



ALLERGY SEASON SURVIVAL GUIDE

SPRING. SUMMER. FALL.



It's not entirely clear why seasonal allergies plague one in five Americans while others remain unaffected. Genetics play a role, as do foods and environmental factors, such as being born during a pollen season or growing up with secondhand smoke.

Whatever the initial trigger, the general mechanism behind allergies is the same: **An overactive immune response mistakes safe substances--pollen from trees, grass, or weeds--for threats.**

Antibodies signal the body to release inflammatory chemicals like histamine, which can cause runny nose, congestion, sneezing, sinus pressure, or asthma. Fortunately, you can learn to protect your own immune system, and pharmaceuticals aren't your only option. Homeopathic and natural remedies are often just as effective in treating the symptoms of seasonal allergies.

Why is this happening to me?

**SINUS CONGESTION. SINUS PRESSURE. FATIGUE.
HEADACHE. RUNNY NOSE. WHEEZING. ITCHY EYES**

Classic allergy symptoms are a product of an immunoglobulin E (IgE) reaction: an allergen binds to an IgE antibody which then triggers the release of inflammatory chemicals.

Allergy triggers, or antigens, can be substances such as food, animal hair, metals, insects, pollen, mold, dust, chemicals, drugs, detergent, trees, or additives. But most allergies begin with one of the following:

- **ENVIRONMENTAL POLLUTION:** Heredity is powerful, but genetics alone can't account for the worldwide increase in allergy prevalence. Air pollution, pesticides, toxic household cleaners and contaminants overwhelm the immune system.
- **ADRENAL FATIGUE:** The adrenal glands release stress hormones such as cortisol, which are essential in regulating the immune system (or failing to do so when weakened). In fact, a conventional pharmaceutical approach to allergies and asthma is hydrocortisone, an artificial form of cortisol.
- **DIGESTIVE IMBALANCE:** The nutritional goal in allergy treatment is to decrease histamine, decrease inflammation, and increase anti-allergic substances. This also means increasing the intake of foods with antioxidants, essential fatty acids and quercetin.



HOW TO TREAT ALLERGY SYMPTOMS NATURALLY

Stuffy Nose & Congestion

When an irritant stimulates the nose, the nervous system releases more blood into the nose and causes swelling. While you're congested, the simple act of breathing can be a challenge. Before turning to conventional pharmaceuticals, try these natural remedies.

- **XCLEAR XYLITOL AND SALINE NASAL SPRAY:** Chemical antihistamines and decongestants dry out nasal passages, while this xylitol and saline solution both cleans and moisturizes airways.
- **GENEXA SALINE CARE:** This homeopathic saline spray thins mucus without harmful chemicals or alcohol.
- **HEALING SOLUTIONS ORGANIC EUCALYPTUS ESSENTIAL OIL:** Diffusing eucalyptus essential oil provides relief because it contains compounds that have a cooling effect on the body's nerves.

Sinus Headaches

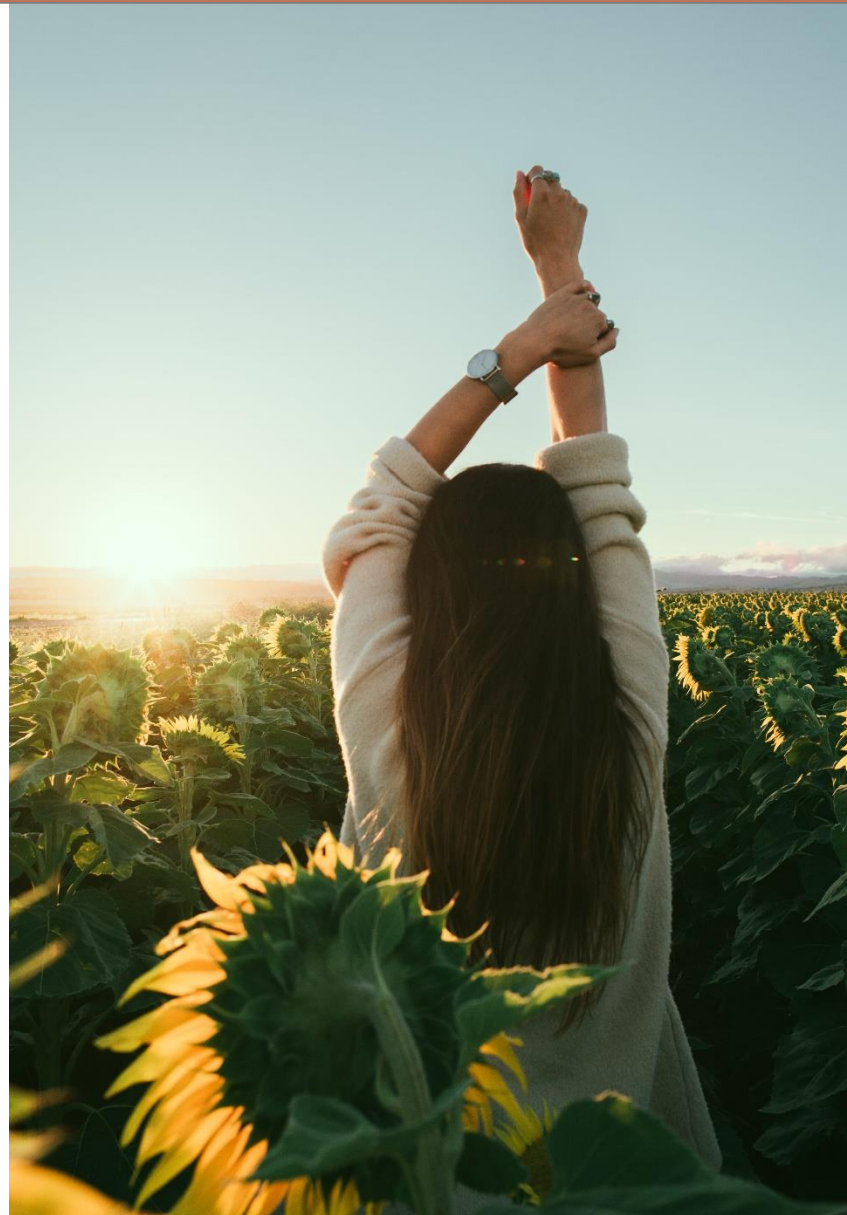
Although over-the-counter decongestants are often used to treat the headache caused by congestion, there's a significant risk of becoming dependent on these drugs with additional symptoms such as "rebound" swelling. Try a simpler and more natural approach.

- **VITAL NUTRIENTS BROMELAIN:** Bromelain is a natural enzyme, primarily found in pineapples, that acts as an anti-inflammatory, helps reduce swelling and promotes healing.
- **THORNE'S QUERCENASE:** Quercetin, one of two primary ingredients in Quercenase, stabilizes the body's mast cells, which store and release histamine in order to reduce swelling.
- **GAIA HERBS CURCUMIN SYNERGY/TUMERIC SUPREME ALLERGY:** Curcumin is the yellow pigment in turmeric, which contains anti-inflammatory properties.
- **BIOFLAVONOIDS:** Bioflavonoids are found in the pulp and white core of citrus fruits, green peppers, cherries, and grapes. They treat inflammatory conditions and support blood circulation.

Respiratory Symptoms

When inflammation attacks the bronchial tubes, air passages constrict and can induce wheezing, shortness of breath, dry coughing and chest tightness. Try these remedies for natural relief.

- **ESTER-C VITAMIN C:** Vitamin C's antioxidant and anti-inflammatory properties help control wheezing and other respiratory symptoms
- **GENEXA ALLERGY-D:** Safe for children, Genexa Allergy-D treats both nasal allergy and upper respiratory symptoms.
- **QUERCETIN:** Like a natural anti-histamine, quercetin directly inhibits several of the initial steps of inflammation and allergy.
- **STINGING NETTLE:** Stinging nettle is highly effective for treating hay fever and reducing inflammation of the upper respiratory tract.





Why Choose Natural?

While conventional anti-histamine medication should be used if needed, consider it a last resort. Instead of masking symptoms, natural treatment:

- Supports the body in adapting gently over time
- Encourages your natural defenses
- Avoids the dreaded “rebound” effect after temporary symptom relief
- Addresses the real problem, while you maintain normal alertness
- Helps your body rest, recover and adapt to seasonal changes

Cary Apothecary owner and wellness coach **Tami Moore-Kedzie** started her journey to health in 2012 when she began to experience debilitating migraines, muscle and joint pain, neuropathy, cognitive dysfunction and cardiac irregularities.

As healthcare professionals spent months searching for an accurate diagnosis, Lyme disease and a host of other tick-borne infections invaded her body. When the diagnosis finally came, she had eventually inherited a host of new symptoms and issues from repetitively prescribed antibiotics and other pharmaceuticals. The search for natural healing solutions was born of necessity.

Natural therapies and major lifestyle changes brought healing and a newfound appreciation for natural medicine. Tami now dedicates her life to using her knowledge to empower others to advocate for themselves and to explore other options when a traditional path is no longer working.

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