

Homeopathy for Allergy Sufferers

Allergy is a disorder of the immune system appearing as an inappropriate or excessive reaction to foreign substances (allergens) that normally are harmless. Allergic reactions can occur seasonally or year-round.

The most common irritants are pollen, dust, moulds, animals, insect bites and stings, and foods, such as wheat, milk products, nuts, and fruits.

Homeopathy can help!

When allergies occur, a well-prescribed homeopathic remedy will act quickly to relieve the symptoms.

In cases of severe, rapid allergic reactions, with breathing difficulties; rapid swelling of air passages, tongue, and eyelids; extreme itching with raised lumps and welts; and a sense of disorientation, or where there has been serious pre-existing allergic reaction, immediate medical attention is essential. While waiting for emergency care, however, a well-chosen remedy can help reduce the early trauma and will aid recovery.



Homeopathy can also address the underlying chronic cause of the hyper-sensitivity that leads to the allergy. This requires constitutional treatment by a qualified homeopath, many of whom are listed under 'Find a Homeopath' on the Canadian Society of Homeopaths website at www.csoh.ca.

More About Homeopathy

Homeopathy is a distinct and unique system of medicine that was first developed over 200 years ago by the German doctor, Samuel Hahnemann. It is based on the recognition that substances have the capacity to both harm and heal, depending on the level of exposure. Homeopathic medicines are highly-diluted through a special process called potentization, which retains and intensifies the healing properties of the substance while removing any toxic side-effects.

An example of how homeopathy works can be seen with coffee, which is known to cause over-stimulation and insomnia. But for many insomniacs suffering from these symptoms, the homeopathic medicine derived from coffee will reverse their symptoms and allow a good night's rest.

April is Homeopathy Awareness Month

During Homeopathy Awareness Month, homeopaths around the world will be promoting the benefits of homeopathy in their own communities. Here in Canada, professional members of the Canadian Society of Homeopaths will hold free public lectures, meet & greets, open houses, information booths, and displays.

Look for a complete listing of Homeopathy Awareness Month activities posted on our website at www.csoh.ca.

Say "Good-bye" to Hayfever Symptoms

Approximately one in five Canadians suffer from seasonal allergies associated with pollens, commonly referred to as hayfever. Spring attacks are usually due to tree pollen, while grass pollen dominates in the summer and weed pollens in the autumn.

Hayfever sufferers experience extreme discomfort of the nose, sinus, throat, and eyes – symptoms that can be safely and effectively treated with homeopathy.

When used correctly, homeopathy is a safe, gentle, and non-addictive treatment for a wide range of both acute and chronic allergic conditions. It can help to alleviate symptoms as they occur, including sudden reactions to pollen, insect stings, and foods.

Constitutional treatment by a qualified homeopath can also remove the chronic susceptibility to the underlying cause of the allergy.

End Your Hayfever Symptoms With Homeopathy:

- Sneezing
- Congested sinuses
- Runny nose
- Excessive mucus
- Red, itchy, watery eyes
- Scratchy throat
- Fatigue





TOP 10 Reasons to Use Homeopathy

1. EFFECTIVE MEDICINE

Homeopathy can be an extremely effective system of medicine when used correctly. It can provide long-lasting relief from many conditions and illnesses, including injuries and emergency situations.

2. NATURAL ACTION

Homeopathy works by stimulating the body's own natural defence mechanism to promote health and to resist infection and susceptibility to disease. Although gentle, the results can be powerful and long lasting.

3. HOLISTIC

Homeopathy treats the whole individual, acting on the mental and emotional levels as well as the physical level.

4. NO HARMFUL SIDE EFFECTS

Homeopathic treatment offers a gentle and non-invasive approach to health. When used correctly, it produces no toxic side effects, no dependency or addiction, and no withdrawal.

5. COST EFFECTIVE

Homeopathic medicines are surprisingly inexpensive, especially when compared to over-the-counter and prescription drugs.

6. FAST-ACTING FIRST-AID RELIEF

Homeopathy can be safely used at home or on the road to provide rapid relief for many minor problems such as bruises, simple burns, sprains and strains, insect bites, gastric upsets, etc. However more serious or long-lasting complaints should be treated by a qualified homeopath.

7. NOT TESTED ON ANIMALS

Homeopathic medicines are tested only on healthy humans in order to determine the range of action of each remedy.

8. COMPLEMENTARY MEDICINE

Homeopathic medicines can be used independently or along with conventional drugs and other therapies (with the full knowledge of all health providers). It often can alleviate unpleasant side effects of conventional treatments (e.g., chemotherapy).

9. HEALTH & WELL-BEING

Homeopathy improves health generally, rather than merely alleviating localized symptoms. It provides a balanced level of overall health and an increased sense of well-being and quality of life. By boosting the body's immune system, homeopathy can help improve a person's resistance to illness and infections.

10. MEDICINE OF THE FUTURE

Homeopathy is the second most widely-used system of medicine in the world. It is available in most countries and is gaining in popularity as an effective alternative to conventional medicine.

Homeopathy and Allergies



Canadian Society of Homeopaths
and
World Homeopathy Awareness Organization