



Enjoy Your Garden Without Allergies

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You can still enjoy your garden and all outdoor activities if you have allergies. 40 million people in the USA have nasal allergies with sneezing, congestion, coughing, eye itching and sinus problems. Don't let allergies interfere with your health and enjoyment of life.

If you are fortunate enough to have a garden or you are thinking of starting landscaping in a new home, don't let allergies ruin your plans. You can have a wide variety of beautiful plants and still control your allergies. Here are some "Do's and Don'ts."

First of all, stay away from the notorious plants which produce the windborne pollen that causes allergic rhinitis (hayfever) or eye itching (conjunctivitis) or asthma (breathing problems, wheezing or coughing).

Surprisingly, the flowering plants have been mistakenly implicated as a major source of allergy. Not so. Flowering plants cause much less allergy because bees transmit the heavy pollen and it hardly gets into the air in appreciable amounts. Close contact, such as smelling a rose or flower, can cause allergy symptoms... so keep a reasonable distance and you will be fine. Heavy perfumes or scents will bother almost everyone.

TREES: Do not plant oak (#1 allergy tree), walnut, olive, fruitless mulberry, acacia or juniper. Also avoid ash, privet, maple, birch, Chinese elms, liquidambar, redwood trees, cypress, and pines. DO plant fruit trees (citrus, apple, pear, peach, persimmon, apricot, cherry and plums). Chinese pistache, crepe myrtles, flowering Japanese plums and flowering cherry trees are not usually an allergy problem.

GRASSES: The wild grasses that cover the hills and fields cause major allergy problems in spring (April, May & June). Your lawn grasses do not cause allergy problems except while mowing or sitting on them. Lawn grasses never have a chance to produce pollen since they are cut regularly. If you have to mow a lawn, do it early in the morning and either wear a mask or use the new nasal sprays that protect the nose like a mask.

BUSHES and flowering plants: Do not plant juniper! It is probably the #1 reason for allergy problems in early spring (February) along with the other conifers (redwood, cedar, and pine). Hedges made of privet are notorious for allergy symptoms in Summer. Flowering bushes are usually not a problem and you can plant roses, azaleas, camellias, rhododendrons as well as flowers such as tulips, daffodils, marigolds and chrysanthemums. Vegetable gardens rarely cause allergy problems.

Think of controlling allergy symptoms before they occur. Ask your physician for advice or prescriptions for the newest and latest medications for allergy treatment. If asthma or chest symptoms occur (wheezing, coughing or shortness of breath), consult your physician immediately. Allergy skin tests can identify the offending allergies if your symptoms are severe. Allergy injections are available for severe or troublesome allergy symptoms that cannot be controlled with medications alone.

Enjoy your garden and the outdoors. You will be healthier and happier and can lead a normal life. Common sense and the latest and newest allergy treatments have made an enormous difference in the health of patients. Allergies may not be cured but they can be controlled.