

MARCH 2020

remedies[®] for LIFE

herbs for allergies

Detox for a Fresh Start
Probiotics 101
Mushrooms' healing powers



page
18

breathe better
with herbs



STINGING NETTLE

spring allergy relief

natural remedies to ease seasonal allergy symptoms

The reemergence of buds, blooms, and green grass brings joy to many people in spring. But for others—one in five Americans—these harbingers of a new season mark the beginning of the suffering known as allergic rhinitis or hay fever.

If your immune system goes haywire when exposed to pollen and other nonthreatening allergens, consider these helpful herbs. Your swollen eyes, runny nose, muddled mind, and sore throat will thank you.

Herbal helpers

Stinging nettle (*Urtica dioica*) acts as a mild antihistamine, reducing inflammation. It's available as a supplement or liquid extract (tincture) and is often combined with other anti-allergy herbs.

Because it blooms at the same time as ragweed, **goldenrod** (*Solidago* spp.) is frequently, but incorrectly, blamed for causing allergy symptoms. Goldenrod helps to drain sinus congestion and thin mucus. This is another antihistamine herb that blends well with nettle. Goldenrod can be taken as a tincture or brewed as a tea.

Petadolex is an extract of butterbur (*Petasites hybridus*) that has had the liver-toxic pyrrolizidine alkaloids removed. "In clinical studies, it performed as well as Zyrtec and Allegra, without drowsy side effects," said clinical herbalist Maria Noel Groves.

Ginkgo (*Ginkgo biloba*), one of the oldest and longest-living tree species on Earth, has been used in Chinese herbal medicine for more than 5,000 years. This anti-inflammatory herb may help relieve coughs and allergy symptoms.

Be proactive with probiotics

Taking probiotics before allergy season may reduce suffering. Adults who received a probiotic-rich fermented milk product prior to exposure to grass pollen showed significantly fewer allergy symptoms.

Eating fermented foods like sauerkraut may also help your immune system be less reactive to allergens. But be aware that "1 percent of the population may find that fermented foods actually aggravate an underlying histamine intolerance," said Groves.

Alternative therapies

Moistening the nasal passages with sprays or washes can provide relief. Saline sprays or xylitol sprays help to liquefy secretions, eliminating buildup. They'll also reduce inflammation, decrease postnasal drip, and flush mucus and allergens from your nose.

Using a neti pot can bring about the same effects. Herbs that help with removing excess mucus—**barberry** (*Berberis* spp.), **Oregon grape root** (*Mahonia* spp.), **goldenseal** (*Hydrastis canadensis*), and **coptis** (*Coptis* spp.) can be added to a neti wash to fight sinusitis and sinus infections, according to Groves.

"For allergic rhinitis, consider a special acupressure technique called NAET," recommended Jacob Teitelbaum, MD, a board-certified internist and author of the popular free iPhone application "Cures A-Z." "It eliminated my decades-long hay fever in 20 minutes!" To learn more, visit www.naet.com. ❁

—remedies staff

SELECTED SOURCES *Body into Balance* by Maria Noel Groves (\$24.95, Storey, 2016) ●
"Complementary therapies in allergic rhinitis" by I. Sayin et al., *ISRN Allergy*, 11/13 ●
"Dear allergy sufferers: Don't blame goldenrod" by Tom Oder, Mother Nature Network, www.mnn.com, 9/29/14 ● "Effect of *Lactobacillus Paracasei* ST11 on a nasal provocation test with grass pollen in allergic rhinitis" by J. Wassenberg et al., *Clin Exp Allergy*, 4/11 ●
"Histamine hack: How to safely eat fermented foods," <https://BodyEcology.com> ●
"Nettle extract (*Urtica dioica*) affects key receptors and enzymes associated with allergic rhinitis" by B. Roschek Jr. et al., *Phytotherapy Research*, 1/12/09



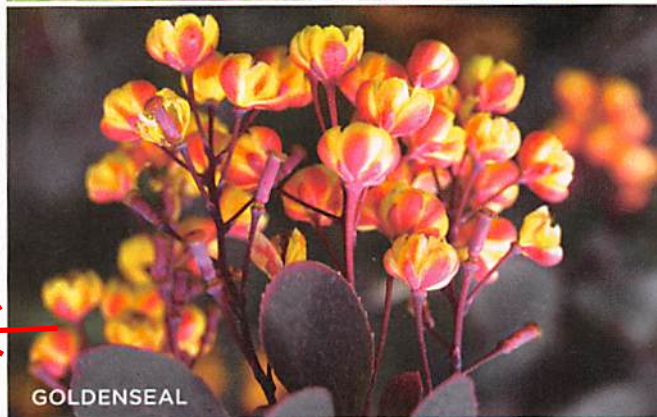
GOLDENROD



GINKGO



BUTTERBUR



GOLDENSEAL



BARBERRY