

When I saw someone with chronic allergies get off all allergy medications just before their big allergy season due to medication side effects, 8 months after they went vegan, and not suffer during their typical allergy season, I wanted to see if this former vegetarian now vegan was getting relief by eliminating dairy from their diet. Because most studies about dairy are funded by the dairy industry, I did not find any studies on this issue. I found a couple of web sites that said 'dairy increasing mucus is just an old-wives tale', but these were drowned out by a plethora of sites and blogs where people were saying their symptoms were reduced when they eliminated dairy.

One of the two sites I found claiming the connection was a myth was

<http://www.symptomfind.com/health/milk-and-mucus/> where they did go on to say "There is one exception to an increase in mucus when drinking milk. Individuals who have a milk allergy may experience respiratory symptoms after drinking milk, which may include an increase in mucus. According to the Cleveland Clinic, when a person has a milk allergy, he is usually allergic to some of the proteins in the milk. This causes a response from the immune system, which may include increased mucus, coughing and trouble breathing."

This makes sense!

Seasonal allergies are primarily caused by tree, grass and weed pollen that causes an allergic reaction when inhaled, according to MayoClinic.com. Dairy allergies are an allergic reaction that occurs when you consume dairy proteins. Both reactions cause an overreaction of the immune system that causes the body to create immunoglobulin E, or IgE, antibodies, according to Kids Health. The release of IgE antibodies triggers other chemicals that cause inflammation and irritation in soft tissue.

<http://www.livestrong.com/article/379400-how-to-avoid-seasonal-dairy-allergies-post-nasal-drip/#ixzz2BZhy6jER>

The problems with milk allergies/sensitivities, is that it affects people differently. Some people have gastrointestinal problems. Others, apparently, have increased mucus, which if you have trouble breathing from allergies or asthma, is a big deal. It is more likely that someone could self-diagnose with a more recognizable symptom, like GI problems, than a more subtle one-increased levels of mucus over periods of non-dairy consumption.

<http://www.drweil.com/drw/u/QAA106632/seasonal-allergies> Dr. Weil recommended "Follow a low-protein diet and try to eliminate milk and milk products. Excessive protein can irritate the immune system and keep it in a state of over reactivity. The protein in cow's milk is a frequent offender.

So if you have seasonal allergies or asthma, try going dairy free and see if your symptoms are mitigated!