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Have you tried a Naturopathic Approach to your Allergies?

A: When you have an allergy, your body responds inappropriately to one or more substances in your environment – usually in the air or in your food – which most people do not have a reaction to. This causes an immune response that can fall on a continuum from itchy and watery eyes, stuffy sinuses, post nasal drip, sneezing, itchy hives on your skin, diarrhea, to blocked respiratory passages that decrease your ability to breathe. These inappropriate responses can lead to more chronic conditions such as migraines, eczema, chronic diarrhea, chronic ear infections, trouble concentrating and asthma.

There are many naturopathic treatments available to prevent your allergies from flaring up in the first place by strengthening your individual immune system and to deal with symptoms in acute episodes of allergies. Your Naturopathic Doctor is trained to take a full body approach to health. The goal of Naturopathic Medicine and allergy treatment is to assess and support the immune system and strengthen the entire body to respond more appropriately to the environment. A combination of herbs, vitamins and acupuncture work well to help heal and strengthen the body. As always, your allergies are individual to you so it is important that your treatment is tailored to you and your specific allergy reactions

Mary MacDonald is a Naturopathic Doctor working in Milton. Her focus is family medicine and her goal is to help all members of the community attain optimal health! For more information on Mary, contact her at the Holly Naturopathic Clinic: 905-878-9001, email her at: marymacdonald@gmail.com or check out her website at: www.marymacdonaldnd.ca