



Allergies

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Allergic responses often occur spontaneously, and can cause a reaction in any part of the body. The reaction can manifest itself on the surface of the skin or internally affecting an organ or many organ systems.

A sudden swelling on the skin from an insect bite can cause swelling and itchiness in the local area of the bite or can be as severe as an itchy palate or throat constriction after eating peanuts, or a runny nose, watery eyes with sneezing or wheezing after coming in contact with furry animals, even in the vicinity of them for very sensitive people.

The most common allergy related illnesses are hay fever, asthma attacks, skin issues like rashes, eczema and hives. Food allergies still remain one of the unrecognized reactions because the discomforts can be subtle and not always immediate. Bloating, diarrhea, indigestion, headaches and joint pain are some of the symptoms that come from allergies as well as heart palpitations and mood swings can be alleviated by removing the causative factor or factors.

People with allergies may have other conditions such as hypoglycemia, candidiasis and chronic fatigue and are more susceptible to fungal and parasitic infections.

The causes of allergies are due to hyper reaction of the immune system to a particular substance that is usually harmless, but in sensitive people can become life threatening.

When an allergen comes into contact with any mucous membrane, the skin or bronchioles, the immune system perceives it as an enemy and triggers a series of reactions set up to fight this threat.

Allergens can be found in areas such as the environment and in the home and businesses, some diligent work needs to be done to scope and eliminate the culprits. Out doors weeds, trees, flowers, insecticide, pesticides, fungicides, many of these agents are introduced into the environment to control the very weeds they are trying to control. Indoors carpets, dust mites, cleansers and detergents are some chemical agents that people can be allergic too.

The pantry and refrigerators also hold items that can trigger an allergic reaction, white flour,

milk product, moldy nuts of a varying variety, especially peanuts, the mold may not be visible, but never the less present, dyes used in food coloring, msg's (monosodium glutamate) used for flavor enhancement, food additives, artificial colour, artificial taste, the list goes on and on..

Some people may have just a sensitivity to the same allergens, but the symptoms are much milder than a full blown allergic reaction.

Homeopathy has a wonderful and gentle approach in helping people and animals to build up the immune system that helps to minimize the effects of allergies or eliminate them.

Please seek emergency response or medical attention if an allergic reaction is severe, then a homeopath or health care practitioner can help you minimize future flare ups or allergic reactions.

If allergies are something that prevents you from work and enjoying your life look into all the possible causes that may make you sick including cigarette smoke, alcohol, prescription medication, they can have a profound effects on the body as a whole and lower the resistance of the immune system.

Many homeopathic remedies treat acute allergic flare-ups. For lasting relief, constitutional homeopathic care is needed. When all else fails, homeopathy offers acute remedies to treat the symptoms of hay fever and allergies.

Some of the common homeopathic remedies for an acute allergic reactions are; Allium cepa, Arsenicum, Dulcamara, Euphrasia, Nux vomica, Pulsatilla and Sabadilla.

Homeopathic eye drops are also available for red, tired, itchy and watering eyes.

The potency for the selected remedies can be a 6 CH, 12 CH, 30 CH. Higher potencies should be used with caution.

Nutritional advice for allergy relief

Nutritionally, Pantothenic acid, vitamin B5, is thought to help reduce allergy reactions, along with any other anti-inflammatories, such as quercetin or L-glutamine. Pantothenic acid stimulates production of antibodies. Fruits high in citric acid, like lemons and oranges, can break up mucus. Omega-3 fatty acids also help by reducing inflammation in the body. Vitamin C helps your body to produce adrenal hormones to fight stress and reduce the histamine response that causes allergy flare-ups.