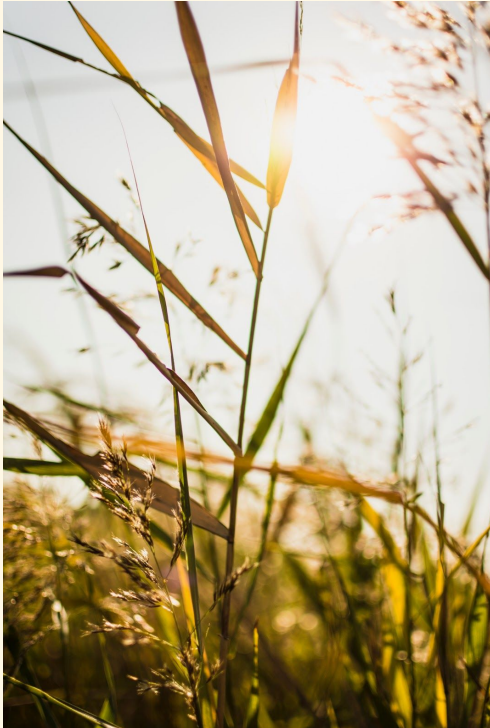


# Seasonal Allergies Treatment Guide

**\*Disclaimer:** Please note that this guide is simply meant to be used as an educational tool and does not replace treatment by a professional homeopath or other medical professional. Use at your own discretion. If symptoms persist, consult your homeopath or physician.



## Seasonal Allergy Symptoms

High pollen and spore counts in the air can cause allergic responses in sensitive people. This happens mostly in late spring, early summer and fall.

According to [Health Canada](#) nearly 50% of children suffer from hay fever or allergic rhinitis. These are characterized by bouts of sneezing, runny nose and watery eyes. The airways can narrow, which causes respiratory problems.

But often the seasonal allergic reaction is also triggered by dust mites and pet dander. Around [50% of seasonal-allergy-like symptoms](#) in adults could be due to non-allergic rhinitis from dust mites or pets.

## Your Immune System Overreacts in Allergies

Pollen is often a trigger for the immune system to overreact. Often, it can be the final straw after a build-up of environmental and/or social sensitivities. Then the flood gates open and you start getting a runny nose and tearing eyes. These are clearly signalling that you had enough and that your immune system is having trouble coping.

## What to do?

While the recognition of allergic triggers is the first step in the healing process, the body usually needs some kind of treatment to resolve the symptoms. It needs something to re-balance the immune system.

Homeopathy is a type of holistic natural medicine which is capable of acting as a catalyst to achieve deep healing. Homeopathic remedies can trigger the body to resolve the allergy symptoms while also helping you to cope with the stress that these may cause you.

In fact, homeopathic treatment goes even deeper than treating your current episode of allergy symptoms. Our remedies will help regulate the overall sensitivity of your body so that you are no longer sensitive to the allergic triggers in the same way. Successful homeopathic treatment will therefore restore your health and your ability to take a deep breath, even when it rains pollen outside.

At the [Ottawa Gatineau Homeopathy Clinic](#) we are specialized in treating health problems at their root, irrespective of any disease labeling. We can treat your seasonal allergies as well as other allergies by helping to resolve and re-balance the hyper-sensitivity that causes them.

## Homeopathic Apothecary for Seasonal Allergies

Here, we have collated remedies that you may take as first aid for short term relief of your symptoms. While one of these remedies may help alleviate your symptoms, their recurrence may call for a remedy that acts on a deeper level to correct the underlying imbalance. There are at least 200 potential homeopathic remedies covering symptoms common to seasonal allergies and we can help you find the one that will work for you. For more information and to book an appointment for a consultation visit us at the [Ottawa Gatineau Homeopathy Clinic](#).

## How to Select the Right Remedy

Homeopathic remedies are selected on the basis of individualized symptoms. Most people with seasonal allergies will have itchy eyes, water nose and sneezing, but beyond this each person will express their symptoms in an individualized manner. This individuality is the key when selecting a homeopathic remedy. If the remedy is not tailored to the specific way your own allergy symptoms are expressed, it will not work. Symptoms are individualized in a few different ways as follows:

1. **The character of the symptoms:** for instance some people have a more water discharge from the nose and other people a more thick discharge. In some people the water from the eyes and nose is acrid and burns the skin and in others it does not. You need to choose the remedy that fits as precisely as possible the character of your own symptoms.

2. **Modalities:** These are things that make the symptoms better or worse. This can be cold or warm temperatures, body positions like lying or walking, or other things like light or noise or being jarred. You need to choose the remedy which has the modalities that most precisely match your own.
3. **Concomitants:** A concomitant is an accompanying symptom to your main symptoms. It is something from another part of your body that is happening at the same time as you have your allergy symptoms. This can be a headache, difficulty breathing, sensitivity to temperature, joint pain, or anything else that makes one person suffering from allergies different from the next person suffering from allergies. In homeopathy, we treat the person with the symptoms, not just the symptoms themselves.

Concomitants can also come from the mind, as in the specific mood or mental state that is induced by the physical symptoms. One person might have fog of mind and difficulty concentrating while another's main reaction will be to become angry and irritated.

For each remedy we have described the symptoms that they can cure the best. More than likely, no one remedy will perfectly match your symptoms. Luckily, nature is forgiving and remedies that resemble your symptoms closely enough will often still help. Although as mentioned previously, coming in for a consultation with us will give you the best chance of long-term success and to eliminate the tendency towards allergies from a deeper place. But to use this guide, simply select the remedy that most closely matches your symptoms with their character, modalities (modifiers) and concomitants (accompanying symptoms).

## How to Obtain and Take the Remedy

You can obtain these remedies from your local health food store or homeopathic pharmacy. Homeopathic remedies come in different potencies (strengths). We recommend you obtain the 30c potency from the remedy that you selected. Remedies may come in dry pellet form or in liquid form. Both are ok. To take one dose, either put 3 dry pellets under your tongue and let dissolve or put 3 drops in a quarter cup of water, stir and drink the whole thing.

Take the remedy 2x per day for a maximum of 3 days. If there is no effect by this time, please stop using the remedy as more repetition did not help. If the remedy does help, do not take it daily. You can take 1 dose every time your symptoms return. This can be every few days or every few weeks.

Only use one homeopathic remedy at a time. We do not recommend mixing homeopathic remedies or taking them at the same time. But you may continue conventional medications and or herbal remedies or supplements at the same time. Homeopathic remedies do not interact with these. See the next page for a list of remedies and their characteristics.

## Select Your Remedy

### Allium cepa

As a reaction to mild stressors people will react with allergic responses, releasing much **watery discharge from eyes and nose**. This discharge is **acid** and causes redness around the nose. Over time the runny nose will become stuffy, blocking one nostril and then the other. There is often a **desire for food** in general and a desire or aversion or sensitivity to **onions**. The affected person also becomes **dull, sleepy and dim with confusion**. Comprehension difficulties lead to an aversion to study.

### Arsenicum album

**After feeling chilled**, an allergic reaction ensues with much sneezing. Bouts of sneezing with watery and acrid discharge from the nose will set in. After a few days, these will gradually restrict the breathing. An **asthmatic tendency** is often relieved by Arsenicum album. The patient is **anxious, desires company and improves with warm drinks**, lightly sweetened.

### Arundo mauritanica

This is a strong remedy for coryza and seasonal allergies with itching and burning. **Maddening itching of the upper palate** accompanies the allergies and extends to the ears. **All mucous membranes are irritated**. Nasal discharge is accompanied by a loss of the sense of smell. A lot of mucus accumulates in the chest causing a sense of suffocation and anxiety. Allen writes that this remedy is “suitable for **allergic children who have difficulty sleeping all night, cry but don't want to be cuddled**”. The patient is **unfocused and dazed** and cannot pay attention other than to himself.

### Bambusa arundinacea

Profuse watery secretions from the nose are typical in hay fever. For the person that needs Bambusa, these dry up, become thick white or yellow and form hard painful **crusts or scabs in the nose**. **Breathing is obstructed** by the plugged nose. The **eyes can become agglutinated in the mornings** and feel swollen. Patients often have the feeling of carrying too much responsibility. They give too much without receiving **appropriate support from the family**, which leads to a depletion of their strength. Bambusa is also suitable in treating severe neck and back pains accompanied with cold feet.

## Lycopersicum esculentum

For powerful seasonal allergies with **a constant desire to clear the throat or a hacking cough at night**. The world is regarded as a dangerous place and the patient reacts to the smallest triggers, like dust. **Acrid nasal discharges burn the skin and cause redness under the nose. A sense of fullness and congestion is felt during the headaches, with high blood pressure, pressure in eyes and an inability to concentrate**. The patient is very sensitive to noise and jarring. There is sensitivity and flirtatiousness.

## Natrium muriaticum

Profuse watery discharge from the eyes, to the point that even coughs bring on tearing. The nasal discharge is **white-of-egg mucous with a feeling of obstruction in the nose**. This obstruction is **aggravated by open air**. People are **very thirsty with dryness in the mouth and in general throughout the body. Exposure to sun and heat is not well tolerated**. Patients are either reserved and introverted or overly cheerful.

## Sabadilla

Recurring allergies with sneezing and a runny nose. Sneezing produces a headache. They get a watery and burning discharge from the nose when sneezing. The nose can become obstructed. An interesting telltale sign of someone needing this remedy is the **return of symptoms at the same hour every day**. Emotionally there is a **fear of “losing their place in the world”**.

## Wyethia helenioides

Ear, nose and throat allergies accompanied with **dryness, itchiness and tickling in the throat or palate**. The **dryness** creates a disposition to swallow constantly but the patient has **no thirst for water**. The irritation feels relieved by rubbing the tongue against the palate (see Arundosa). The patient can have swelling in the throat that can make swallowing difficult. The patient also has a **general sense of heat and inflammation**. He or she can become easily irritable.



Ottawa Gatineau Homeopathy Clinic

129 Promenade du Portage, Suite 209

[OGHomeopathy.com](http://OGHomeopathy.com)

819-733-1104