

Treating Allergies with Homeopathy



By Alyssa Wostrel, MBA, DIHom

Allergy symptoms are downright uncomfortable, aren't they? An allergic reaction is when the immune system reacts to substances (allergens) that are generally harmless and in most people do not cause an immune response. When an allergen enters the body of a person with a sensitized immune system, inflammatory substances, including histamine, are released by certain cells. Allergy symptoms include sneezing, nasal congestion, itchy and burning eyes, and other irritating reactions, such as hives. Examples of allergic conditions include asthma, eczema, hay-fever and sinusitis.

The spring season, as beautiful as it is, also heralds the beginning of the allergy season! Every spring, trees release pollen. The New Mexico tree pollen season is generally February through June, and includes juniper, mesquite, birch, oak, ash and cottonwood trees. While pollen has the important role of fertilizing other plants, it also has the unfortunate effect of making those sensitive to it miserable with hay-fever symptoms.

If you're treating your seasonal or year-round allergies with nasal decongestant or corticosteroid sprays and/or antihistamines, you're probably concerned about potential side effects such as drowsiness and rebound effect. Homeopathic philosophy dictates avoiding the suppression of symptoms whenever possible, and to instead supply the body with a stimulus from a homeopathic remedy that will help the immune system to calm its overdrive tendency regarding allergic reactions. This is an example of working on the "root cause" of the allergic reactivity, rather than primarily treating the symptoms.

Find out today how to safely treat your allergies with well-researched and effective homeopathic products and enjoy the self-empowerment that comes as a result of taking control of your health naturally! For more information, please call 505.331.7358 or visit the 1M Integrative Solutions website at www.1msolutions.com.

Alyssa Wostrel, MBA, DIHom, also consults with corporate clients in the integrative medical sector and the natural products industry, with a particular emphasis on strategic sales and marketing initiatives.



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