

It's Fall. Allergies Are Back!



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I suppose you might say I've been on a theme lately: yard work.

Do you remember our imaginary friend from last Sunday's blog post? [Dear John](#) was hit by a postal truck as he was mowing the lawn.

After spending a few days thinking about John's dilemma, I then shared a clever lawn care solution with my [Mighty Members](#).

Now, as I'm writing today, I still can't get end-of-summer yard work out of my head! And what comes along with yard work?

Yep. Allergies.

Seasonal allergies don't only occur in the spring. Many people experience much worse symptoms in the fall.

So, with those folks in mind, here's a link to a product we haven't discussed before: [Allergena™](#).

Allergena offers allergy relief in a range of customized products, each formulated with ingredients representing the most prevalent outdoor allergens – each carefully curated and homeopathically prepared – from nine specific geographical zones across the United States. Customers purchase the appropriate product according to where they live.

If a person lives in Florida, the offending grasses, flowers and trees are obviously not the same as if they lived in, say, Oregon. So, Floridians would purchase Zone 2, and Oregonians would order Zone 8. There's a handy [chart](#) right on their site to determine in which zone you reside.

Now, even though Allergena does contain homeopathic medicines, Allergena is not *strictly* homeopathic. It also utilizes isopathy.

Isopathy subscribes to the principle “exact cures exact.” In other words, the actual gross substances that are causing the allergic reactions are employed.

On the other hand, homeopathy means “similar suffering” – remember, “like cures like.”

What do I mean?

Well, I often use the example of *Rhus tox*, a homeopathic medicine created from the poison ivy plant. If one were to use *Rhus tox* to address a bout of poison ivy, that would be isopathy – “exact cures exact.”

But in homeopathy (“like cures like”), the first choice is generally *not* homeopathic poison ivy (*Rhus tox*). Instead,

Anacardium orientale, a homeopathic medicine made from a type of cashew tree, is chosen because the symptoms it causes are *similar* to the symptoms typically seen in a reaction to poison ivy.

While I'm not advocating for Allergena as the perfect answer, it does appear to be a viable SOS to make the sufferer more comfortable. If it softens the symptoms, then that is undoubtedly worth it, in and of itself!

Permanently uprooting allergies with homeopathy should be our long-term goal. But uprooting any chronic condition takes time and, most importantly, education. That's why I created my course, [Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.](#)

Depending on the severity of the allergies, it may take up to a year to fully address them. So, why not take a two-pronged approach?

Allow Allergena from the appropriate zone to help now and, simultaneously, get to the bottom of the allergies by learning specific homeopathic medicines and practical protocols for the exact type of allergy you're dealing with. Win-win!

As an aside, I have no affiliation program with the manufacturer of this product. As with all of my blogs for the last 14 years, I teach you for the sake of teaching and getting the word out about homeopathy.

And while you're out doing your yard work with no sniffles or sneezes, pass on the good news of homeopathy to your neighbors!

Warmly,

joette

P.S. Remember – all of 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.



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