

# Get Rid of Those Seasonal Allergies Once and For All!

By Toni Eatros, MS, Dipl Ac, AP

**2020 is off to a fast start.** It is already February, and that means seasonal allergy season will be starting soon. If history is any indicator, within the next couple of weeks, people will start drifting into my clinic in search of hay fever symptom relief. Last month, we set a record for one of the hottest temperatures reached in January. This means the plants will be blooming early and the pollen counts will rise.

If you know that you, year after year, historically suffer during the spring months with itchy and watery eyes, sneezing, congestion, runny nose, post nasal drip, coughing, headache and/or fatigue, you owe it to yourself to come in and see me as soon as possible.

I use a combination of acupuncture and homeopathic medicines to treat seasonal allergies, also known as hay fever. However, it is much more effective to start treatment and put a plan of action in place to get ahead of the symptoms, rather than waiting until you are in the throws of the allergy attack.

Both acupuncture and homeopathy act quickly to relieve symptoms, but we also need to address the underlying immune imbalance that makes you prone to these symptoms when the plants bloom.

By using my combination method, we will greatly reduce your suffering this spring, and, not only that, we will actually work to uproot your allergic condition all together. This means next year, your symptoms will be less severe and last a shorter amount of time. The year after that, symptoms are even less, until one day, you stop dreading this time of year and will be able to get outdoors and enjoy the beautiful spring weather, allergy symptom free.

The acupuncture treatments consist of only 8 tiny little needles, that are the thickness of a hair. I insert two into each arm and leg. You rest comfortably on the treatment table, with dim lighting and soft music. Within just a few minutes, the sinuses usually begin to clear and your entire body starts to relax. Many people drift off to sleep during this time. After about 20-30 minutes, I remove the needles and the acupuncture treatment continues to unfold over the next two to three days.

The homeopathic treatment varies depending on your particular symptoms. We use a variety of medicines to address the various levels of the imbalance. For instance, I like to use Calcarea carbonicum to address the root immune system imbalance. This will be used longer term to keep you from experiencing these symptoms next year.

Sanguinaria is extremely helpful to treat the sinus and mucous symptoms. Allium cepa can be used if your symptoms involve mainly the eyes. If there is pain, we might add in some Belladonna to relieve the sinus pressure.

Each person I see receives a customized treatment plan based on your unique set of symptoms. I love using homeopathy because there are absolutely no interactions with any pharmaceuticals that you may be currently taking. They also do not carry the risk of side effects like many over the counter allergy medicines do. Finally, homeopathic remedies are quite inexpensive compared to herbal remedies or nutritional supplements. They usually range between \$8.56 - \$11.40 each.

If you would like more information about homeopathy in general, please visit my Health and Wellness Solutions Podcast found everywhere you listen to podcasts, or on the internet at [anchor.fm/ahs4566](http://anchor.fm/ahs4566). Season 1, episodes 11, 12, and 13 all discuss homeopathy and two individual medicines that you will definitely want to learn about.

If you are dreading the arrival of spring, schedule your appointment today. You can call me during regular business hours at **239-260-4566** or you can schedule online at **AcupunctureSolutionsOnline.com**. I look forward to meeting you and helping you to say goodbye to hay fever forever!

*Yours In Health & Wellness,  
Toni L. Eatros, AP*

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