

Nothing new about homeopathy remedies

Homeopathy has been used for 200 years to treat allergy-related symptoms.

The dreaded allergy season is upon us. But that doesn't mean you have to contribute to the four million work days that are lost each year due to allergies.

Homeopathy has a proven track record of 200 years when it comes to treating allergy-related symptoms.

This incredible medical system we call homeopathy is the second most widely used medical system in the world, second only to traditional Chinese medicine.

Homeopathic medicines are matched to the patient according to the symptoms they are presenting.

This stimulates the body's healing response to target those particular symptoms and help focus the body's self-healing capabilities to reverse the illness. Due to using the body's own self-healing mechanisms, the body (much like the way a vaccine works) will remember how

to heal itself should it ever come in contact with the allergen again.

Allergies can present in many ways: a rash, itching eyes, watery eyes, running nose, post-nasal drip, coughing, sneezing, etc.

Homeopathic remedies which can help with allergy-related symptoms include:

Allium Cepa helps with watery eyes, burning clear nasal discharge, tickling cough and sneezing, and symptoms that are generally worse indoors and in warm rooms.

Apis Mellifica is most helpful when the allergen causes a skin rash that is itchy and raised in large patches. This remedy is also most helpful to treat hives caused from an allergic reaction.

Euphrasia helps with burning tears or pus coming from red, swollen, irritated eyes, and a running nose. Symptoms in

general get worse during the daytime and better at night.

Ferrum Phosphoricum helps irritated watery eyes that feel gritty, running watery discharge and small tickling coughs. This remedy should be taken when allergy symptoms first start. It can be useful to help prevent allergy attacks if taken on onset.

Natrum Muriaticum is useful to offset symptoms such as clear but stringy-like -an-egg-white nasal drip, intense sneezing and a loss of smell. This remedy can help when the individual is sad, introverted and irritable.

Sabadilla is helpful for sinus congestion and allergies. It can be used to treat long sneezing fits, watery eyes, itching in the nose and a sensation of obstruction in the throat. It can offset mental exertion that causes drowsiness and/or headaches.

Homeopathic remedies can be found readily at local health food stores. So this season, don't let your allergy symptoms make you another statistic. **EA**

This article was written by Jessica Ernewein, a homeopathic practitioner.