

Homeopathy For Allergies

-Ananda More HD, DHMHS

Spring is a time for Hayfever!

Yay! It's spring time again (or almost) and while I eagerly await the greening of the city and hopes of gardening I know others are dreading the beginning of allergy season. A time of stuffiness, runny noses, burning eyes, sore throats, sleeplessness, headaches and a general difficulty in getting through daily life. Allergies to trees develop in April and last to Mid-June, expect grass allergies to present Mid-May to August, grain allergies show themselves from mid-May to September and ragweed from August to November.

Some people turn to over the counter anti-histamines, only to find after extended use these no longer work. Others try allergy shots which can have serious side effects and don't provide a complete solution. These work by stimulating the body with small ultra-purified doses of the allergen, a solution comparable to Homeopathy.

Homeopathy is often compared to giving the body a vaccine which triggers the body's own immune system, however Homeopathy doesn't suppress illness or lead to life threatening side effects. The proper constitutional remedy can provide allergy sufferers with a lifetime free of symptoms.

In Homeopathy here are 2 approaches to dealing with pesky allergies. One is acute prescription for immediate relief and the other is constitutional prescription for long term relief. Constitutional prescribing requires working with a Homeopath to find a remedy that suits you as a person, taking into account your medical history, your current symptoms, including your personality and mental/ emotional state. Over time, (I usually tell people to expect at least one year) with accurate constitutional treatment, the body's immune system realizes that this allergic over-reaction is not needed or desirable, and symptoms can disappear.

In the meantime I like to help people deal with the immediate symptom relief so they can get on with their day.

Boiron makes a few good remedies that relieve hay-fever symptoms. The first is **Pollens 19 Canada** – this is made up of 19 different allergenic pollens found in our local environment. This remedy is comparable to the allergy shot in that it stimulates the immune system with minute amounts of the allergen. **Poumon Histamine** (made from lung histamine) is another remedy that helps to mediate the allergic response. **Apis Melifica** is a good remedy for inflammation, swelling, and edema. It is indicated for itching along with swelling of the eyes, watery running nose and tearing. The symptoms are relieved by cold application. These 3 remedies are available at Riverdale Homeopathics in a handy little kit.

Other great remedies for hay-fever relief include;

Allium Cepa: Indications for this remedy include violent sneezing, watery discharge from the nose (like a dripping faucet) that corrodes the nose and upper lip. Profuse bland tearing from the eyes. Allergic reaction to flowers or symptoms worse in Aug.

Euphrasia: The symptoms present in an opposite manner to Allium Cepa, where the eyes are burning, itching and sensitive to light while the discharge from the nose is bland and profuse. Sneezing is also a good indication for this remedy.

Sabadilla: Tremendous sneezing is a keynote symptom indicating this remedy with constant itching and tingling in the nose. Eyes are red and every sneeze provokes tears. The person needing this remedy finds relief from warmth and hot drinks.

There are other naturopathic solutions to help you cope with allergies. Try taking 2000mg of vitamin C daily, daily doses of omega 3 oils (such as fish oil), or stinging nettle 2 capsules 3 times daily.

Relief from Hay Fever is possible! Talk to a Homeopath, make an appointment today!

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