

Allergy Season? Meet Homeopathy



Enough with the pollen already!

It seems as though everywhere I look, there is a dusty film of yellow-green pollen on sidewalks, cars, balconies and windows. Heck, if I stood still long enough, the pollen would probably coat me!

I used to have severe hay fever that resulted in an allergic reaction causing itchy, watery eyes. If you've watched my videos for any length of time, you've probably witnessed my apologies for my swollen eyes.

However, as of late, I've not been experiencing those symptoms – at least not as consistently as I used to. It began when we moved to Florida. I believe homeopathy has *uprooted* my allergies to the point that I only suffer on a

very few days with an extremely high pollen count. Then with a mere dose or two of my chosen remedy, I'm good for months ... even a year! This is what I mean when I say homeopathy "uproots" the condition rather than temporarily suppressing the symptoms.

I bet you're wondering what I utilize, aren't you?

Well, I'll get to my favorite homeopathic medicine for allergic eyes in a moment. But first, I want to mention a few single medicines that have been shown to relieve allergy symptoms:

- [*Euphrasia officinalis*](#): abundant and irritating eye discharge
- [*Galphimia glauca*](#): itchy nose and sneezing due to hay fever
- [*Histaminum hydrochloricum*](#): allergy symptoms, including hay fever and hives

Keep in mind, those are just the top considerations. There are more. In fact, there are so many allergy-specific homeopathic medicines that I dedicated an entire course to the subject: [Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back.](#) If you or anyone you love has suffered from allergies, this course will be just the education you're looking for!



But if one is new to homeopathy, a solid place to start is with a combination remedy, such as [AllergyCalm™](#) (formerly RhinAllergy). Combination products contain a proprietary mixture of several of the most commonly called upon homeopathics, carefully curated by expert homeopathic pharmacists. They're also generally more accessible, carried by many drugstores and grocery chains.

Okay, now, back to your question. What did I use for my itchy, watery, swollen eyes when my allergies flared?

Well, in fact, I employed the first medicine on Boiron's list (above): [Euphrasia officinalis 30](#). *Euphrasia* is known as an eye-oriented medicine. However, it has also been shown to benefit the whole sinus system during bouts of hay fever,



including the nose and ears.

But for itchy, swollen eyes with profuse lachrimation? I immediately think of *Euphrasia*. If my symptoms were really severe, I might have used it two or three times a day. Once I saw a shift toward improvement, I would back off to utilizing it only once or twice daily. Then, as my symptoms would shift again to what we call “very much better,” I would halt the medication. Remember, homeopathy is medicine. We don’t take it willy-nilly; we only employ it when needed.

Symptoms are of utmost importance in homeopathy. They serve as signs ... reminders. When the symptoms no longer remind us that we need the medicine, we no longer utilize it! It’s as simple as that.

And if we see absolutely no improvement whatsoever, we also halt. No improvement at all – not even in the slightest – generally means we have chosen the wrong medicine for our condition. So, we pivot to another medicine.

Homeopathy triggers the body’s natural defenses to allergies, making it the optimal choice over antihistamines and decongestants of commerce, which suppress symptoms and may cause unintended consequences (drowsiness, dry mouth,

urinary suppression, headaches, etc.).

Let's add *Euphrasia officinalis* 30 to our kit of must-have homeopathic medicines. Then, when a loved one's eyes are red, watery and itchy, it will be easy to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Joette".

P.S. As a matter of course, I receive no affiliate commission for promoting Boiron products. Instead, if you use my name "Joette" at check out, you'll receive a discount.

P.P.S. Learn how to deal with allergies, sensitivities and intolerances of all kinds in my course, [Allergic?!](#) Yes, a course is an investment, but think of the money you'll save when you no longer have to stock up on over-the-counter drugs of commerce or expensive allergy shots. Perhaps it's time for some spring cleaning in your medicine cabinet!

And 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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