

Allergies thrive on too much hygiene

Autor(en): **[s.n.]**

Objektyp: **Article**

Zeitschrift: **Helvetia : magazine of the Swiss Society of New Zealand**

Band (Jahr): **75 (2009)**

Heft [7]

PDF erstellt am: **22.07.2024**

Persistenter Link: <https://doi.org/10.5169/seals-944506>

Nutzungsbedingungen

Die ETH-Bibliothek ist Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Inhalten der Zeitschriften. Die Rechte liegen in der Regel bei den Herausgebern.

Die auf der Plattform e-periodica veröffentlichten Dokumente stehen für nicht-kommerzielle Zwecke in Lehre und Forschung sowie für die private Nutzung frei zur Verfügung. Einzelne Dateien oder Ausdrucke aus diesem Angebot können zusammen mit diesen Nutzungsbedingungen und den korrekten Herkunftsbezeichnungen weitergegeben werden.

Das Veröffentlichen von Bildern in Print- und Online-Publikationen ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. Die systematische Speicherung von Teilen des elektronischen Angebots auf anderen Servern bedarf ebenfalls des schriftlichen Einverständnisses der Rechteinhaber.

Haftungsausschluss

Alle Angaben erfolgen ohne Gewähr für Vollständigkeit oder Richtigkeit. Es wird keine Haftung übernommen für Schäden durch die Verwendung von Informationen aus diesem Online-Angebot oder durch das Fehlen von Informationen. Dies gilt auch für Inhalte Dritter, die über dieses Angebot zugänglich sind.

Allergies thrive on too much hygiene

Keeping clean may be making us ill. Swiss experts are warning that too much cleanliness can weaken the body's immune system and cause allergies to develop. The new findings suggest that children in particular are failing to develop key defences against everyday bacteria.

The World Health Organisation (WHO) is launching a new campaign, "Healthy environments for children". One of its goals is to investigate the reasons for a rise in allergies such as hay fever and asthma.

In Switzerland alone, cases of hay fever rose from 2 per cent of adults in 1920 to 13 per cent in 1991. At present, 15 per cent of children are affected. Globally, one child in ten now suffers from asthma.

Swiss specialists have recently discovered that efforts to create a healthier environment with highly sanitised living spaces may actually be doing more harm than good.

Michel Hofer, an allergy and immunology specialist in canton Vaud's University Hospital, says the higher levels of hygiene in the world's most economically developed countries may be linked to the growth in allergies.

It is now believed that babies need exposure to certain viruses and bacteria in order for their bodies to develop defences against them. Too much protection from such elements means that children's bodies cannot learn how to block infections. As a result, immune systems can take relatively benign elements, such as dust or cat fur, to be dangerous foreign bodies, provoking bodily reactions, such as inflammations.

According to research conducted by the Swiss child allergy research institute, Scarpol, bacteria from animals can also prevent allergies. The study found that children living on farms and in contact with the animals developed fewer allergies than children living in the same village.

These findings were compared with similar studies elsewhere in Europe, and the researchers came to the conclusion that exposure to certain bacteria carried by animals created a form of protection. Children who have a large family or who frequent crèches may also have stronger immune systems. Health experts are currently working on effective treatments against allergies.

The best cure may be to expose children to bacteria that influence the children's immune systems from an early age.

If successful, this treatment would force the body to find a way to protect itself from the foreign bodies. The use of antibodies could offer another way to prevent an allergic reaction.

Recent scientific findings discredit previous claims that the rise in pollution was to blame for children's weakening immune systems.

A major study carried out in Germany during the 1990s compared children from Munich with children from Leipzig, formerly in East Germany, for allergies.

The study found that, while the children in Leipzig were exposed to significantly higher levels of pollutants, they had fewer allergies than their counterparts in Munich.

However, allergies rose as Leipzig became more affluent, with the study concluding that financial development may be linked to a rise in allergies.

from swissinfo

You know you're Swiss if...

- you get amused when you see Swiss German people being subtitled on German television.
- you firmly believe it is more important to do things accurately than to do them quickly
- you were legally allowed to drink beer and wine at the age of sixteen



TRADITIONAL FINE MEATS AND SMALL GOODS

AVAILABLE NOW! New Zealand's finest Delicatessen Meats

- Continental Frying/Boiling Sausages
• Specialty Meats • Meat Loaves
• Smoked Meats • Cold Cuts
• Salamis • Dried Meats



Visit our factory shop:
68-70 Greenmount Drive
East Tamaki, Auckland

Hours: Monday to Thursday 8am-4pm
Friday 8am-5pm • Saturday 8am-1pm

P 09 274 4455 F 09 274 1203 W www.swissdeli.co.nz
PO Box 51-520 Pakuranga Auckland 2140

«Taste the Difference»

SWISS KONDITOREI BERN

Bakery & Pastry

Do you feel like eating real Swiss/German
breads, tasty and healthy?

German Sourdough, Fitness Bread,
Butterzopf, Kibbled Rye, Walnut Bread,
Tasty White Bread, Basler Bread,
or choose from a wide range of rolls,
inclusive Laugenrolls.

In the sweet range we offer
Blackforest Cake, Bienenstich,
Chocolate Truffle Cake, Quark Cheesecake,
Fruit Flans, Patisserie,
seasonal specialities and much more.

We are using local and often
organic ingredients.

Retail sale at our bakery

Friday and Saturday 7am-2pm
5/448 Rosebank Road
Avondale, Auckland