducing toxins or eliminating reactive foods can help boost the immune system’s ability to properly recognize friend from foe. The result? Your body steps down its response to friendly invaders, and you feel a whole lot better.

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*To learn more about allergy relief, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)*  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)

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