



Seasonal Allergies

By Jacqueline Fields, MD and founder of Dr. Fields Sacred Skin

This allergy season, due to our dryness, it has been particularly difficult for some patients. For the long term it is critical to identify and minimize your triggers. Irrigating the nasal passages daily with saline water or plasma Quinton available in the medicinal store can really help reduce the need for medication. Acupuncture for allergies can also be very helpful. This is now available with Dr. Jean Christophe at the Living Arts center. For the short term here are some tested remedies that gave my patients great relief.

1. Aller res Q by Natura

2. HistDAO by Xymogen

3. Stinging Nettles and Quercetin by Designs for Health.

This product has Nettles, which is particularly good for relieving itchy eyes and sneezing. Stinging nettle extracts are the most potent in freeze-dried form. Quercetin is found in yellow onions, garlic, citrus fruit and buckwheat, and it helps prevent allergies by stemming the production of histamine from over reactive immune cells. Starting six weeks before allergy season is the best and continue through the season.

4. D Hist and D Hist

junior by Orthomolecular. These are also a great choice to lower histamine naturally both for adults and kids.

5. Sinatrol by Orthomolecular. This is a nice combination of immune boosting and antivirals to help fight sinus infections.

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