

Summer Allergies: “Hayfever”

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Running nose, tickling cough, congestion, that may lead to sinus infection, headache, itchy eyes, fatigue, scratchy throat, sneezing, etc.

Over-the-counter medication often induces sleepiness and other health problems.

What are the healthy alternatives?

1. Differentiating the types of environmental allergies
 - a. Since childhood, familial connection
 - b. Since adulthood, living in a new part of the country
 - c. “Never had them before this year”
 - d. The Great Northwest
2. Immune system challenges
 - a. Food sensitivities
 - b. Autoimmune
 - c. Animals
 - d. Dust/mold
 - e. Chemicals in the environment
 - f. Pollens in the environment
3. The accumulative effect
 - a. Body’s ability to compensate until a threshold is reached.
 - b. Age is a factor
 - c. General health is a factor
 - d. Other immune challenges
 - e. Stress is a major factor
 - f. Diet is a factor (generally and specifically
 - g. with food sensitivities)

Treatment for environmental allergies

1. Strengthen the tissues of the upper respiratory tract
 - Bioflavonoids
red grapes, cherries, dark green
vegetables, quercetin
 - Vitamin C
Parsley, dark greens, citrus
2,000 mg. vitamin C per dose, before exposure, if the stomach
will tolerate it)
 - Zinc
Many people in the NW are zinc deficient and will benefit from
additional zinc, correct amount varies for each person. It’s important
not to take too much zinc and unbalance other minerals like copper.
2. Quell the reaction.
 - Homeopathic:

**My favorite method is a homeopathic preparation of local pollens.
Sooner is better so the tissues will not be too inflamed.
Often as needed to meet the challenge.
Avoid other loading of immune challenges, like offending foods,
chemicals, dust, and animal dander.**

Herbal: Nettles.

3. Know what your body can handle.

**Understanding your own body can be your best ally.
Taking care of your own body brings many rewards.
If simple remedies do not work, you may need a broader
workup of health, such as autoimmune disease, chronic
gastrointestinal problems, adrenal fatigue. (all common
problems)**

*Quick fixes never pay off, they feed into the system of overloading
and imbalancing.*

Basic Tenets of Good Health

**Eat well
Sleep well
Be in the light
Filter your water
Keep a positive attitude
Exercise appropriately for you**

**Non invasive, supportive illness and injury management.
Avoid chemicals in your home and in your lifestyle
Prevent illness proactively.
Know that body, mind, and spirit are one.
Be true to yourself and your values
Have fun
Be real**

**Whole person health care at Federal Way Naturopathy offers individually
developed plans for achieving personal health goals for you and your family.**

