



Against Seasonal Allergies

Allergies are at epidemic levels in the United States. More than 50 million Americans are suffering from an allergic reaction right now. Seasonal allergies especially are becoming much more common. The U.S. Department of

Agriculture estimates that the amount of pollen in the air has doubled in the last 50 years, causing the worst allergy seasons ever recorded. The problem is so out of control that some insurance companies are petitioning the government to make prescription allergy drugs available over-the-counter to meet the skyrocketing consumer demand.

Most allergy drugs only mask the symptoms and can have a rebound effect – the more you use them, the more you need them. Allergy drugs are strong medicine and often have strong side effects like rapid heartbeat, dry mouth, decreased appetite, fatigue or insomnia. Steroid drugs for allergies, which may need to be taken for long periods, do not cure and can make the situation worse by depressing the immune system, weakening the bones and impeding allergen elimination. Animal research finds that the popular allergy drug loratadine (Claritin) causes liver tumors at high doses.

Happily, nature's remedies are effective choices to fight allergies. Nettle leaf or green tea actually boost your natural antihistamines. Quercetin with bromelain stabilizes reaction to hayfever allergens. Homeopathic remedies will help with symptoms such as, runny nose, watery eyes, sneezing, and skin reactions like hives and rashes.

Elderberry is also a favorite for seasonal allergies. This herb will help with all upper respiratory distress allergies can create. This is especially important to take on a daily basis to also protect you and your family against the West Nile Virus. Every summer this virus will continue to worsen and additional thousands will be infected.

Lastly, but ever so important, strengthen your adrenal gland. The better your adrenals work, the less sensitive you'll be to allergens. Low adrenal function leads to more severe allergies and to multiple allergies. Feed your adrenals with B-complex vitamins. B-complex in the amounts of 150mg. to 200mg. daily is recommended with additional pantothenic acid in a 500mg. strength.