

MediWise Disease Report

Disease: Allergy

Description:

Allergy is an immune system reaction to a substance in the environment.

Medications:

- Antihistamines
- Decongestants
- Epinephrine
- Corticosteroids
- Immunotherapy

Precautions:

- apply calamine
- cover area with bandage
- nan
- use ice to compress itching

Recommended Diet:

- Elimination Diet
- Omega-3-rich foods
- Vitamin C-rich foods
- Quercetin-rich foods
- Probiotics

Recommended Workout:

- Avoid allergenic foods
- Consume anti-inflammatory foods
- Include omega-3 fatty acids
- Stay hydrated

- Eat foods rich in vitamin C
- Include quercetin-rich foods
- Consume local honey
- Limit processed foods
- Include ginger in diet
- Avoid artificial additives

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