

Integrative Therapy Information Portal

| Allergy Medical Group of the North Area, *Allergy & Immunology* |

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Important Notice:

This page is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please discuss any therapy with your healthcare provider before use.

Integrative Nutritional Therapy

What is it?

Integrative nutritional therapy refers to the use of evidence-informed dietary compounds such as anti-inflammatory seeds and spices, as a complement to conventional medical treatment. At Allergy Medical Group, this approach is rooted in the growing body of research connecting diet, gut microbiota, and immune function. When standard treatments provide incomplete relief, what you eat and how your gut microbiome is functioning may play a significant role in your symptoms.

What does research suggest?

Studies have investigated its potential role in:

- Regulating overactive immune responses linked to allergies and autoimmune conditions
- Reducing chronic inflammation throughout the body
- Supporting a healthier gut microbiome and digestive environment
- Complementing conventional treatment when symptoms remain uncontrolled

Evidence varies depending on the individual, condition, and dietary protocol.

Why we offer this service

Allergy Medical Group is committed to treating the whole patient. When conventional therapies provide only partial relief, we look deeper, including nutritional and gut-based contributors to immune dysregulation. Our integrative nutritional support is physician-guided, personalized to each patient, and offered as a complement to your existing allergy and immunology care. Prior to any supplementation, patients are screened for known food sensitivities and allergies to ensure safety and appropriateness.

Safety Notice

Prior to initiating nutritional supplementation, patients are screened for known sensitivities or allergies to each ingredient. Please inform our staff of any food allergies or dietary restrictions before use.

Key References:

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