The Robins Are Back: Are Your Allergies, Too?



After such a long winter, I love that the robins have come back to my front yard. It’s only been a few weeks since they’ve arrived.

Their presence used to usher in the worst of my allergies. But not anymore!

I suffered from allergies

As a young woman, I suffered from allergies so debilitating that they kept me secluded indoors and sensitive to the world outside my door.

The more visits I made to the allergists; the more drugs I took; the worse I felt. I began to realize that it was best to avoid the allergist, not the allergens.

If you had told me years ago that I would someday no longer suffer from this, I would have told you that you were crazy. Until I was cured after consulting with a homeopath. Did you hear me? CURED!

Homeopathy looks at the entire person with the totality of their symptoms and offers an intelligent medicine that gets to the root of health problems in a reproducible way.

This means that not only were my allergy symptoms resolved but my migraines were too. And I’ve witnessed the same in

countless others.

You can see why it’s now my mission to spread the word to everyone.

Top Allergy Remedies

I’ve included a list of the topmost likely remedies to aid in springtime allergies. There are more and others for food allergies as well, but it’s best to consult with a qualified homeopath should you need to go further.

One of the following remedies can be chosen that most closely aligns with the predominant symptoms.

The usual method is one dose three times a day for two days or so. Once improvement sets in, it’s always best to stop for a while and resume if the symptoms do. Read each of the following remedies before choosing.

Sabadilla 30

This is my all-time favorite remedy for sinus and especially nose symptoms. It will likely help in other areas as well, but if the nose is affected, this is probably a good choice.

There may be much discharge, but it does not burn. However, the nose may be itchy with frequent sneezing. Being outdoors in the open air actually improves the symptoms. If no other remedy seems to fit your symptoms well, start with *Sabadilla.*

Allium cepa 30

This remedy is made from the onion, and its origins can help us remember its confirmatory symptoms. Just as cutting an onion makes your eyes and nose burn and water, so, this remedy can be used for copious burning discharge.

Wyethia 30

Plagued with a peculiar sensation of a tickle in the back of the throat or nose? The sufferer is tormented by this intense itching that can’t be reached. Additionally, the nose and throat usually feel dry and scratchy in contrast to the constant dripping of *Sabadilla.*

Cod Liver Oil and Sunshine

Vitamin D is an important factor when dealing with allergies. I’m not a proponent of taking vitamins because I don’t trust the synthetic versions, and the natural ones have been too often tinkered with. Getting your vitamins via superfoods and the sun is the way nature intended.

So, no to synthetic vitamin D, and yes to cod liver oil and sunbathing.

Homeopathy offers no side effects, is inexpensive and effective and, the best part is that it offers health autonomy.

Learn to do it yourself.

The sense of well-being and accomplishment is unmatched.

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 with my newest course, Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back:

http://allergies.joettecalabrese.com/allergic/

Download a free infographic and start learning what remedies could help uproot your allergies.

