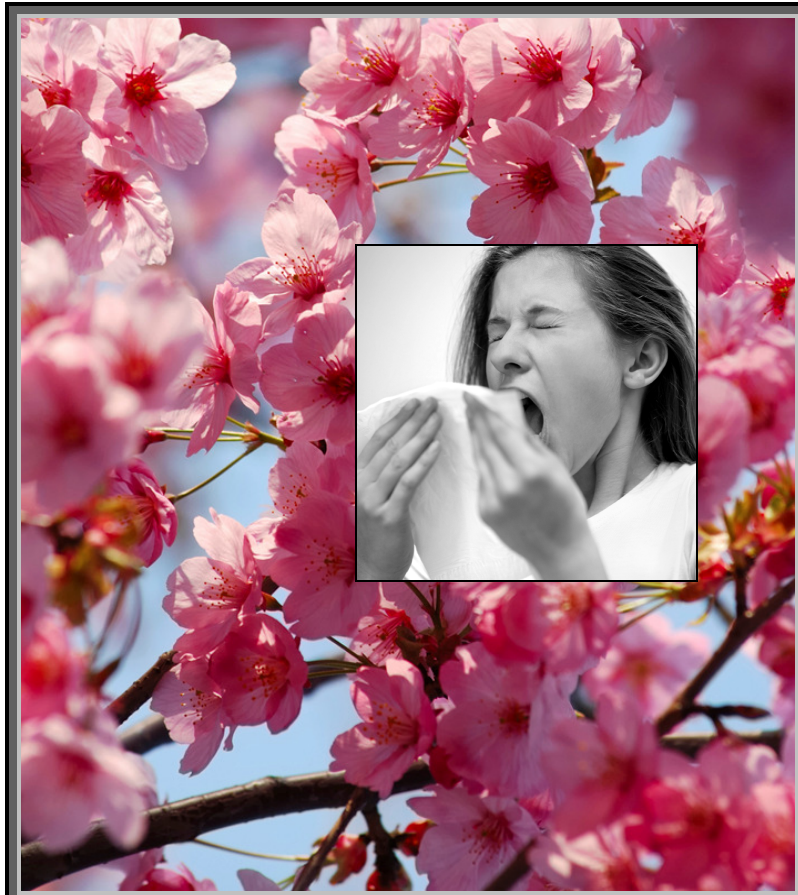


# Spring Allergies Natural Remedies



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[Allergies Natural Remedies](#)

[Hay fever Natural Remedies](#)

## Introduction to Allergies

Allergies affect over 20% of the American population.

Historically, most cultures haven't talked much about allergies. Just under a hundred years ago, allergies began to be addressed; allergies have been attributed to several reasons – women not breast feeding enough, poor diet, food quality, side effects of medicines, and air pollution. With the help of modern science allergies, including hay fever, have proven the causes including our diets, stress, and general toxicity of our bodies.

It is important to take good care of your body during allergy season. Eating well, drinking enough water, eliminating other challenges to one's digestive and immune systems can help. Avoiding known food allergens, refined sugars, alcohol and excess caffeine can lower underlying irritation in the body. Washing the hair at night, washing the face, using appropriate saline solutions in the nose and eyes can help remove irritating pollens from the mucus membranes. Along with good self care, homeopathy can be an important tool in the lives of people suffering from seasonal allergies.

### ***Use of Anti-histamines***

Anti-histamines and other drugs used for allergies can, according to the natural therapies, suppress a person's constitution. Our constitution is the sum total of our physical, mental and emotional package.

This means the weakness that causes allergic reactions remains in the body, or gets worse; after all, drugs cause toxicity and always stress the liver.

Depending on the anti-histamine, or other allergy drugs, drowsiness is often a major side effect as well as urinary system problems and prostate problems in men. How many Americans are dependant on these medications?

### ***Allergy emotions***

Louise Hay, in *Heal Your Body*, says **allergies** represent “Who are you allergic to?” and denying your own power. **Hay fever** is emotional congestion; fear of the calendar; a belief in persecution; and guilt.

Karol Truman, in *Feelings Buried Alive Never Die*, says **allergies** are suppressed weeping; imitation substitute for colds; feelings that don't seem to have an answer to change; fear of sharing feelings with people; feeling stifled. She says that **hay fever** represents unresolved feelings of rage or fear; unresolved feelings of grief or sadness; repressed tears held back; repressed aggression; wanting to get even; feelings of guilt.

## ***Allergies – Hay Fever***

Also commonly called hay fever, allergies are an allergic condition where a person becomes susceptible to certain allergens from seasonal pollen, dust, mold, and chemicals or even food. Symptoms come from irritated mast cells that release histamines which irritate mucus membranes.

Symptoms of allergies often start with energy loss because the adrenals become weak (usually from excess stress). Next, we see nasal congestion which may be confused with an onset of a cold or flu. The eyes can be red, itching or swollen. Symptoms may progress to mucus discharges and sneezing and drain physical energy as well as produce a mental fogginess. Causes of seasonal allergies may come from a weakened immune system or food sensitivities.

Medical treatments use decongestants and antihistamines (beware of toxicity) which may affect the urinary system and suppress the immune system.

Natural perspectives are to strengthen the immune system, reduce mucus-producing foods, help the adrenals and strengthen mast cells. (All the herbs talked about strengthen the mast cells.)

## ***Diet to Reduce Allergy Symptoms***

It is very important to reduce mucus causing foods, especially dairy products such as milk, cheese, yogurt, and eggs, and sugars like candy, pastries, and other processed foods in boxes, and mostly refined but natural sugars and fruits and fruit juices. It is also well to eliminate tobacco, alcohol (a sugar), coffee and black tea (acidifying), as well as soda pop.

Herbal treatments take time. It is best to use herbal supplements for several weeks before the allergy season. The herbs may also provide some quick symptomatic relief without the toxicity and side effects of drugs.

Historically, hay fever or seasonal allergies weren't recognized until the late 1800s. Perhaps this was due to the toxicity and pollution of the industrial revolution. Hay fever may also be the result of stresses of our modern society.

## ***Herbs for Allergies***

The following herbs can be chosen and made into a combination right for your circumstances. To make a combination from any 3 to 5 herbs below, use 1 capsule of each 3 times a day. Other combinations will follow these single herbs

Reishi mushroom – immune system support, reduction of histamines, cancer therapy.

Fennel seed – reduce mucus, improve digestive function and reduce gas.

Nettles – dries mucus, full of supportive trace minerals and is anti-allergenic.

Eyebright – improves digestive function to reduce mucus.

Amla fruit – adaptogenic and improves adrenal function as well as supplies vitamin C.

Licorice – expectorant properties, anti-inflammatory and improves the adrenal functions. Only needs to be used in small amounts

Elecampane – decongestant, respiratory system support.

Astragalus – supports immune function like few others. It also helps the liver to remove toxins.

Marshmallow root – calming and cooling to inflamed mucus membranes.

Angelica – reduces mucus and supports the respiratory system.

Fenugreek – improves digestion, reduces mucus as well as supports respiratory function.

## ***Herbal Combinations for Allergies***

Combination #1: Equal parts of astragalus and marshmallow, 2 capsules of each 3 times a day. This formula activates the immune system, and when used aggressively in the beginning it will calm symptoms.

Combination #2: Equal parts of reishi, fennel seed, nettles, eyebright, amla fruit, licorices. This formula also activates the immune system but incorporates mucus-reducing and adrenal-fortifying properties.

Combination #3: Equal parts of eucalyptus leaves (to support nerves and adrenals), and olive leaves (immune support), an effective German formula.

## ***Hay fever Honey Cure***

For this German honey cure you should start in February: Use 1 tablespoon of raw honey after every meal. Before bed, take one tablespoon in milk with vitamins.

Starting the last week of April, twice a day, use 2 teaspoons of honey and 1 teaspoon apple cider vinegar in a glass of lukewarm water and drink.

## ***Homeopathic Remedies for Seasonal Allergy Symptoms***

Of course, there are many more possible medicines than listed below. In acute cases, just as in homeopathic constitutional prescribing, we are trying to find the simillimum (the homeopathic medicine who's proving best matches the total picture of the person).

In looking at the person's array of symptoms find the most unusual or unique to that person's expression of allergies. It is these characteristic symptoms which lead to the correct (similar) remedy. I suggest using low potencies (repeated only as often as necessary) to bring about improvement in symptoms.

**Allergy Formulas by Natra Bio** – there are several formulas for specific allergic conditions. Use 5 drops of these formulas several times a day or put 5 drops into a water bottle and sip all day.

**Allium Cepa** (Onion) – irritating acrid clear watery nasal discharge; non-irritating tearing from the eyes; eyes light sensitive; better in open air, worse warm room.

**Ambrosia** (Ragweed) – watery discharge from nose, sneezing and bleeding; stuffed feeling in nose and head; eyes smart, burn and tear; trachea and bronchial tubes feel irritated which can lead to asthma attacks.

**Arsenicum Album** – burning sensations, better with warmth or warm drinks; thin watery burning discharges from nose and eyes; sneezing without relief; chilly, restless, anxious, and exhausted; neat and tidy person.

**Arum Triphyllum** (Jack-in-the-pulpit) – noted for raw, irritating properties; may be excitable and irritable in mind and body; restlessness, picking of nose, lips or dry spots; pricking sensation in the nose, boring into nose; nose painful over the root, stuffed, and runny making nostrils raw and sore; raw bloody surfaces on lips, mouth and nose, lip cracked dry; itching with rawness; a red rash may be present around the mouth and lower half of the face; hoarseness.

**Arundo maur** (Reed) – burning and itching of mouth, palate, ears and conjunctiva (membrane covering eyelids); annoying itching in the nostrils and roof of the mouth; loss of smell with pain at the root of the nose; sneezing.

**Euphrasia** (Eyebright) – profuse hot or acrid tears with conjunctivitis; bland nasal discharge (the opposite of Allium Cepa); better wiping eyes and open air, worse sunlight and wind.

**Natrum muriaticum** (Sodium chloride) – nasal discharge like raw egg white (albuminous); eyes irritated, tearing and sensitive to light; thirsty, desires salt.

**Sabadilla** (Cevadilla seed) – frequent spasms of severe sneezing, constant sneezing; fluent, copious watery discharge; nose stuffed, may bleed; labored inspiration through nose with snoring; much itching inside nose, rawness in the nose which feels better inhaling warm air; itching of the nose and palate; eyes red with mottled face; person chilly, shivering, desires warm food and drinks; sensitive to smell of flowers, fruit, garlic and other odors, averse to onions; trouble swallowing (similar to Lachesis) but better with warm drinks.

**Sinapis nigra** (Black mustard) – dryness and heat of mucus membranes, throat feels dry, hot, scalded; nostrils stopped, alternating sides; cough is better lying down.

**Sticta pulmonaria** (Lungwort – pressure and fullness at the root of the nose (Kali bic and Kali iod); desire to blow nose, but no discharge; crusts and plugs in the nose; incessant sneezing (Sabadilla); dryness of mucus membranes; tickling in larynx and trachea leading to dry cough.

**Wyethia** (Poison weed) – itching in the nose and palate, compelled to scratch; prickling dry sensation and itching in the posterior nares, not relieved by clearing throat; mouth, nose and throat feel dry even though there is a copious flow of mucus; acrid mucus produces constant desire to swallow; dry hacking cough; easy perspiration; depression and fatigue with hay fever.

Remedy	Burning	Clear discharge	Discharge irritating	Dryness	Eyes, tears	Eyes, irritated	Larynx tickling Nasal congestio	Nasal itching	Sneezing	Lips cracked
Allium cepa		✓	✓		✓					
Ambrosia		✓				✓			✓	
Arsenicum alb	✓	✓	✓			✓			✓	
Arum trip		✓	✓			✓	✓			✓
Arundo maur	✓					✓		✓	✓	
Euphrasia		✓				✓				
Natrum mur				✓		✓				
Sabadilla						✓	✓	✓	✓	
Sinapis nigra				✓			✓			
Sticta				✓			✓		✓	
Wyethia		✓		✓				✓		

## ***Acute Allergies Homeopathics***

**Allium cepa** – inflammation of upper or lower respiratory area; irritating watery nasal secretion, better from warmth; conjunctivitis (redness and inflammation of the inner part of the eyelid) with sensitivity to light and mild tearing.

**Arundo donax** – strong irritation inside the nose with itching in throat and ear canal; sneezing; may have eczema in eye and ear area.

**Euphrasia** – burning tears and conjunctivitis (redness and inflammation of the inner part of the eyelid), blinking, light sensitivity; mild and little nasal secretion (mucus discharge).

**Formicum acidum** – allergies in general and environmental sensitivities; diseases of the mucus membranes and skin (eczema, hay fever, bronchial asthma).

**Galphimia** – a great anti-allergy remedy without any other symptoms; rhinitis and conjunctivitis, lots of secretions (mucus discharge), sneezing and bronchial spasms. Use 6 weeks before season of allergies.

**Sinapis Nigra** – sharp burning nasal secretion alternating with nasal stoppage; sneezing, heat and burning feeling of eyes and throat; tendency to asthma.

**Sabadilla** – allergic rhino-conjunctivitis (nasal and eyelid irritation and inflammation). Starts with watery, burning to thick secretion. Both nasal passages clogged; itchy gums; other circulatory problems; tendency to sinus infections.

## ***Chronic Allergic Skin Homeopathics***

**Florasone Cream** (cardiospermum tincture 10%) for the temporary relief of itching and inflammation associated with minor skin irritation and rashes due to eczema, soaps, detergents, cosmetics and jewelry.

**Calc carb** – dry skin, flaking or serous (clear fluid) or pus secretions; skin tends to pasty and flabby; tendency to respiratory (lung and bronchial) mucus with lymph gland involvement.

**Formicum acid** – a general remedy for dermatitis.

**Nitricum acid** – skin very dry, cracking, painful and light bleeding; yellowish skin color and flaking skin; tendency to eczema.

**Petroleum** – very deep cracks in dirty-looking skin with a tendency to bleeding and a burning sensation; worse with water and cold and in winter.

## ***Sneezonal Defense Formula***

- **Immune Support**
- **Natural source of Vitamin C**
- **Digestive Herbs**

By living in a polluted world, we are subject to toxins, dust, pollens and other environmental irritants that can negatively affect certain people. These environmental irritants can manifest in physical symptoms such as red, swollen itchy eyes, mucous drainage and sneezing. In biochemical terms, mast cells that line the gastro-intestinal tract are irritated and release histamines. Excess histamines cause the related negative symptoms and mucous is produced by the body as a natural defense to capture the toxins. Science still cannot account for why so many histamines are released at one time.



The natural way to combat allergy symptoms is to support the body's natural functions. There are several ways to accomplish that.

- Reduce or eliminate dairy products from the diet.
- Eliminate or reduce refined sugars and concentrated fruit juices.
- Boost the immune system.
- Support the adrenals.
- Improve digestion and break up mucous.
- Provide natural Vitamin C for the adrenals.

### **Herbal Formula**

**Reishi Mushroom** has been used in Imperial China for the Emperor and his family for health and long life. In modern time is known for its immune enhancing functions. Often used for allergies.

**Fennel** has been used since ancient times to improve digestion and help cut down on mucous production.

**Nettles** are rich in trace minerals which are the building blocks for the body to maintain healthy cell integrity. It has a histamine reducing effect.

**Eyebright** has been used for its soothing effects on the eyes. Herbalists also use it to improve digestive function and reduce mucous.

**Amla Fruit** has a long history of folk usage as the Indian Gooseberry. In recent years, it is recognized for being one of the highest sources of natural Vitamin C. It is an adaptogen and helps maintain health by regulating energy and stress levels. It also supports the adrenal glands.

**Licorice Root** has been used beyond recorded history to soothe mucous membranes and make herbal formulas work better.

**Trace Minerals** are used in this formula to provide the body with the foundational building blocks necessary to prompt healing and maintain essential health.



## King Bio Regional Allergies – ROCKY MOUNTAIN

- Congestion and sneezing
- Headache and fatigue
- itchy, watery eyes

