



Treating Allergies with Homeopathy

(a condensed version of this article will be published in Living Natural magazine, March/April 2007 issue).

Allergy symptoms are downright uncomfortable, aren't they? An allergic reaction is when the immune system reacts to substances (allergens) that are generally harmless and in most people do not cause an immune response. When an allergen enters the body of a person with a sensitized immune system, inflammatory substances, including histamine, are released by certain cells. Allergy symptoms include sneezing fits, nasal congestion, teary, itchy and burning eyes, and a host of other irritating symptoms, including skin reactions such as hives. Examples of allergic conditions include asthma, eczema, hay-fever and sinusitis, among others.

The spring season, as beautiful as it is, also heralds the beginning of the allergy season for allergy sufferers. Every spring, trees release pollen (as well as summer and fall!). The New Mexico tree pollen season is generally February through June, and includes juniper, mesquite, birch, oak, ash and cottonwood trees. While pollen has the important role of fertilizing other plants, it also has the unfortunate effect of making those sensitive to it miserable with hay-fever symptoms.

If you're treating your seasonal or year-round allergies with nasal decongestant or corticosteroid sprays and/or antihistamines, you're probably concerned about potential side effects such as drowsiness and rebound effect, which can affect both adults and children. Homeopathic philosophy dictates avoiding the suppression of symptoms with conventional pharmaceuticals whenever

possible, and to instead supply the body with a stimulus from a homeopathic remedy that will help the immune system to calm its overdrive tendency regarding allergic reactions. This is an example of working on the "root cause" of the allergic reactivity, rather than primarily treating the symptoms.

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Contemporary homeopathic products offer side-effect free solutions to various allergy symptoms. While the length of treatment and product selection will differ according to each individual, homeopathy offers quick and surprising relief for a number of allergic symptoms. For instance, conventional pharmaceutical nasal sprays can typically only be used for a short period of time, (due to the risk of habituation and rebound effect), but the allergy sufferer often wants and needs a spray that can safely be used as needed to help alleviate symptoms. Homeopathic nasal sprays can be utilized to fill this gap and to help wean individuals from dependence on conventional sprays. Homeopathic remedies can also be combined with conventional medications, although please do make sure your physician is informed of your choice to include homeopathic remedies in your treatment plan.

Many of the homeopathic products I recommend are not typically available at the health food store and are supported by scientific studies. Find out today how to safely treat your allergies with well-researched and effective homeopathic products and enjoy the self-empowerment that comes as a result of taking control of your health naturally!

Welcome!

As founder and principal of 1M Integrative Solutions, I'd like to welcome you to the debut issue for individual newsletter subscribers. With this issue and in the future, we will present various viewpoints and articles regarding not only homeopathy but also integrative medicine at large in the United States.

We welcome your comments and feedback at info@1msolutions.com.

- Alyssa Wostrel

Questions for Subscribers

(send your responses to info@1msolutions.com). Comments may be published in future issues.

How important is it for you to be able to access alternative or integrative medical practitioners for your and your family's own medical care and why?

- 1 When you read about a new product on the market that you are interested in knowing more about and possibly trying, where do you go for more information?
- 2 Do you go to the internet, speak with your doctor/practitioner, check out the health food store in your area or ...?

Do you enlist the help of the sales reps at your local health food store to learn more about natural products, and if so, how is that experience for you?

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