

## Springtime Allergy Relief

Do you suffer from allergies? Do you have headaches, fatigue, sneezing, watery eyes and stuffy sinuses? All of these allergy symptoms make an allergy sufferers life miserable. Luckily there is hope for allergy sufferers that's easy enough for you to do at home.

A primary cause of allergies is an impaired immune system which can stem from an inadequate diet, an overload of toxins (like pollution and chemicals in our foods), mental and emotional stress and unhealthy intestines (50% of our immune system is in our gut). In order for true healing of allergies to occur, it is necessary to address their cause while treating the symptoms.

Your first job is to cleanse your body and begin a healthier diet. While you're doing that, take a look at the stressors in your life and plan out a course to eliminate them. In the meantime, boost your immune system and take a few herbs and vitamins to treat the symptoms.

**Cleanse:** You can do this with diet by eating only fresh fruits and vegetables for one to four weeks. You can use a cleansing supplement in addition to the diet, if you choose.

**Diet:** Increase the variety of foods you eat and rotate them every four days (get out of the "rut"). Make the bulk of your diet fresh fruits (lots of berries) and vegetables. Avoid dairy and wheat products and generally limit your use of animal products. Eat whole grains and avoid refined flour products and "junk" foods.

**Nutrients:** Zinc, vitamin A, bioflavonoids (Quercitin), B-complex (especially B5 and B6) and 4-8 grams per day of vitamin C.

**Herbal:** Goldenseal helps eliminate mucous. Yarrow, cayenne pepper (capsaicin) and myrrh help inflamed tissues and secretions. Echinacea and astragalus root bolster the immune system. Locally made bee pollen seems to help as well.

A combination of remedies is usually your best bet for allergies. If your condition is severe, you would do best to consult with a trained health professional.

Yours in health,

Dr. Rick

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