Spring Has Sprung. Allergies Have Attacked.



It's that time of year again – the time for seasonal allergies. Sometimes, it feels like Groundhog Day when it comes to allergies. <Ah-choo!> Lather, rinse, repeat, repeat, repeat …

Well, you get my point.

This isn't our first rodeo with seasonal allergies

I've written about allergies in my blog posts many times before:

"Holy Hay Fever! I Can't Stop Sneezing!" Two Remedies to Put a Stop to It from 2015
Break Out of Prison from 2017

Outdoor Allergies from 2021
Allergy Season? Meet Homeopathy from 2023

However, I don't think we can ever cover this topic enough because seasonal allergies affect many different people in many different ways. Plus, you have been doing such a great job of passing on the good news about homeopathy that I have a lot of new readers here on my website now. Many are just getting started with homeopathy, and their watery eyes deserve some relief, too.

Addressing seasonal allergies can often seem complex – and sometimes, it actually is – yet we can make it more straightforward with Practical Homeopathy®. Indeed, you can find a lot of free information I've dispensed regarding allergies on my various sites.

Then there's my Monday Night Live on seasonal allergies

Plus, you may have heard that I recently devoted one of my Monday Night Lives to the topic. You can find it on YouTube, or if you're a Mighty Member, you can watch it within your private, secure website* to hear the questions and answers from the additional exclusive time we spent together after the public left.

In it, however, I mentioned that, generally, if the hay fever is truly only seasonal – say, only two weeks in the spring, and there are no other allergies all year round – then *Calc carb, for example,* might not be a consideration. *Calc carb* is called upon more often for folks with chronic allergies involving several year-round triggers: feathers, dust, wool, dog fur, pollen, mold, shrimp, dairy, etc., etc.

If nothing bothers the sufferer all year long, *except* for the few weeks in spring that we're entering now, then several other medicines might be better suited to address that acute suffering.

Combination medicines for seasonal allergies

For instance, many homeopathic manufacturing pharmacies create combination remedies for this acute time of year. I discuss several of them in the March 23 Monday Night Live I referenced, including one brand tailored to specific geographic zones, targeting each area's unique pollen.

Most often, we can turn to Boiron's AllergyCalm® *(formerly RhinAllergy® or Sabadil)*. The beautiful thing about Boiron's combination medicines is that they are readily accessible through local drug and health food stores, Sprouts, Wegman's, Walgreens, and even the ubiquitous Walmart. So, you don't have to wait for an order to come in the mail.



You'll notice on the back of the box that AllergyCalm contains several of the most applicable homeopathic medicines for seasonal allergies, addressing the most common symptoms suffered right now: runny nose, burning eyes, cough, itchy throat and nasal discharge.

While I would never suggest that a layperson gather up a fistful of single homeopathic remedies to use simultaneously, we can trust that Boiron knows exactly which combination of medicines (and their most appropriate potencies when combined)

to effectively counter the pollen and allergens flying around us in spring.

Additionally, the list of medicines on the back of the box is a great tool for learning which medicines are effective at alleviating specific symptoms in our individual cases.

For instance, let's say a sufferer finds that AllergyCalm works like gangbusters on all their symptoms this spring. Then, next spring, they experience only one symptom during the pollen season: a runny nose. Perhaps all they would need next year is the *Allium cepa* that successfully counteracted their runny nose.

In fact, that's a staple of Practical Homeopathy® for nasal allergies, which I have espoused before. When used alone as a single remedy, consider *Allium cepa* 30C, twice daily, until very much better.

Escape allergies and get your life back

But, my friend, if allergies –chronic or acute – plague you or your family for more than just a few days in the spring, I encourage you to take a deep dive into the topic with my course, Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back.

Gain understanding of not only which medicines are most appropriate for which symptoms but also how to manage a case (meaning what to look for as you employ a particular medicine and how to make the decision to continue, stop or pivot to another medicine). Freeing yourself or your loved ones from allergic reactions is heroic work, but it often requires more education.

While you're considering the course, download a free infographic containing helpful hints on the most commonly used medicines for allergies.

A success story: Prevailing over allergies with Practical Homeopathy®

Need a little additional motivation? I received this unsolicited testimonial from a student of the Allergic?! course:

"I wanted to thank you. I took your allergy class. My son has had terrible hayfever/allergies for years. They were so terrible that he was in the bed 1-2 days almost every week. He missed multiple classes, parties, get togethers, etc.

"We tried ALL the OTC meds. We were very concerned about how he would be able to work or attend school. I don't know why I didn't think to use homeopathy (we had fantastic results with his eczema years ago).

"A year ago I started him on Calcarea carbonica 200c every other day. I can count on one hand the number of "allergy attacks" he has had since, and they were very mild. He only takes the Calc carb occasionally now. This has been life-changing! Thank you thank you thank you!"

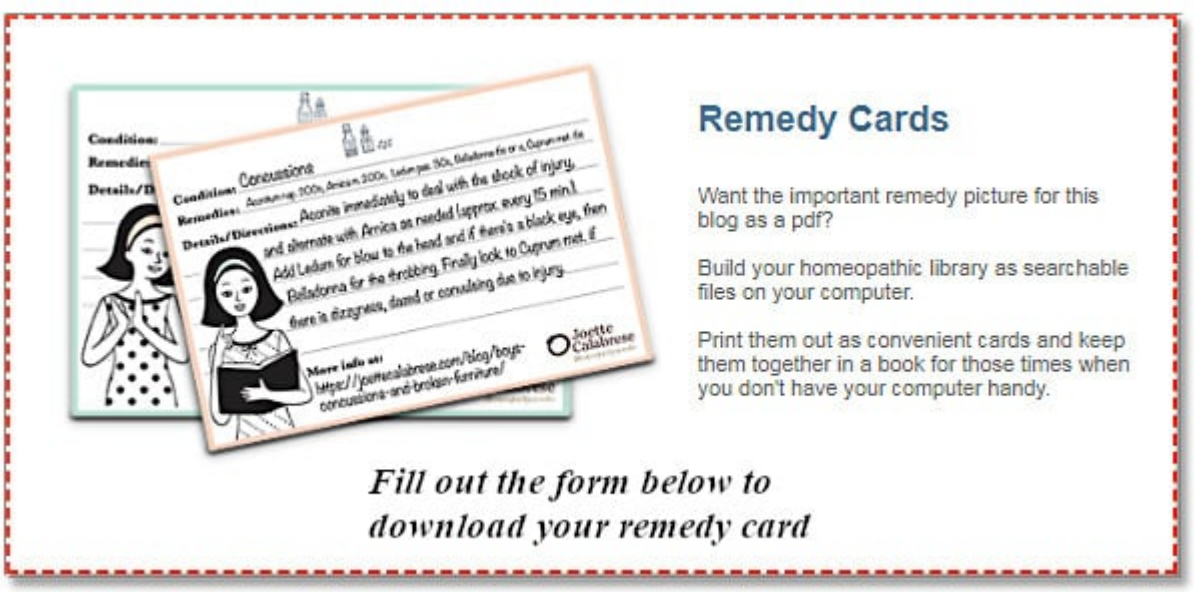
That's the kind of news that makes me hop out of bed in the morning, eager to share more about homeopathy! A few days ago, I shared another unsolicited testimonial – a different kind of spring success story – in my last Memo to Mighty Members #306* (my extra weekly blog post exclusively available to Joette's Mighty Members). Join us now so you won't feel left out.

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Warmly,

P.S. And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

*You must be logged into your Mighty Member account for protected links to take you directly to the offering.
** Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



04.12.26 Spring allergies: runny, burning nose with a watery dischar
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