

Natural treatments work to combat seasonal allergies

By **Julia Wieland-Smith**
Correspondent

Allergy sufferers are already feeling our early spring.

Symptoms are sneezing, stuffy nose, watery, itchy eyes and nose, fatigue, and headaches.

From a holistic perspective, allergies are associated with deficient and imbalanced digestive, immune, and adrenal function. Diet, nutritional and herbal supplementation, and acupuncture are used to support and improve those functions and alleviate symptoms.

“ For seasonal allergies, begin a holistic approach now. Good health starts with nutrition.”

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- Drink half your body

weight in ounces of water daily (a 150-pound person would drink 75 oz. of water or decaf, herbal tea).

- Consume dark-green leafy vegetables. Best juiced in the morning with celery, cucumber, ginger, turmeric, lemon and one piece of fruit.

- Buy spring greens from our local gardens.

- Salads with deep yellow and orange veggies.

- Garlic, onions, ginger, cayenne, turmeric and horseradish have anti-oxidant and anti-histamine properties.

Eliminate

- Alcohol, caffeine.
- Dairy, wheat, and sugar.
- Citrus fruits (except lemons) and bananas.
- Red meat.
- Chocolate (sorry).

Supplements, vitamins and minerals

- Probiotics — Take one morning and evening. Probiotics are bowel microflora organisms, bacteria that normally inhabit intestines that encourage digestion and immune health. Buy a quality product that has 1 to 4 billion per capsule.

- Anti-oxidants — bioflavonoids, Vitamin A, Vitamin C, Vitamin E, Zinc,

L-Glutathione, and N-Acetyl-Cysteine strengthen immunity and clear congestion.

- Multivitamin — high quality.

Herbal Medicine

- Ginseng — one of the most powerful herbs on the planet. Strengthens adrenal function, immune system, and digestion.

- Medicinal mushrooms — Coriolus, Reishi, Shiitake, Maitake, and Agaricus all have excellent health benefits, particularly for the immune system.

- Bian Pian — Chinese herbal formula for sinusitis.

- Stinging nettle — antihistamine.

- Eyebright — Good for itchy eyes, sneezing, and excess mucous.

- Red clover — Helps build body’s resistance to allergies.

- Gingko — anti-oxidant and anti-inflammatory.

Drink Traditional Medicinals tea — Throat Coat and Breath Easy combined as a preventive to colds and allergies.

Take 3-4 cups of tea a day, or if in tincture form, combine several of them and take 1-3 droppers 3 to 4 times per



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Don't let allergies slow you down; start improving symptoms with nutrition.

day.

- Local honey builds immunity to airborne pollen.

Keep doors and windows closed. Don't hang sheets or clothes on line outside in allergy season. Use an air filter if possible.

Acupuncture

Digestive imbalances often are the worst offender in allergies. Chronic stress often

leads to adrenal dysfunction promoting long-term immune imbalances. Symptoms are fatigue, pain, sleep disorders, and allergies. Acupuncture balances the body’s innate healing and organizing processes. It works great for allergies.

Julia Wieland-Smith practices at Sisters Acupuncture in Sisters.



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