

April Showers Bring....(Ah-Choo)...Allergies!!

By Heather Osler, DHMHS, Homeopathic Doctor

The flowers will soon be blooming, the grass growing and the spring winds blowing. Sounds wonderful, unless you happen to be one of the unlucky ones who dreads the onset of spring allergies. If sneezing, watering and puffy eyes, a runny nose and overall feeling of blahness is the way your body greets springtime, consider seeking help from a professional homeopath and nutritionist.

The conventional approach to allergies is to suppress symptoms and avoid the triggers. While this may be helpful, most allergy meds cause side effects, and it is not very fun or practical to avoid triggers when they are around you everywhere you go in the spring! Instead of feeling like a hostage held up inside, it is worth examining the root cause of your allergies and alternative treatments.

Allergy symptoms are caused by an immune system that is over-reacting. Therefore, the solution to preventing the recurrence of symptoms is to rebalance the immune response. Homeopathy and nutrition can balance the immune system and strengthen your body to such a degree that you are no longer sensitive to the triggers, whether they are pollen, mold, dust or animals..

Regarding allergies, there are 2 approaches, short-term and long-term. The short term approach is used when the symptoms come up, a remedy is given that suits those specific symptoms at the time, without considering the entire patient's constitution. This approach works quickly and effectively to stop the symptoms without producing side effects, but does not usually get rid of the patient's tendency to have allergies year after year.

On the other hand, the long-term approach usually takes more time to see results...but in the end, the patient stops getting the allergies year to year, and treatment is no longer needed. So the long term approach is deeper acting, removes the tendency to have allergies, but is usually a slower process.

There are many "acute" remedies that you can try with the help of a homeopathic home care book such as "The Family Guide to Homeopathy" by Dr. Andrew Lockie. There are also some homeopathic allergy formulas such as Sabalia and Homeoconseil.

Dietary changes and nutritional supplements can also play a significant role in balancing your body's reactions to the environment.

Be sure to incorporate the following into your daily regime:

Quercetin 400mg, 2 times per day. Stabilizes histamine releasing cells
Bromelain 1000mg, 3 times per day taken between meals. Sources: pineapple

Vitamin A (emulsified) 25 000iu per day. Sources: carrots, mangoes, red pepper

Vitamin B complex 100mg per day. Sources: whole grains like brown rice.

Vitamin C with bioflavonoids (buffered form) 3000-6000 mg per day. Sources: kiwi, grapefruit and other raw or lightly steamed fruit and veggies

You don't need to be a prisoner of your allergies anymore!

See a professional homeopath and nutritionist who can provide individualized treatment to dig out the root of your seasonal allergies. You'll soon be able to stop and smell the flowers!