



ALLEVIATE

Webinar Series

May

NATURAL SOLUTIONS
FOR ALLERGIES

May 28th, 7pm

Watch the video
again!

[https://youtu.be/
wEwkFjBgi2s](https://youtu.be/wEwkFjBgi2s)



Marks a
remedy
that we
have at

[resonanceremedies.
com](http://resonanceremedies.com) or in office.

Summary of Remedies for Our Webinar Today:

1. Water ;) - see the water handout on whole-life-medicine.com.
2. Dietary interventions:
 - Using whole foods and minimizing processed ones where possible.
 - Including oils rich in EFA like fish and flax oils at 1 tbsp for acute to 3 tbsp if it has been chronic and in need of a kick! Take with meals to prevent digestive upset.
 - Spirulina in shakes
 - Enzyme rich foods like papaya and pineapple
3. Supplements:
 - EMIQ - this is a concentrated preparation from quercetin, a bioflavonoid that significantly reduces histamine release. It has been very useful in those times where allergy symptoms in Calgary have been terrible and works quickly at a low dose. Use 1-3 capsules per day.
 - Vitamin C - prevents histamine formation, use 5 to 10 grams per day for an adult, back the dose down if you get loose stools.
 - HMF Immune - an excellent probiotic for re-regulating inflammatory pathways in the immune system
 - Super EFA Oil or SPM Active - oils that I like that are very efficient for calming inflammation. 1 tbsp for Super EFA or 1-2 SPM Active per day.
4. Exercise!
5. Acupressure - see the link in the email.
6. Neti-pot use - remember to use salts and limit use to 1 x per day, 2 weeks is a reasonable timeframe for total use. Consider NeilMed.
7. Drainage remedies - use 10 drops 4-6 x per day for acute symptoms, 1-2 x per day for prevention
 - PRO-Aller - predominantly for allergic symptoms in any of the respiratory organs
 - Itires - predominantly when the glands or inside of throat and nose are getting swollen, contributing to the allergic feeling.
 - Septonsil - for when the tonsil tissues and adenoids are a known issue.

8. Herbal Remedies



- Ginger - the equivalent of 3000mg extract or 3 cups of tea
- Nettles - 3 capsules of dried or 60 drops of the tincture (tincture works best)
- Butterbur - 2 capsules of standardized extract or try Petasites comp.



- Goldenrod - 3 capsules of goldenrod
- Reishi - 3 capsules of Reish extract.

9. Essential oils - use neat in a diffuser or inhaler stick, or dilute in a little carrier oil topically over the sinuses.

- Peppermint
- Lavender
- German Chamomile
- Tea tree
- Lemon

10. Homeopathics - dosing is 3 pellets 4-6 x per day acutely



- Kali bichromium - yellowish discharges that are gobby when you sneeze, lots of sinus pressure, loss of smell, pressure at the root of the nose



- Natrum muriaticum - with an egg-white discharge and sneezing which then gets stopped up, might have a headache as well (R sided)



- Silica - hard crusts in the nose, morning sneezing with no discharge, sweaty and stinky!



- Allium cepa - this is a remedy for when you have your nose and eyes dripping like you've peeled an onion and the discharge is bland. Feeling better in the open air and worse if overheated.



- Pulsatilla - useful when there is a lot of sneezing! Bland yellowish green discharge, weepy, must have open air.

Don't forget that you get a 15% discount for any product mentioned here today that we carry in our dispensary (as marked with a green daisy!) using the code Allergy2019, it will be valid until June 9th, 2019.

Sign up for the Whole Foods, Whole Health Webinar on June 25th at whole-life-medicine.com. I look forward to seeing you!