

- [Home](#)
- [Advertise](#)

ANON?SOURCE

THE TRUTH STARTS HERE

[File Uncompressor](#)
Ver. 1.00.01 97Kb
[Uncompress Any](#)
[Filetype](#)

Download Now

REWARDS

- [U.S. Politics](#)
- [World](#)
- [Business](#)
- [Money](#)
- [Tech](#)
- [Health](#)
- [Science](#)
- [Entertainment](#)
- [Pets](#)
- [Sports](#)
- [Writer's Signup](#)

February 25, 2012 [Health](#) [No comments](#)

Spring, or Allergy Season?



As the Earth revolves, tilting its axis to expose the northern hemisphere to more direct sunlight, springtime is a near reality. Even though the average temperatures are still low, the days are getting rapidly longer. Spring is evocative of renewal, but it is also known as the start of allergy season. Trees and shrubs start blooming, infusing the air with pleasant scents, only to release pollen that gets airborne and causes not such pleasant symptoms: itchy eyes, runny nose, coughing and sneezing, and rhinitis.

The real culprit is the immune system that unwittingly interprets the pollen as foreign invaders and releases antibodies in defense. The antibodies attack the allergens in the same way they would identify and strike at bacteria, viruses, and other potentially harmful organisms. The result is a release of chemicals known as histamines into the blood, which

then triggers the nasty symptoms; in severe cases, even asthma. Fortunately, there are many remedies ranging from natural allergy relief that are herbal-based to medicines such as antihistamines, decongestants, nasal sprays, eye drops, allergy shots, and more.

According to the field of *psychoneuroimmunology* (PNI), an allergic response is really like a phobia of the immune system—it panics at the first sign (symptom) of pollen and throws a fit, almost like an emotional reaction to trauma. In other words, the same way we learn and acquire emotional responses, our bodies learn and acquire immune responses. PNI is the study of the interaction between psychological processes and the nervous and immune systems of the human body; its main interest is the relationship between mental processes and health. In view of the premise that allergic reactions can be influenced by psychological factors, the good news is that the major issue in dealing with an allergy is re-educating the immune system, a method shared by Neuro-Linguistic Programming (NLP). As per PNI experts, by teaching the immune system to use its passive response (removing non-living matter from the body) rather than its active response (allowing T-cells to destroy living cells like bacteria), an allergy can be treated through a kind of physiological reframing.

Allergies can, like a phobia, sometimes be treated through systematic desensitization procedures. However, like the phobia version of these techniques, the process can be time consuming and often ineffectual. Using the NLP Allergy Technique, this desensitization process can be accelerated. Practitioners help patients to disassociate from the psychological factors that might be influencing an allergy, thus giving them more control over their own body's responses.

It certainly has been proven by various fields of study that the immune system is capable of learning very quickly. Allergies are also known to appear and disappear almost spontaneously. And people often outgrow certain allergic reactions. So, if you're prone to allergies, don't despair—take charge of your life and seek help. If one remedy fails, try another. You can at the very least control your symptoms by watching your local weather forecast to find out the daily pollen count in your area and take the necessary precautions. There's hope, and best of all, Spring is all about rebirth and rejuvenation!

The founders of NLP studied the neurological configurations and linguistic structures that are hardwired in the mind—the natural process by which people learn and make change. They wanted to find a way to model effective behavior and construct a reliable process to reach successful outcomes.

Article By: Belinda Nicoll (Official Anon Source Writer)

[allergic response](#), [allergy season](#), [allergy shots](#), [average temperatures](#), [bacteria viruses](#), [emotional reaction](#), [emotional responses](#), [harmful organisms](#), [histamines](#), [immune responses](#), [linguistic programming](#), [nasal sprays](#), [natural allergy relief](#), [northern hemisphere](#), [passive response](#), [psychological factors](#), [psychological processes](#), [psychoneuroimmunology](#), [systems of the human body](#), [trees and shrubs](#)

Like

Add New Comment

[Login](#)



Showing 0 comments

Sort by popular now

 [Subscribe by email](#)  [RSS](#)

Trackback URL

- **War, Good or Bad**

Do You Agree With War?

- Yes
- No
- I don't Really Care

[View Results](#)

- **2012 ELECTION**

Who Will Get Your Vote?

- Mitt Romney
- Ron Paul
- Rick Santorum
- Newt Gingrich
- Barack Obama
- Other

[View Results](#)

- **[Recent Tweets](#)**

- Spring, or Allergy Season? <http://t.co/BEfPHG4P> 7 mins ago
- Chelsea Lose but Bounce Back <http://t.co/qmHK7YId> 2 hours ago

- **Archives**

- [February 2012](#) (110)
- [January 2012](#) (46)

- **Proud Sponsors**



•

• **Tags**

super bowl anonsource glenn beck semi finals daily basis manchester united diva united states real madrid love europe
pets anon source dogs carling cup economy dogs and cats liverpool fc fc barcelona england pet owners copa del rey match
amp game fa cup manchester city target facebook google

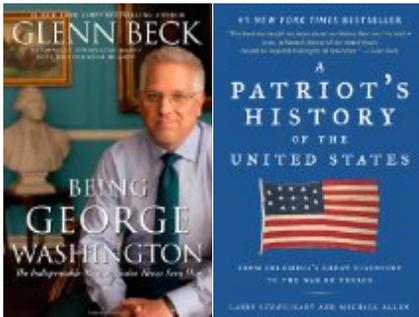
• **Social Profiles**



• **National Debt Clock**

\$15,406,732,402,538

• **Recommended Books**



• **Type In Your State**

Gasoline Prices

Louisiana

- **Regular** **Premium**

February 25th:

Daily articles in all of our many categories will be posted without fail. We strongly believe in a world without censorship, and with Anon Source that's exactly what you will get. As the internet is becoming more & more censored & under threat of complete government control, we are striving to bring you the truth every day.

Enter a State:

- **Daily Articles**

February 2012

M T W T F S S

[1](#) [2](#) [3](#) [4](#) [5](#)

[6](#) [7](#) [8](#) [9](#) [10](#) [11](#) [12](#)

[13](#) [14](#) [15](#) [16](#) [17](#) [18](#) [19](#)

[20](#) [21](#) [22](#) [23](#) [24](#) [25](#) [26](#)

27 28 29

[« Jan](#)

- **5 Foods you must not eat :**
 Cut down a bit of stomach fat every day by never eating these 5 foods.



-
-



© 2012 [Anon Source](#)

Powered by [WordPress](#) | Designed by: [SUVs](#) | Thanks to [Best Small SUVs](#), [Ford SUV](#) and [Ford Escape Hybrid](#)