



## **Be Allergy Free!**

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While most of us eagerly welcome this time of year, for others, springtime brings sniffles, sneezes and many other distressing symptoms.

Allergies are the result of an imbalanced immune system. When exposed to allergens, the body overreacts and produces histamine which causes redness, swelling, warmth, itching and tickling sensations. While conventional medicine focuses on blocking the action of histamine, homeopathic medicine addresses why the body is overreacting in the first place.

Grass, tree and flower pollens, as well as mold spores from trees all cause 'hay fever' or allergies in susceptible people. Homeopathic treatment can remove the susceptibility in the patient, not just the symptoms, thus getting to the root of the problem.

The conventional approach to allergy treatment involves the use of anti-histamines, and decongestants, steroid nasal sprays and, for those who suffer from asthma, bronchodilators. These treatments, though effective in bringing some relief to most people, do not address the underlying problem and often cause drowsiness, damage to the nasal membrane, and other side effects. These drugs suppress the body's defences, making the symptoms come back more strongly as soon as they wear off.

There are several homeopathic remedies that are useful in treating spring-time allergies. Homeopathic remedies are prescribed to match the patient's unique set of symptoms. They are safe for children and have no side effects. For detailed instructions as to how to take homeopathic remedies, contact a professional homeopath.



Homeopathic remedies that are commonly used for hay fever remedies are:

**Allium cepa** burning discharge from nose, bland discharge from eyes, light hurts the eyes, sticking/pricking sensation in larynx

**Euphrasia** eyes very swollen, with thick burning discharge, bland discharge from nose, coughing up phlegm, worse indoors

**Sabadilla** Violent sneezing, itchy nose, red and swollen eyelids, runny eyes, headache as if head is shrinking, chilly, thinking dull and slow

**Colubrina** stuffiness and blocked breathing, itchiness inside ears, eyes burn and sensitive to light, irritable

**Pulsatilla** bland yellow discharge from nose and eyes, better open air, weepy or tearful disposition

**Metalliicum album.** wheezing and tightness in lungs, burning throat, restless and worried

**Arunda** early in hay fever season, tickly nose and sneezing, no discharge, roof of mouth itchy.

Nutritional Supplements can be effective in reducing inflammation, healing mucus membranes and supporting immune function:

**Quercetin** 400mg, 2 times per day. Stabilizes histamine releasing cells

**Bromelain** 1000mg, 3 times per day taken between meals

**Vitamin A** (emulsified) 25 000iu per day

**Vitamin B complex** 100mg per day

**Vitamin C** with bioflavonoids (buffered form) 3000-6000 mg per day

Other measures to consider:

For itchy uncomfortable eye symptoms, place steeped, cooled eyebright tea bags or slices of cucumber directly on the eyelids.

To prevent dryness and soreness in the nose, put 2 drops of almond oil inside each nostril.

Try to eat a diet that is 50% raw fruits and veggies.

Be allergy free, and enjoy the spring with clarity and energy!