

Allergy Alert!

Q: My seasonal allergies are driving me crazy. I find that anti-histamines make me feel really tired. Is there anything I can take naturally to help with these seasonal allergies?

A: For those of you who suffer from seasonal allergies, this time of year can be unbearable with stuffy, runny noses, sneezing, itchy eyes, noses, and throats and "Sinus" symptoms—headaches, feeling of pressure behind the eyes, pain above the cheekbones and on the lower forehead, and aching teeth. Although the allergens of this time of year may seem to be springing up all around you, don't panic, there is hope for seasonal allergy sufferers. I usually recommend that patients do a homeopathic prevention program each year right before the onset of the allergy season. The program has an additive effect in that each year the patient completes the program, it will be more and more effective. In fact, many patients find that after doing this preparation for 2 -3 years, they no longer suffer from seasonal allergies at all! Most of my patients report a high level of relief even just after the first treatment. Treatments are easy and convenient homeopathic oral remedies that you take weekly at home. So, after just one visit, you will be well on your way to becoming allergy free. Homeopathics are very safe and can be used for people of all ages. Herbs and supplements that can also be beneficial for season allergies are Vitamin C and N-acetyl cysteine, bioflavonoids and urticaria. Come into A New Leaf and learn to love spring again!