

# HERB STOP

## April 2011 Highlight



### How To Cope With Seasonal Allergies

Have you been sneezing, had itchy eyes or a runny nose lately? Those that suffer from these symptoms already know that allergy season is here. Windblown pollen from native trees, specifically from juniper trees, is the main culprit here in the Rim Country and surrounding areas.

#### What can we do about it?

If it is all possible, spray down your yard to prevent the pollen from staying airborne. Stay inside on windy days. When you do go out, wear a dust mask and glasses. This can protect your nose and eyes from flying pollen. When you come back inside, take off your mask and glasses, wipe your face and hair with a moist paper towel to remove any pollen that came home with you, or take a shower.

## Herbal Solutions

### Rim Country Tree Mix

A few years after moving to Rim Country I developed allergies to juniper. I have never suffered from any type of allergy in my entire life. Now, here I was, sneezing, itching, and just plain uncomfortable, day and night. After trying several natural remedies to no avail, I made a homeopathic style remedy for myself. The next day I took three drops under my tongue and within a few minutes all the symptoms were gone. I couldn't help myself, I handed out my remedy bottle to friends and neighbors who suffered from juniper allergies and other early blooming trees as well. Relieved from their allergies too, they eagerly shared it with their friends. Not all, but most of them got relief quickly. For the ones whom the allergy drops did not work they just needed to take it more often or in conjunction with a couple of nettle leaf capsules.

Since we live in juniper land some folks have been taking the Rim Country Tree Mix year around. It is not just the pollen from the juniper that gets to people, inhaling the smoke from burning juniper wood coming from our fireplaces in the winter can trigger these allergies. I have also seen persistent rashes caused by junipers, especially when coming in contact with the bark.

### Stinging Nettles

Nettles have been used for hundreds of years as a food as well as a medicine to treat rheumatism, arthritis, eczema, gout and anemia. The center for integrative medicine at the University of Maryland confirms that nettles may also be effective for treating certain individuals with hay fever ([www.umm.edu](http://www.umm.edu)). Over the years I have witnessed the positive effects of nettles in nine out of ten people suffering from seasonal allergies. I always carry a few capsules of nettles with me wherever I go, just in case I run into friends complaining of seasonal allergies. They often feel relief within 20 minutes after taking 1-3 capsules. The stinging hairs on nettle are sharp polished spines that contain histamine and formic acid and act as an antihistamine when taken internally. Nettles have no known side effects, unlike many over-the-counter antihistamine preparations.

## Horseradish

A condiment as well as a strong herb, horseradish can clear out your sinuses immediately. Very often you will find horseradish combined with other herbs for the respiratory system.

## Eyebright

As the name suggests, eyebright has been used throughout the ages for eye problems, as well as for the sinuses. As a vaso-constrictor and astringent to the nasal mucous membranes, eyebright brings relief to frequent sneezing bouts and is also rejuvenating to the eyes. It has a drying effect on upper respiratory mucous membranes.

## Rosehips

Vitamin C can be helpful during allergy season. Rosehips are reported to have up to 60 percent more vitamin C than lemon or oranges. Unlike ascorbic acid, the vitamin C in rosehips does not make your body acidic.

## Bi Yan Pian

This traditional Chinese herbal formula is well known for its use by people with stuffy noses. Used for allergies and nasal congestion, it opens the nasal passages. Bi Yan Pian is an excellent remedy for those suffering from long-term (chronic) allergies.

## Pe Min Kan Wan

Another traditional Chinese formula used for allergies and nasal congestion, but is more drying than the above. Pe Min Kan Wan is an excellent remedy for those suffering from allergies used at the onset of symptoms.

## Inhaling Essential Oils

For people who do not want to take anything internally, aromatherapy offers a fragrant solution. Eucalyptus and/or peppermint essential oils work the best for allergy symptoms, helping you breathe a little easier. Add a few drops to your aromatherapy diffuser in the car or at home, or place 2 drops on each side of your pillow before going to bed at night. Steaming your face with essential oils added to hot water can help as well.

## Neti Pot



Neti Pots have been used since ancient times, but it is Dr. Oz who recently popularized it. A Neti Pot is a nose washing device (it looks like a little tea pot). It is easy to do and daily use may:

- Remove mucus and pollution from the nasal passages and sinuses.
- Relieve allergies, colds and sinusitis.
- Beneficial in the treatment of headaches and migraines.
- Alleviate anxiety, anger and depression.
- May remove drowsiness, making the head and sense organs feel light and smooth.
- Neti Pots may also be helpful with eyesight.

## Instructions For Nose Washing

Fill Neti Pot with warm, filtered water and add a ¼ heaping teaspoon of unrefined salt, such as New Zealand salt, Himalayan salt, Celtic salt, etc). Put the Neti Pot up to one nostril. Tilt your head slightly, aiming the other nostril down a bit. Relax. (This is the hardest part to explain.) If you are calm, the water flows right through. But if you aren't, it just won't flow. The first time it may take some time before any water goes through. It seems to have something to do with that reflex where you can't swallow and breathe at the same time. If you keep breathing through your mouth, relaxed, the water should gently flow through the nose on its own. Be gentle, do not force it. Repeat on the other side.

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