

Are Your Allergies Driving You Insane?

I have heard from many people that this is the worst allergy season yet (but didn't they say that about the last allergy season?)!

Acute attacks of allergies or hay fever often respond extremely well to homeopathic remedies. However, allergies are usually deep-seated problems, and are often best addressed with a constitutional remedy and the guidance of an experienced practitioner.

Homeopathy treats the individual as well as the disease. There are many common allergy symptoms, such as itchy eyes, runny nose, sneezing. What your homeopath will want to know is what is different or unique for you. Maybe you have intolerable itching on the roof of your mouth, or you only sneeze when you are outside in the sun. These individual symptoms help to find the right remedy to treat allergy symptoms specific to you.

Homeopathic remedies are safe, effective and inexpensive making them one of the top selling modalities for families today. However, like all medications should be prescribed by an experienced practitioner.

Written by: [Dr. Lynn Comeau, DNM, RNP, HMA, ChH](#) Call 519-330-0120 for your appointment to better health.