

# There's A Better Way III: Seasonal Allergies

Welcome back to my series on responding to acute care symptoms naturally. In the first two weeks I shared the dangers behind suppressing symptoms and what to have on hand to be prepared for the coming allergy, cold, and flu season.

While June through August can be a reprieve for seasonal allergy sufferers in Austin and along the southern states, the symptoms all return again in the fall. There is no doubt that those affected really struggle and life is miserable with clogged throbbing sinuses. Imagine, however, that this doesn't always have to be the case. Understanding the why behind your symptoms and making a few lifestyle changes can rid you of this annoying pattern for the rest of your life.

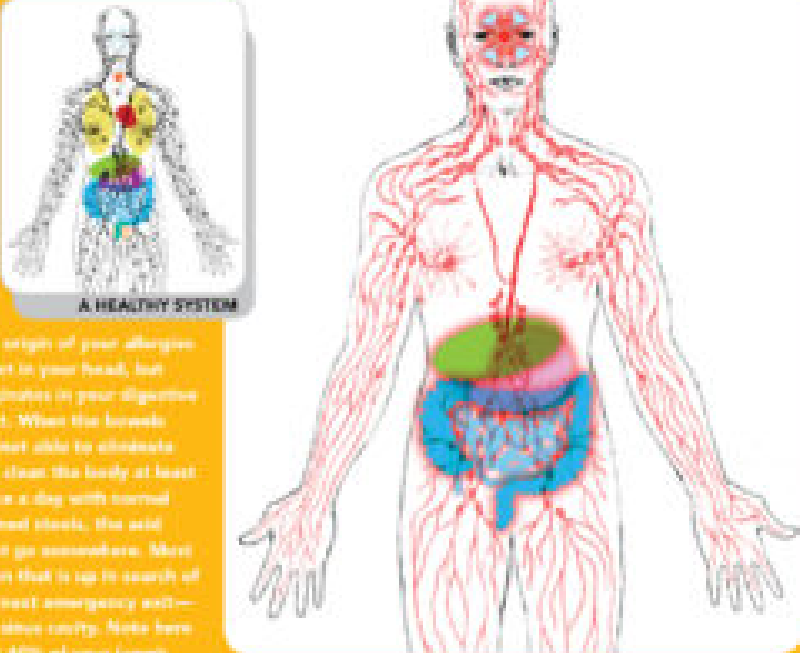


## **The Root of the Problem**

Because symptoms are merely messages from the body alerting you of a deeper imbalance, let's take a look at what's behind the always irritating itchy runny eyes and stuffed sinuses. The root of this problem is surprisingly not in your head. It

is in your digestive system, including your liver! When the digestive system has to work overtime to break down food that our body was not designed to digest, our elimination slows. When elimination slows, the lymphatic system looks for emergency exits to clean the body. The most common emergency exits are the sinuses and skin. These are followed by the eyes, ears, mouth (cold, canker sores) and for women the vagina (candida). An important point however is that the sooner you begin to address your symptoms the better the more improvement you will see this season. So get started now with the following course of action.

### THE ROOT OF THE PROBLEM: ALLERGIES



**A HEALTHY SYSTEM**

The origin of your allergies is not in your head, but originates in your digestive tract. When the bowels are not able to eliminate and clean the body at least twice a day with normal formed stools, the acid must go somewhere. Most often that is up to search of the next emergency exit—the sinus cavity. Note here that 80% of your lymph nodes are actually in the abdominal area and all the lymph fluid from the body's clean-up process empties right here. If the elimination organs are compromised in any way, this creates quite a traffic jam of acidic waste. Your body is well designed and it compensates by enabling emergency exits when the primary ones are slacking on the job. This scenario repeated day after day, year after year can create quite the chronic condition. Allergy season exacerbates a situation that is really going on all year long.

Source Update for Bodybody Simple, [www.bodybodylymph.com](http://www.bodybodylymph.com) Original by Christine Powell

### The Plan

So if the root of the sinus symptoms exists in the digestive system what are the steps to resolve the inflammation experienced?

1. Eliminate foods that are difficult or impossible to

digest, causing inflammation, at the very least during allergy season. The number one food source to avoid is dairy products. That includes all products made from milk (cow, goat, or sheep). Alcoholic beverages are next on the list to trigger allergy symptoms and that is because of the toll they put on the liver causing the lymphatic system to search for emergency exits to clean.

2. Further support your digestive system with probiotics. I recommend Lifybiotic. Be thoughtful regarding your purchase as there is no regulated testing of probiotics proving whether the item you purchase delivers what is on the label. Purchase from a knowledgeable practitioner or a natural pharmacy only.
3. Take the specific Gemmotherapy protocol for sinus congestion daily during allergy season to improve the adrenal response, resolve inflammation, and support lymphatic drainage. I recommend the following:

#### Morning & Midday

Common Alder, Black Currant, Dog Rose

#### Evening

Hornbeam

#### Adults & School Children

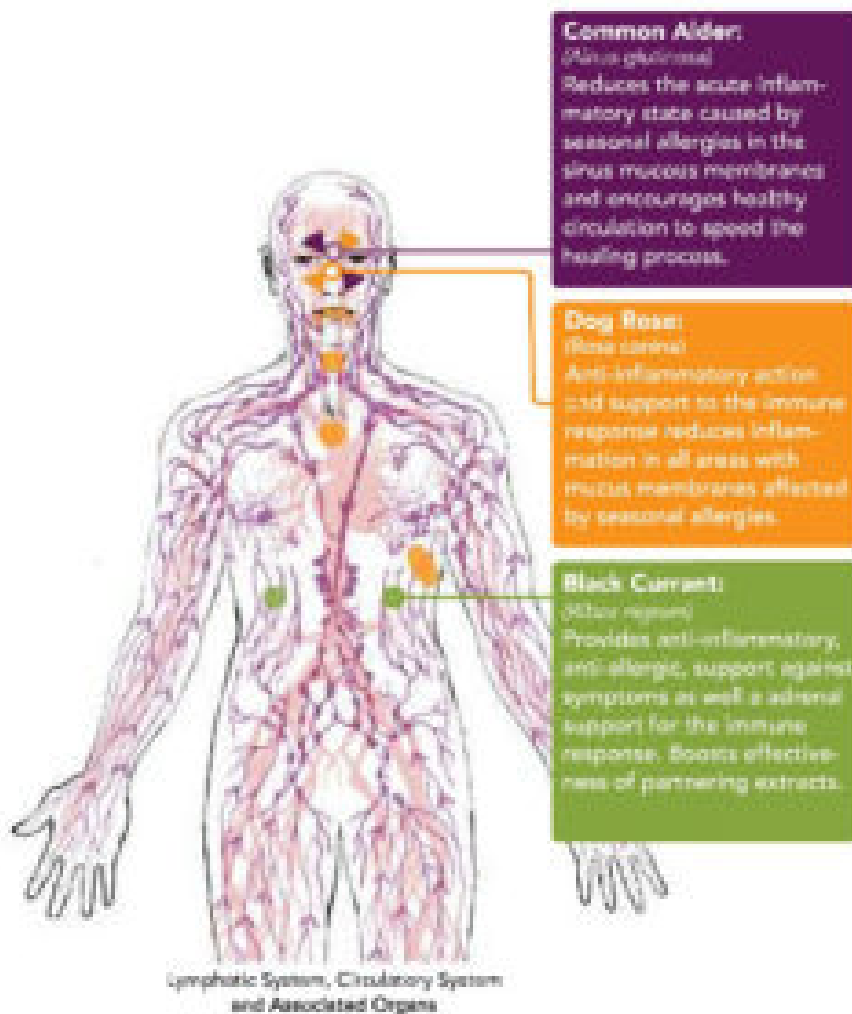
25 drops of each extract per dose

#### Toddlers- School Age Children

10 drops of each extract per dose

#### Babies

5 drops of each extract per dose



Here's an allergy symptom case story I shared a few years back you might enjoy.

Our allergy combination is one of the most popular Gemmotherapy protocols we offer and that is because it works. Gemmotherapy can offer the body something no other natural therapy can- the ability to clean, drain, and fortify the affected organ tissue. This powerful action is due to the inclusion of the plant meristem cells in each extract. Gemmotherapy is the youngest plant based medicine and is fascinating to study as a home user or as a practitioner.

While you can find many more acute protocols in my blog you can now read them together in my newly released, Gemmotherapy for Everyone: An Introduction to Acute Care. In this first book of the series you'll learn Gemmotherapy history,

fundamentals, and find 36 proven, reliable protocols for acute symptoms.

Want to dive a bit deeper? Check out this online self-paced Acute Care with Gemmotherapy course or join me live next week for the start of my fall webinar series.