



Natural Remedies for Allergies



Identify Triggers and Decrease/Eliminate Exposure to Them

1.

- a. Food Intolerances
 - i. When food triggers are eliminated from the diet, they decrease the burden on the immune system (decreasing gas/bloating, skin rashes, sinus congestion, allergies, etc.)
- b. Pet Dander
 - i. Make sure to vacuum your home weekly and keep pets out of your bedrooms at all times. You spend 6-10 hours sleeping on your bed and it's important to keep animal hair and dander to a minimum.
- c. Get a HEPA filter to help decrease the allergens in your home and consider hypoallergenic pillow covers.
- d. Eat food, fruits and veggies that are grown pesticide/herbicide free or organic as much as possible...especially the "Dirty Dozen" (see <http://www.foodnews.org/walletguide.php>)
- e. Soaps and Laundry detergents
 - i. Are these scented or have ingredients that irritate your skin? Be sure to choose a soap that has the least amount of preservatives and chemicals.
 - ii. Check out Skin Deep (<http://cosmeticsdatabase.com>) for more info



Vitamin C and Quercetin

2.

- a. High dose vitamin C and Quercetin stabilizes mast cells preventing the histamine from being released (therefore preventing the "allergy" symptoms from occurring)
- b. Consider for Kids: Hylands Vitamin C Tablets
- c. Consider for Adults: Vital Nutrients Aller-C, Megafoods Quercetin Strength, Jarrow Quercetin 500



Herbs

3.

a. Nettles

- i. Nettles help to stabilize mast cells preventing the histamine reaction and is rich in iron and Vitamin C.
 - 1. Nettle tea – Traditional Medicinals
 - 2. Freeze dried nettles – Eclectic Institute

b. Yerba Mansa and Yerba Santa

- i. Yerba Mansa - astringent, anti-inflammatory, antimicrobial, great to open the sinus passages
- ii. Yerba Santa - respiratory stimulant
- iii. Wish Garden Herbal Line: Aller-Relief, Allergy Relief



Homeopathy

4.

- a. Based on the theory of like cure like in minute doses. It is effective for children and pets and has no side-effects or interactions with prescription medications.
 - i. For Adults:
 - 1. Boiron Sabadil
 - 2. Bio Allers
 - 3. Heel Allergy
 - 4. Borion Histaminicum 30C
 - ii. For Kids:
 - 1. Boiron Histaminicum 30C
 - 2. Bio Allers
 - 3. Hyland’s Allergy Relief for Kids



Chinese Medicine

5.

- a. Plum Flower Brand: Yu Ping Feng San (Jade Wind Screen tablet)
 - i. Great for allergies (sneezing, runny nose) or someone who catches a cold easily.
 - ii. Contains three Chinese herbs: Huang Qi, Bai Zhu and Fang Feng.
- b. Plum Flower Brand: Bi Yan Pian (Open Nose Pill)
 - i. More for someone with sinus congestion

References:

Vitamin C Image Retrieved 8/27/09 from <http://www.healthhype.com/tag/vitamin-a-deficiency>
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