

Suffering from Hay Fever?

Natural treatment for Allergies

By Lisette Narragon



According to the Centers for Disease Control, more than 50 million Americans suffer from allergies. Many of these people seek out conventional allergy treatments: drugs such as Claritin, Allegra, Zyrtec, Sudafed, Benadryl, etc. which simply mask the symptoms but do nothing to change the underlying sensitivity or cause of the allergy.

Alternatively, homeopathic treatment is effective in treating allergies because it **focuses on reducing your**

hypersensitivity, the root cause of allergies. To a homeopath, the presence of allergic symptoms means there is an imbalance in the body producing this hypersensitivity to the environment. This imbalance is what homeopathic treatment seeks to improve. Once the sensitivity is reduced and the body is balanced, you gradually become free from the allergy symptoms altogether.

Getting Relief Year-Over-Year

Two approaches exist in using homeopathy to treat allergy symptoms. One is the more **acute approach** where one tries to match their symptoms to a particular remedy that is known to treat allergies. For instance taking Sabadilla for sneezing paroxysms in the morning. This may help with the sneezing and resultant congestion but won't make a big difference in the allergies year over year.

The second approach requires **constitutional treatment** by a homeopath, which focuses not just on your physical symptoms but

also on what is out of balance in your whole being. It is a holistic approach to tackling the problem. A remedy, or series of remedies, is chosen by your practitioner to cover your allergies as well as your emotional state, general physical state, and any other ailments you may have. The reason this works best is that in order to **alter the sensitivity** causing the allergies, the body needs to be treated quite deeply. A homeopathic remedy is chosen that will best bring you back to good health.

For those who are new to homeopathy, the length of the **first visit** (2 hours) may seem excessive. This time is necessary if we are to explore this highly tuned network of your body and your psyche. Time is spent in looking back at when symptoms started, what may have been going on in your life at that time, and how the body may have expressed the resulting imbalance. The goal is to encourage the body to bring itself back into balance so that your health can truly move forward.

Any questions or to make an appointment please feel free to contact me at 650.494.3199 or lisette@bayareahomeopathy.com.