

TOP 10 HOLISTIC REMEDIES FOR MANAGING YOUR CHILD'S ALLERGIES

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1. Optimize Your Child's Diet

A diet rich in antioxidants and anti-inflammatory foods can significantly help in managing allergy symptoms. Encourage your child to consume a variety of colorful fruits and vegetables daily, aiming for a "rainbow" diet.

- **Omega-3 Rich Foods:** Include sources like wild salmon and other safe seafood. The Monterey Bay Aquarium's Seafood Watch provides a guide to the best choices for seafood.
- **Fermented Foods and Probiotics:** Strengthen the immune system and alleviate allergy symptoms with fermented foods or a probiotic supplement.
- **Avoid Dairy:** During allergy season, dairy products can worsen symptoms by thickening mucus and triggering histamine release.



2. Incorporate Foods Rich in Quercetin

Quercetin is a natural antihistamine with potent antioxidant and anti-inflammatory properties. Foods high in quercetin include:

- Raw onions
- Apples (with skins)
- Red grapes
- Kale and spinach
- Capers, watercress, and cherries
- Green and black tea, bee pollen, and chili peppers



3. Avoid High-Histamine Foods

Certain foods can increase histamine levels or trigger its release. Common culprits include:

- Chocolate, wine, and strawberries
- Avocados, bananas, dairy, eggs, oranges, peaches, pineapples, raspberries, spinach, and tomatoes
- Fermented foods (which can cause increased histamine release during high-allergy seasons)
- Artificial flavors, colors, and preservatives



4. Avoid Foods That Cross-React with Pollen Allergies

Oral Allergy Syndrome can cause reactions to certain foods due to cross-reactivity with pollen allergens.

Examples include:

- Ragweed: Bananas, zucchini, cantaloupe, sunflower seeds, cucumber
- Grass: Melons, oranges, Swiss chard, tomatoes, watermelon, wheat
- Alder: Almonds, apples, cherries, celery, hazelnuts, parsley, peaches, pears
- Birch: Apples, plums, carrots, cherries, fennel, walnuts, pears, potatoes, peaches, wheat



5. Consume Local Honey

Local honey contains small amounts of local pollen, which can help desensitize the immune system to these allergens, similar to the concept of allergy shots.

- Dosage: 1-2 teaspoons daily for several months before allergy season begins.
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6. Nasal Irrigation

Daily nasal irrigation can help remove allergens from the nasal passages. Options include sinus rinses like neti pots, Nasopure, Neilmed sinus rinse, or saline sprays.



7. Evidence-Based Supplements

Consider supplements like Quercetin, Vitamin C, and Allergy Calm for seasonal allergy relief. These supplements work synergistically to stabilize mast cells and reduce histamine release.

- **Quercetin:** Natural antihistamine and mast cell stabilizer.
- **Vitamin C:** Reduces blood histamine levels and alleviates respiratory symptoms.
- **Allergy Calm:** A homeopathic remedy for immediate symptom relief.

8. Homeopathic Remedies

Homeopathic medicines are safe, with no side effects or drug interactions. Boiron's AllergyCalm (formerly RhinAllergy) is a combination homeopathic medicine that can relieve common allergy symptoms.



- **Allium Cepa for Watery Eyes and Nasal Discharge -** Allium Cepa, derived from the common red onion, is an excellent first line of defense for watery eyes and clear nasal discharge that irritates the upper lip. This remedy is particularly effective when symptoms are accompanied by sneezing and a tickling cough. Notably, individuals often feel better in fresh air and worse indoors, similar to the effects experienced when cutting an onion.

- **Arsenicum Album for Burning Sensations and Sneezing** - Arsenicum Album is ideal for those suffering from a burning, watery, runny nose coupled with a stuffy, tickling sensation during allergy attacks. This remedy can also alleviate symptoms such as swelling below the eyes, a wheezy cough, chills, restlessness, anxiety, and extreme fatigue.
- **Euphrasia Officinalis for Eye Irritation** - Euphrasia Officinalis, commonly known as Eyebright, is a potent remedy for swollen and irritated eyes with acrid tears or pus. Symptoms typically worsen during the daytime and with warmth, and the eyes may become sensitive to light. Euphrasia is also beneficial for a concurrent cough that improves at night.
- **Natrum Muriaticum for Dryness and Cracking** - Natrum Muriaticum, made from common table salt, is a reliable remedy for those experiencing dryness and stinging in the nasal cavity during allergy attacks. It effectively relieves symptoms of a runny nose alternating with periods of dryness, providing much-needed relief.
- **Sabadilla for Sneezing and Itching** - Sabadilla is particularly effective for individuals who endure prolonged bouts of sneezing, nasal itching with irritating discharge, and a sensation of a lump in the throat. It can also alleviate watery eyes and nervousness during allergy attacks.

- **Wyethia for Throat Irritation** - Wyethia is the remedy of choice for intolerable itching on the roof of the mouth and behind the nose, sometimes extending into the throat and ears. It is effective for dryness and irritation throughout the head, even if the nose remains runny.

9. Acupressure for Allergy Relief

Acupressure can be effective in managing allergy symptoms. Specific points to massage include:

- **Large Intestine 4:** Located in the webbing between the thumb and index finger, beneficial for sinus headaches, congestion, runny nose, and fever.



10. Essential Oils

Essential oils can be diffused or applied to acupressure points. Helpful oils include chamomile, eucalyptus, lemon, lavender, and peppermint. Dilute essential oils with a carrier oil like olive or jojoba oil before use, especially for young children.

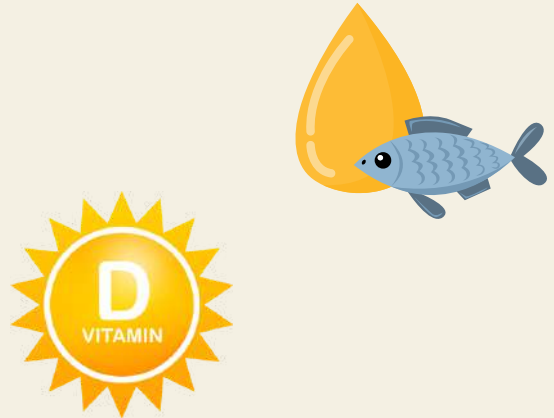


Additional Considerations

Zinc

Zinc supports immune function and can reduce allergy symptoms. Common dosages include:

- 0-1 year: 4-5 mg daily
- 1-3 years: 5-10 mg daily
- 4-12 years: 10-25 mg daily
- 13-18 years: 25-35 mg daily
- 19+ years: 25-40 mg daily



Fish Oil

Omega-3 fatty acids from fish oil can reduce allergy risks. Recommended doses vary by age, from 50-100 mg daily for infants to 1000 mg+ daily for adults.



Probiotics

A healthy gut microbiome can prevent and relieve allergy symptoms. Probiotics like *Lactobacillus rhamnosus* and *Bacillus coagulans* are beneficial. Typical dosages are 5-10 billion CFU for children under 2 years and 10-25 billion CFU for those over 2 years.

Vitamin D

Vitamin D supplementation can improve allergic rhinitis and reduce symptoms. Dosages range from 400 IU daily for infants to 5000 IU daily for adults.

By integrating these natural remedies and supplements, you can effectively manage your child's allergy symptoms and enhance their overall well-being. For personalized advice, consult with a healthcare provider.