



April 2018

Mother Nature's Food

Homeopathy for Allergies

By Kate Bechard

As temperatures start to rise so do the pollen counts. It may seem like it will never warm up but before we know it those spring allergies will be upon us. There are many great homeopathic remedies combinations for spring allergies such as Boiron's Sabadil. Our family has used Boiron's Optique 1 which is a liquid remedy for use directly in the eyes for eye irritations and allergies time and again with great relief.

Another homeopathic remedy to consider for allergies is Histaminum hydrochloricum (Histaminum) 30C. Our sweet golden doodle has a history of allergies and this wonderful remedy has helped calm her itching. We simply open her mouth and drop a few pellets of the remedy into her mouth (she thinks it's a treat because they are sweet). We have also given Lilly Apis mellifica 30C as needed for relentless itching when the

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AND

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Garden of Life

Histaminum did not act.

These are just a few of the homeopathic remedies to consider for allergies. Do some research and I'm confident you will find a remedy that matches your allergy symptoms.

The information presented here is for educational purposes only and should not be construed as medical advice.

It is your choice if you would like to take advantage of this information.

Please consult your physician for any medical advice or treatment.



Gummy Multi Vitamin

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30% Off!!



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