

Hay Fever Homeopathic Protocol

One of the most common health issues I see in my practice are seasonal allergies and allergic rhinitis. It could be anything from pollen, pet dander, and dust mites to grass clippings and trees! More and more people are developing these allergies and sometimes they end up sticking around permanently because our immune systems are extremely imbalanced.

There is usually some sort of Th2 immune dominance which leads to chronic low-grade inflammation and mast cell activation. These mast cells secrete histamine and then flare up and get aggravated by anything that enters our respiratory system. During the spring, there are very high levels of pollen in the air which is why pollen is usually a big trigger (it is something we are exposed to constantly in the spring). Throughout the summer, we mow lawns and trees are in full growth which can lead to more aggravations. Long story short, because of immune dysregulation and inflammation that more and more people are developing in our modern world, seasonal allergies are on the rise!

Thankfully, homeopathics are able to help relieve allergies and are very affordable! They can also be taken by anyone! Below is a protocol for anyone suffering from seasonal or permanent allergy to dust or any other substance. Always check with your doctor or practitioner before supplementing. The treatment stretches over a period of two to three months and can be repeated in spring and in fall. It is very effective!

Protocol:

Step 1: Use Gemmotherapy for drainage and inflammation

–[Ribes Nigrum Gemmotherapy](#) (drops) – 50 drops, 3 times daily (morning, afternoon and evening)

Step 2: Select a remedy based on your symptoms

-Allium Cepa 7 CH, for the nose, and/or

-Euphrasia 5 CH, for the eyes, and/or

-Arum tri. 4 CH, for the throat (3 granules of either several times daily)

Step 3: This can help with asthma attacks and such

-Lung Histamine 7 CH, 5 granules (or 1 suppository) at night before going to bed.

Step 4: This step is optional but recommended to permanently eliminate allergies.

-Psorinum 15 CH, the 1st Saturday of the month

-Aviaire 9 CH, the 2nd Saturday,

-Constitutional treatment, the 3rd Saturday (you would need to work with your homeopath to determine your constitutional remedy).

You could also take [allergiplex from UNDA](#) to help with seasonal allergies too!