



Dear Doctors,

It's that time of year again when the trees start blossoming and my allergies start bothering me. I have a runny nose, plugged sinuses and I feel terrible. Sleep is difficult as well. Any suggestions?

I.S. Jupiter

Dear I.S.,

Try some of these ideas. Use a Neti Loda pot to cleanse your sinuses. You can buy them in a health food store. It's from India and the yogis use them to clear their nasal passages for meditative breathing. It's like a little ceramic watering can. You put warm water in it with one-quarter teaspoon of salt, tilt your head and let it rinse your sinuses. It will go in one side and out the other. It stimulates a nerve plexus in the nose and makes your sinuses open up and empty. A lot of people use these. A teaspoon of local honey daily before and during the allergy season may help. Teas of Elder Flower and Yarrow can move the lymph system and make it easier on your immune system to handle the allergies. Vitamin C, Pantothenic acid, Royal Jelly and Bee Pollen supplementation can help modulate the immune system which is responsible for allergies. Follow dosage recommendations on the bottles. Homeopathy can help as well. Try Euphrasia for red and itching eyes, Arsenicum for constant sneezing, Sabadilla for hay fever with a sore throat from nasal drip, and Allium when there is nasal drip that is making the nose irritated and red. Herbal tea of Melissa and Chamomille may relieve symptoms of an allergic reaction. Chinese herbal formulas work very well for hayfever. Bi Yan Pian for sneezing, watery eyes, sinus congestion and headache and allergic rhinitis. Jade Screen formula can prevent hay fever and allergies. Cang er Zi Tang is great for a stuffed up nose due to allergies. If these do not work then consider seeing an acupuncturist or natural practitioner for treatment ideas. Acupuncture works remarkably well on plugged sinuses. In our office we give our patients custom Chinese herb formulas specific to their needs and they work very well for the treatment of hayfever and sinus allergies..

Yours in Health,
Dr. Ervolino

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Contact Dr. Ervolino at
herbal_doc@hotmail.com
or 772-341-0326