

THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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Friendly Foods

Although there is no “magic wand” available that can eliminate the development or symptoms of allergies, it is believed that consistently eating certain food groups can help reduce those issues. For example, omega-3 fatty acids, which can be found in nuts and fish such as salmon, can contribute to allergy relief. The same benefits may also be achieved by incorporating vitamin C into the diet. Quercetin, an antioxidant that is found in the skin of tomatoes and apples, is linked to better lung function. Resveratrol, another antioxidant that offers anti-inflammatory powers, is present in the skin of red grapes. Essentially, maintaining a traditional Mediterranean diet that incorporates these elements is considered to be a healthy choice.

Continued allergic reactions can be dangerous and may require medical attention. Call THE WILLIAM STORMS ALLERGY CLINIC at 719-955-6000 today for an appointment. We're located at 1625 Medical Center Point, Suite 190. We are a full-service medical clinic providing diagnosis and treatment of nasal allergies, hay fever, asthma, chronic cough, bee allergies, sinusitis, and food allergies. We welcome patients of all ages.

P.S. Every three minutes, a food allergy is responsible for sending someone to the hospital.