

Hay Fever (Allergies)

I read an article today entitled “Reasons for the Sneezing: 2008’s Allergy Agony” by Sid Kirchheimer. In it Clifford W. Bassett, M.D., medical director of Allergy and Asthma Care of New York, is quoted as saying, “This is probably one of the worst spring allergy seasons in 40 or 50 years.” He goes on to talk about what he calls a hay fever mini-epidemic, even afflicting people “in their 60s, 70s, and 80s who never had allergies before. And if you already have them, your symptoms will be worse this season, in most cases.”

Of course the article went on to tell you that you need to get your prescriptions and start taking them even earlier for maximum effectiveness. NOT! Prescriptions and other medicines are viewed by your body as foreign things that need to be fought. That’s the definition of an allergy—allergies occur when the immune system mounts an attack on a foreign substance (usually a harmless one).

An overworked liver causes most allergies. Thus, the first thing to make sure you are doing is the Liver Cleanse. Some people get almost immediate relief, but unfortunately, for most of us it doesn’t clear up the allergies right this minute (generally takes a year or more as it gradually gets better). The rule of thumb is to allow one month of using the essential oils and changing the bad habits to repair one year of dealing with whatever you’re working on. So, if you have suffered from allergies for years it’s going to take a little while to fix them.

The article did give some good suggestions to ease allergy agony that do not require a doctor or introducing another chemical to your body. They include:

- Avoid apples, carrots, pears, and hazelnuts, which may cause a cross-reaction with pollen, making symptoms worse.
- Avoid exercise and other outdoor activity during peak pollen hours, between 5 and 10a.m., especially on dry and windy days. Exercise indoors, or wait until later in the day.
- Shower and shampoo your hair every night, and change your clothing and remove shoes before entering your bedroom to remove pollen that collects on them during the day.
- Keep windows closed in your home and car, and set the air conditioner to “recirculate” to keep out pollens. Change or wash air conditioner filters frequently.
- Wear sunglasses to block pollen from getting into your eyes when outdoors.
- Cut grass short and keep flower beds moist to reduce mold, dust, and pollen from becoming airborne. Wear goggles and dust mask when gardening.

That’s it for the article. It had some interesting points in it. Below are some more suggestions.

Some oils (and how to use them) that will help give you immediate relief (clear the sinuses).

- Peppermint. Peppermint is a great oil for anything dealing with the sinuses. You can apply 1 drop to the back of the neck (in a carrier oil) morning and night to help keep your sinuses clear. You can also (using a carrier oil) rub it along the top of your forehead and down along the sides of your ears. Avoid the eye area, as it will sting. Some people also find that it helps them to diffuse it (15 minutes diffused, 15 minutes not diffused) into the air around them. Many people swear by the Peppermint to get rid of their allergies and to get rid of their headaches! You can also apply the Peppermint oil to your feet (do a full foot rub, just the bottoms of the feet, or just the tops—all will help). If you have high blood pressure apply Lavender to the feet and neck also.
- Eucalyptus or Breathe Blend essential oils. These are oils that are well known for clearing the lungs. Apply either one (you shouldn’t need both, Breathe has four different kinds of Eucalyptus in it, so if Eucalyptus alone isn’t doing it for you, use the Breathe blend, it’s stronger), with a carrier oil, to the chest and the feet. These are fabulous oils to put on when you have just gotten out of the shower, or diffuse them while you are in the shower—wow! Your sinuses will be clear! You may also want to try rubbing one of these along the bridge of the nose (avoid the eyes!) to help open the nasal passages. Again, like the Peppermint, rub some along the back of the neck, across the top of the forehead, and down alongside the ears to open up the sinus areas.

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- Here's an allergy season recipe. Mix it up, then apply a few drops to the chest and back, followed by a warm compress (or just add a couple of drops to your foot soak or bath). Before you ask: yes, you can add essential oils to your soak when you are using clay.
 - 3 drops Tea Tree
 - 3 drops Lavender
 - 2 drops Cypress
 - 1 drop Peppermint
- Lavender. It's called the universal oil for a reason. Diffuse it at night, it will help you sleep, and it will help you awaken feeling refreshed. I've talked to many kids (and their parents) who use it to help with asthma and bad allergies. A lot of the aggravated problems come not just because of the allergic reaction, but because of the stress we feel because we can't breathe. Hey, this is understandable; breathing is something that's kind of important to life. Use the Lavender oil to help keep the panic away and it helps you breathe more regularly.
- I have also found that I receive good results from using Marjoram, Myrtle, Oregano, and Bay Laurel on my feet during the allergy season. Although I no longer have asthma attacks, I am still working on getting rid of the last of my allergies. If I apply one or all of these oils to the bottom of my feet every day I do much, much better (instead of sneezing, I may only have a light runny nose).
- There is a homeopath called Allergy. Often I find that it is all I need to add when something springs up (generally when something is blooming that I have a difficult time with). It is something I also used in the past to help me get through those last few hours before I could take another allergy medication. You can find it on our website.

Some things you can do that will lessen the allergies in the long-term (i.e.: you need to do these things consistently, a life-style change, if you will).

- Liver Cleanse. This will clean out your liver and your system so it no longer over-reacts to the allergens. Actually, any of the cleanses would be beneficial (there's even a lung cleanse). See our library for the information on cleanses or attend a cleanse class. (<http://www.TracesEtc.com>) If your allergies are really bad you may want to consider doing the Liver Cleanse more than one time a day. I have talked with people who up their Liver Cleanse to 2-3 times a day during the worst part of their allergy season. They say it helps.
- Soak in the bath salts. The Healing bath salt blend has oils in it to help clear the sinuses, Balancing will help your body stay in balance so it doesn't react as badly to the allergies, or the Harvest blend is wonderful for opening the lungs, or create your own blend using Epsom salts and adding essential oils. The salt in the water helps draw the toxins out of your body. Remember, always wash off in clean water after doing a soak, you don't want those toxins that are now on your skin to be re-absorbed!
- Soak in clay water (or consume clay water). There are many different articles you can read online about the benefits of clay. In a nutshell, add 1-2 teaspoons to a glass of water, allow it to settle, and drink the clay water (the cloudy water on top, you don't have to drink the sediment at the bottom). The clay in the water will bind with toxins in your body and carry them out when you visit the bathroom. Or, add 1-2 tablespoons to a pan of water and soak your feet to draw toxins out. Or, add ½ cup clay to a bathtub of water and soak. WARNING: The full-body soak will often leave you very tired. If you haven't done one before make sure someone else is home in case you overdo. Don't go with the theory that if ½ cup is good 2 cups is better—you will need assistance in getting out of the tub if you do that! We carry Redmond Clay, it's a Bentonite volcanic ash clay with over 50 minerals in it.
- Avoid adding toxins and unnecessary chemicals to your body.

Some things that you can do to lessen the allergies right now (as in feel better now and hopefully avoid the prescription or over the counter allergy medications).

- Get some bee pollen or raw honey native to your area and start taking some right now. As the bees gather the pollen and make the honey they incorporate some of that pollen that you are allergic to. By taking some bee pollen or eating some raw honey every day (not a lot, just like a teaspoon of the raw honey or a capsule of bee pollen) you are exposing your system to just a little bit of the allergen, helping it build up a tolerance to it. Sorry, we don't sell this online because it does need to be specific to your area to work. Talk to your local health food store, they often have bee pollen in the spring that is local.

- Practice EFT. EFT is short for Emotional Freedom Technique. This is a system created by Gary Craig. The following is from his website, (<http://www.emofree.com>) “EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well-established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere.” Essentially you learn certain spots on your body to tap while bringing to the front of your mind a problem (in this case, allergies). It's an easy to learn and use process that can be quite effective. We teach a class in it or you can buy the videos and learn it for yourself.
- Many people also find relief by getting a Lymphatic Massage. This is something we offer, or you can check your local Yellow Pages.
- You should also be doing your “Daily Energy Routine” by Donna Eden. This is also a class we teach.

The bottom line is, there is help for dealing with the allergy season. Contact us if you would like us to help you on a one on one basis or to see if we will be in your area teaching a class.

To order, for class information, or if you have questions contact:

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