



Get Ready for Allergy Season **By Whitney Young, ND**

Spring is just around the corner and for many people that is when they start stocking up on their over-the-counter antihistamines for seasonal allergies. Seasonal allergies are very common and can also be very irritating for people. This is commonly referred to as hay fever though allergies can be to various grasses and pollens from the environment. Allergy sufferers have symptoms such as a running nose, sneezing, and itchy eyes. These people are constantly on medications throughout the season just to feel normal. They should know that there are other solutions for those people who would like to choose a natural approach.

The immune system is a system of biological processes that identifies and destroys foreign substances in our body. Its job is to recognize ourselves and most foods as safe and recognize when something is foreign or dangerous. Usually our immune systems work very well. In the case of allergies, our bodies have decided that a usually normal thing like plants is a dangerous threat and our bodies react to it. Your body increases mucus secretions in your nose and eyes to get rid of the irritating allergens. One of the goals of Naturopathic Medicine is to balance your immune system and give it natural antihistamines and anti-inflammatory vitamins and herbs in order to reduce symptoms and reactivity to normal plants and allergenic substances.

It is important to get ready for allergy season before it actually hits. When allergy season comes, your body is already coping with poor air, foods that it is sensitive to, other medications, etc. When your body is dealing with all of that it is difficult to cope with new stressors, such as allergens. It is ideal to work with your naturopathic doctor 1 – 2 months before your allergies usually start to get your body primed and ready to defend itself.

There are many tools that a Naturopathic Doctor uses to relieve and prevent seasonal allergies. Your diet will be discussed because a large portion of your immune system is in your digestive tract. When your gut is not functioning properly because of poor food choices, your immune system is further weakened. Along with diet suggestions, your Naturopathic Doctor will also suggest vitamins and nutrients that have known natural anti-histamine and anti-inflammatory properties. Various botanical herbs are also useful for seasonal allergies. Homeopathy is a special medicine that Naturopathic Doctors may use to address your unique presentation of symptoms. Finding the right remedy will relieve your symptoms. Overall, the toolbox of Naturopathic Doctors is filled with many natural strategies.

Seasonal allergies can be annoying for many people. With your Naturopathic Doctor, you will address your immune system and prepare for the allergy season. Remember that ideally you should prepare 1 – 2 months before your allergies usually start. At The Healing Oasis, we can help you prepare so you can enjoy your spring and summer naturally.

Please visit www.whitneyyoung.ca for more information about Whitney Young, Naturopathic Doctor and Naturopathic Medicine.