

# EHC-D NEWSLETTER

## *It's February and the Tree Pollen Cometh*

### *An Interview with Dr. William Rea*



Around this time of the year in Texas and other warmer climates in the US and Europe, the longer days and gentler temperatures bring the tree pollen. In fact, Elm and Ash pollen are already showing up in Dallas and within several weeks many trees, such as Oak, Sycamore, Hackberry, Birch, Mulberry, etc. will be in full bloom. Peak pollen hours are generally between 6 a.m. and 10 a.m. *"Pollen shots are most effective when taken year round, but definitely should be taken during the pollen season,"* says Dr. Rea. *"The pollen mixes, such as the Primary Tree Mix antigen, can be taken once daily during the height of tree season for maximum relief."*

*Likewise, individual booster antigens of only single pollen items, such as Oak or Cottonwood Tree can be taken up to four times a day for relief."* Dr. Rea advises that pollens can cause anaphylaxis for some people and if at any time one feels their throat begin to close, to head to the nearest emergency room and take adrenalin if available. For more moderate symptoms *"take histamine/serotonin along with Vitamin C to help with reactions,"* instructs Dr. Rea. Some people truly are not reactive to pollens, although many are not aware that their generalized malaise, digestive or sleep disturbances are due to the added load which pollens place on their already taxed immune system.

You can also help your body handle the increased burden of pollen season by stepping up your intake of immune supporting nutritional supplements. *"I recommend added Vitamin C for sure because of its antihistamine and detoxification benefits, but also added Glutathione, Multi Bs and Multi Minerals; however, Quercetin does not seem to have much benefit for highly allergic people,"* says Dr. Rea.

Employing some added environmental controls during pollen season can also help manage your symptoms. Always shower before heading to bed, clean clothing after each wearing and leave shoes worn outdoors outside of the house or at least outside of the bedroom. This is the time to ensure that your room and car air filters have been replaced and the machines are clean and running well.

*"Pollen sensitivity has skyrocketed as the earth becomes more mechanized and the pollen itself seems to be more toxic,"* says Dr. Rea. *"We don't exactly know why this is but there are two theories: first, that the trees and plants are struggling in a toxic world for their own survival and thus are putting out more concentrated pollen and second, there are a lot more car fumes and pesticides that the plants are absorbing and thus, naturally out gassing these toxins in their own pollens."* All in all, spring is a beautiful time of the year but can be very troubling and symptomatic for sensitive individuals.

***Dr. William Rea is President of the Environmental Health Clinic – Dallas.***

For consultations with Dr. Rea, please call 214-368-4132.

This interview with Dr. Rea was conducted by Barbara Pond, EHC-D staff member.