“Holy Hay Fever! I Can’t Stop Sneezing!” Two Remedies to Put a Stop to It



PUT DOWN the Zyrtec!

THROW AWAY the Claritin!

STOP slamming your sinuses into submission with Flonase!

There IS another way…

Consider Olive. Olive is a young mother of two who wants nothing more than to share her love of nature with her kids but suffers from hay fever and pollen allergies so badly that she must lock herself inside the house for most of the spring.

- Olive’s eyes water so much that her mascara wears off 15-minutes after applying it.

- She sneezes so much that it has startled her children on more than one occasion.

At a loss, Olive does what most people have been trained to do for most of their lives: she turns to the ever-popular, over-the-counter (OTC) allergy drugs Zyrtec and Flonase: two pharmaceuticals designed to dry you up from the inside out.

Everyone uses them. So much so, in fact, that you no longer need a prescription from a medical doctor to obtain either medicine, hence the term "OTC."

(That, my friends, is the first indication that they should **NOT** be considered when looking to treat seasonal allergies!)

Olive takes the drugs as directed, and her symptoms appear to show some improvement, so long as she takes the drugs daily and on schedule.

However, instead of sneezing and lacrimation (the excessive secretion of tears), she now suffers from irrepressible fatigue, constipation and nosebleeds.

When she *can* muster the energy to take her children, aged 2 and 4, outside to play, it's not long before she feels blood trickling from her nose down to the bodice of her shirt.

Dizziness, drowsiness, nosebleeds, nausea and constipation – the side effects of these over-the-counter allergy drugs make the hay fever worth it!

Olive can't help but think, "For crying out loud … now what?!"

Nonetheless, she continues to take the drugs.

Why? Because it's all she knows. Just like most of the general population, it's what she's been told to do by doctors, billboards, magazine advertisements and

commercials,

A month later, whatever initiated her trouble in the first place has stopped causing any major symptoms, and she's become a bit more comfortable. As a result, she stops taking the stuff.

But wait … not so fast. She still has her fall allergies to look forward to.

Olive's husband voices that it seems as if her allergies have continued to advance, becoming more severe as each year passes. Olive can't disagree because she knows it's the truth, which begs the question: Where does she go from here?

I'm here to tell you what Olive *could* have done instead of relying on these popular over-the-counter meds:

(Please, if you know someone like Olive, share this invaluable information with them to ensure they don't suffer the same way she did.)

- Instead of Zyrtec or Flonase, Olive could have considered the gentle medicine, ***Galphimia* 30**.

Extracted from a small evergreen shrub found in Central America, ***Galphimia* 30** is one of the first medicines to consider when suffering from spasmodic sneezing caused by hay fever.

This medicine provides relief *without the burdensome side effects* from chemically synthesized pharmaceuticals.

- Another choice Olive could have made for hay fever relief is ***Ambrosia* 30**.

***Ambrosia* 30** is best employed when there's lacrimation coupled with intolerably itchy eyelids (much like Olive was

experiencing.)

This remedy could have been started when her nose and head felt like they were about to explode, despite her nose expelling a clear, watery discharge.

Certainly, these are not the only homeopathic options to consider when suffering from acute hay fever, but they're a good start.

Meanwhile, one of the best ways to *root out* this spring spoiler is to employ ***Calc carb* 200**, taken every other day. I have used this wonder medicine through the years for overall immunity. But it wasn't until I worked with the Banerjis that I began using it in this particular fashion (every other day for several months.)

It is initially slow in action, but over a period of roughly a year, I can attest that my own general allergies improved by as much as 50%.

What's even better is the side hay fever relief. Or should I say the absolute *lack* of them, because guess what? Homeopathy doesn't have 'em.

Goodbye hay fever; hello nature!

If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: "There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction." I lived decades living in a bubble, dealing with my allergies. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So I kept searching until I found the thing that changed my life forever: homeopathy. Want to learn the same homeopathic steps I took to clear myself of allergies? Learn them today and use them tonight with my newest course: Allergic: http://allergies.joettecalabrese.com/aller-

gic/ and download a free infographic to start learning what remedies could help uproot your allergies.

