

Seasonal Allergies

Allergies are commonly experienced in the Spring and Fall and can be very disruptive to life. A common question people ask is, can acupuncture help ease or eliminate allergies? The answer is yes, Chinese medicine and acupuncture helps reduce inflammation, clear phlegm and strengthen and regulate the immune system. There are a few things that we can do for ourselves at home as well. Here are a few ideas:

Chinese herbal formulas: my favorite is Allerease from Blue Poppy.

Bee Pollen: Taking a daily dose (or two) of Bee Pollen helps to strengthen the immune system and stops sneezing.

Lavender: Using high quality lavender essential oil around the orbital of the eye (following the bone only) helps to stop sneezing. Multiple applications are sometimes necessary and safe.

Eliminate or reduce Gluten: Gluten is very sticky and avoiding it altogether helps to clean up the whole system and, at the very least, reduce the amount of phlegm to contend with during allergy season. Reducing or eliminating gluten one month prior to allergy season works best.

Quercetin: A Homeopath advised taking quercetin the month prior to allergy season. I did, and continue to do so (now 98% allergy season free!). The University of Maryland Medical Center states, "Quercetin belongs to a group of plant pigments called flavonoids that give many fruits, flowers, and vegetables their color. Flavonoids, such as quercetin, are antioxidants -- they scavenge damaging particles in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death. Antioxidants [such as quercetin] can neutralize free radicals and may reduce or even help prevent some of the damage they cause. They also help keep LDL ("bad") cholesterol from being damaged, which scientists think may contribute to heart disease. Quercetin acts like an antihistamine and an anti-inflammatory, and may help protect against heart disease and cancer. Quercetin can also help stabilize the cells that release histamine in the body and thereby have an anti-inflammatory effect."

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