

Immune Responses and ways to Relieve the Effects

What is an Immune Response?

When our immune system is triggered, it releases an amino acid called histamine. This is a direct response to any perceived injury or infection. When histamine is released a number of things usually occur including an increase in inflammation to the affected area. The blood vessels start to expand to allow for increased blood flow. So the white blood cells can more rapidly travel to the afflicted part of the body. Depending on where the problem is located the reaction can vary. This response can cause discomfort, swelling or tenderness, while your body is healing.

Helping us heal is just one of the functions that histamine is capable of. Histamine is an important hormone and helps us with many basic functions. Such as fighting off infections, aids in regulating sleep and proper digestion, regulating hormones, and acts as a neurotransmitter. But when our body perceives any foreign substance or wound that could inhibit our ability to function normally, it triggers histamine to be released. This means environmental toxins, allergens, pathogens, viruses, along with injuries such as tearing a muscle, can all instigate an immune response. So during times when allergies are so prevalent, or healing from an injury, the histamine levels are naturally increasing to counter with the effects and try to keep your body healthy.

But there is too much of an excess of histamine, or persistent inflammation in the body it can cause or make the following conditions worse.

- Nasal congestion
- Asthma or difficulty breathing
- Hives
- Skin rashes, like psoriasis, or eczema
- Itchy skin or eyes
- Food intolerances
- Abdominal pain
- Chest pain
- Fatigue
- Anxiety
- Headaches
- Insomnia
- Tinnitus
- Joint pain or stiffness
- Pain or tenderness
- Swelling
- Low blood pressure
- Brain fog

Now....How do I reduce the negative response??

There are several ways in which to effectively to help reduce inflammation in the body and lower elevated histamine levels. Supporting your lymphatic system is one way to help your body continue to regulate normally. When your lymphatic system gets over loaded things can build up in the body. They can continue to contribute to increased inflammation or other symptoms. Treating the cause while also working to relieve the symptoms caused by inflammation is a powerful combination to helping your body heal.

Massage is an effective way to reduce the inflammation, and loosen any tight muscles directly. Once the inflammation can be reduced, and the muscles begin to function normally it puts less strain on other parts of your body. Which helps relieve joints, tight muscles, breaks up scar tissue, and can increase range of motion. Deep tissue massage can also release things built up in your muscles, reduce inflammation and improve circulation.

Normatec compression therapy when used on a lower setting can stimulate your lymphatic system to help flush out anything that has been building up. But it can also help relieve joints, tight muscles, and boost circulation on the higher compression settings.

An infrared sauna is a great way to reduce both inflammation and detox! The infrared waves coupled with the heat help support your body in so many ways. They can also help relieve pain, support your immune system, boost circulation, and relax your body. Using either of our saunas you can relax, detox, and relieve inflamed areas of the body. But when you try our new mPulse sauna you get the added benefit of the far and mid waves, and lights that provide chromotherapy!

When sauna is paired with cryotherapy it becomes even more effective! Your brain refocuses on what needs support the most. So any inflammation, injuries, inflamed skin issues, swelling, or pain gets increased attention from the body!

For more details on services, booking an appointment or questions you may have check out the rest of our website, visit us in store, or call us at 817-442-9424.