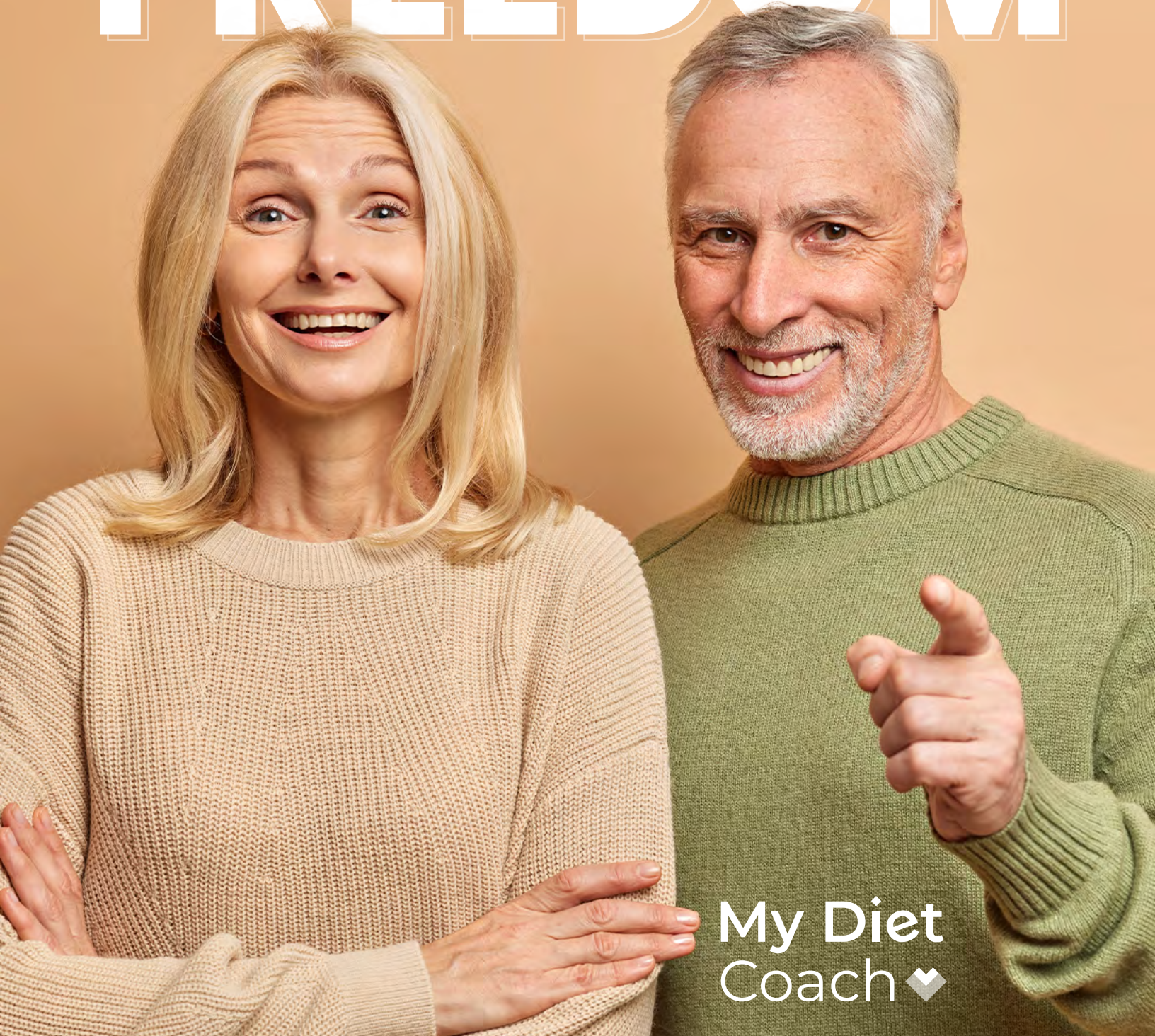


DRUG FREEDOM



My Diet
Coach ♡

Eliminate the cost and side effects of prescription drug forever!

TABLE OF CONTENTS

Chapter 1: Introduction	03
Chapter 2: Drugs Are Bad	05
Chapter 3: Diet	08
Chapter 4: Natural Alternatives	10

CHAPTER 1:

Introduction

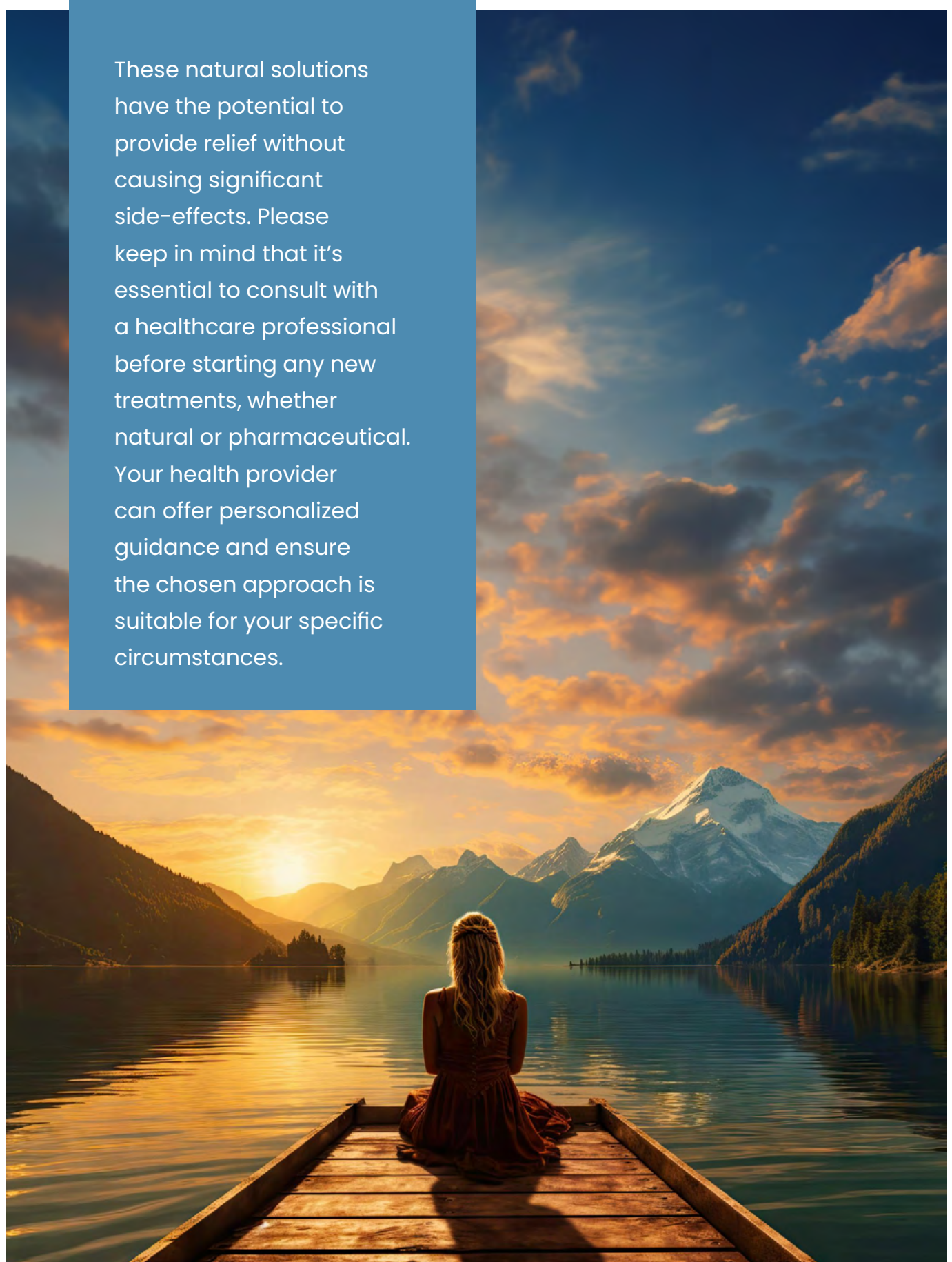
I assume that you have chosen to read this book because you are seeking natural alternative solutions for specific health problems or health-related issues. I am pleased to inform you that you are making progress toward discovering the right natural remedies for yourself. Have you ever relaxed and watched your favorite TV show in the evening, only to be puzzled by commercials promoting new drugs with extensive lists of possible side-effects, ranging from mild to life-threatening? It can be challenging to believe that the benefits of taking these medications outweigh the potential drawbacks.



Although prescription drugs can be beneficial and even life-saving in certain situations, many times, we are prescribed medications for conditions that could be effectively managed with natural remedies that are less harmful or have minimal side-effects. Natural remedies often present a safer option, with reduced risk of new complications or significant health hazards.

The information within this book will offer you a wide array of options to treat some of the most common health problems and diseases faced by numerous individuals.

These natural solutions have the potential to provide relief without causing significant side-effects. Please keep in mind that it's essential to consult with a healthcare professional before starting any new treatments, whether natural or pharmaceutical. Your health provider can offer personalized guidance and ensure the chosen approach is suitable for your specific circumstances.



CHAPTER 2:

Drugs Are Bad

Annually, Americans spend nearly \$200 billion on prescription drugs alone, excluding over-the-counter medication purchases, which highlights the significant financial burden associated with pharmaceuticals within the United States. The global numbers, considering a much larger population and varying healthcare practices worldwide, are likely to be even more staggering.

Unfortunately, a concerning trend among some doctors is the adoption of a “pop-a-pill and you will get better” approach. This mentality has become customary in some cases, leading to over prescribing and mis prescribing medications. Regrettably, this has resulted in an astonishing

160,000 deaths each year due to adverse reactions from medications, and approximately one million individuals are hospitalized with prescription drug-related injuries. Additionally, thousands of people have become dependent and addicted to prescription medications, resulting in unfortunate cases of overdose and fatality.



It is crucial to address these issues and work towards a more balanced and cautious approach to healthcare. Encouraging healthcare professionals to consider alternative treatments, promote patient education, and explore natural remedies when suitable can play a significant role in reducing the risks associated with medication use.

Furthermore, focusing on preventive care, lifestyle changes, and overall well-being can potentially alleviate the need for excessive reliance on prescription drugs. By prioritizing patient safety and informed decision-making, we can strive to improve healthcare practices and outcomes for people around the world.

The Big Misconception

Over-the-counter drugs are mistakenly considered entirely safe, but they can have adverse effects. In the US, around 16,000 people die annually due to reactions from over-the-counter NSAIDs like ibuprofen, causing gastrointestinal, kidney, and cardiovascular issues. Caution and informed use are essential.

Elderly individuals are not immune to the toxicity of pharmaceutical drugs. As people age, their kidneys and liver process medications less efficiently, leading to stronger and longer-lasting drug effects, which can increase the likelihood of adverse and potentially fatal reactions.

Here are some drugs that the FDA has taken actions against due to safety concerns:

1. In 2007, the FDA alerted doctors about reports of sudden hearing loss with erectile dysfunction drugs like Viagra, Levitra, and Cialis.
2. The FDA requested updated warning labels in 2007 for heart failure risks associated with medications like Avandia, Actos, Avandamet, and Duetact used to treat Type 2 Diabetes.
3. Zelnorm, used for irritable bowel syndrome and constipation, was removed from the market in 2007 due to serious cardiovascular issues, including unstable angina, stroke, and heart attack.

4. In 2006, black box warnings were required for ADHD medications like Ritalin and Adderall, warning of increased risk of cardiovascular problems.
5. In 2006, black box warnings were required for the topical eczema treatments Elidel and Protopic due to a higher risk of developing lymphoma and skin cancer.
6. In 2000, Phenylpropanolamine, found in cough and cold medicines, nasal decongestants, appetite suppressants, and weight-loss products, was removed from the market due to the risk of hemorrhagic stroke.
7. Cisapride, used to treat acid reflux, was removed from the market in 2000 due to the potential for severe irregular heart rhythms and cardiac arrest.

These examples illustrate that even FDA-approved medications can pose significant health risks, highlighting the importance of being cautious and well-informed when using pharmaceutical drugs, particularly for older individuals. Regular communication with healthcare providers is crucial to ensure safe medication management for the elderly population.

Pharmaceuticals play a vital role in healthcare for certain conditions, but many drugs have been altered or removed due to serious side-effects. It's crucial to use natural alternatives when possible for better overall health and well-being. Finding the right balance between pharmaceuticals and natural remedies is key to optimizing healthcare choices.



CHAPTER 3:

Diet

A well-balanced diet plays a crucial role in maintaining overall health, especially when complementing naturopathic treatments for various diseases and disorders. Consistently consuming processed foods, high-fat items, refined sugars, and foods with preservatives can lead to an array of health problems.

Unhealthy diets lack the essential vitamins, minerals, and nutrients that our bodies require to function properly. This deficiency can lead to severe health consequences, including loss of bone mass, reduced lean body tissue, cardiovascular diseases, impaired kidney function, dehydration, gastrointestinal issues, weakened immune system, susceptibility to infections, and even psychological disorders.



In contrast, following a “whole-food plant-based diet” centered around fresh fruits and vegetables provides numerous health benefits. This diet contains less fat and fewer toxins than one with significant meat consumption. Animals often ingest toxic chemicals from herbicides and pesticides, which accumulate in their fatty tissues. When consumed, these toxins can be transferred to humans, potentially causing harm.

Fruits, vegetables, and plants are rich in essential vitamins, minerals, and fiber. They act like sponges, absorbing toxins that might be precursors to certain diseases, helping to promote better health.

While occasional indulgence is acceptable, making a dedicated effort to primarily eat a healthy diet is essential. Prioritizing nutritious food choices over unhealthy ones, such as burgers and fries, is vital for safeguarding our health and overall well-being.



CHAPTER 4:

Natural Alternatives

Introduction

The popularity of naturopathic medicine has been steadily increasing, and it's easy to understand why. Approximately 80% of the world's population relies on natural medicines, including plants, as their primary form of healthcare. These natural treatments and therapies have been successfully used for centuries across diverse cultures worldwide. Before the rise of pharmaceutical companies, medicine was often derived from fruits, vegetables, herbs, plants, and oils found in nature.



Natural medicine offers a wide range of healing and management therapies for various ailments. When choosing natural alternative treatments, it is essential to recognize that maintaining a healthy diet and engaging in regular exercise are integral components that complement and support natural remedies. Emphasizing a holistic approach, where diet, exercise, and natural alternatives work together, is crucial for effectively managing and treating various conditions and diseases.

ACNE DRUG ALTERNATIVES

What is Acne?

While acne is typically associated with teenagers, it can also affect adults in their 30s, 40s, and beyond. Acne has one or both of the following causes:

An excess accumulation of toxins in the body: Acne can serve as a protective mechanism for your vital organs. Toxins and waste products are deposited in the sebaceous glands (oil glands), leading to clogging and subsequent enlargement.

Another cause of acne is the overproduction of oils due to increased hormone levels, which become trapped in the pores and can develop into whiteheads or blackheads.

At times, the trapped oils may become infected, leading to the formation of large, painful, cyst-like bumps. Commonly affected areas include the face, neck, chest, shoulders, and back, as they have a high concentration of sebaceous glands.

The severity of acne varies significantly from person to person, ranging from mild to severe. While acne itself is not physically harmful, its unsightly appearance and scarring can have a profound impact on one's emotional well-being, leading to emotional trauma.



The True Cause of Acne

Overactive oil glands, clogged skin pores, bacterial presence, hormonal influences, and an unhealthy diet are the primary physiological factors contributing to acne development. To achieve clear skin, it is essential to address the root causes of acne.

Overactive Oil Glands

The Sebaceous glands, also known as oil glands, generate a substance called sebum. Sebum is an oily secretion that serves to lubricate hair follicles and the surrounding skin. However, excessive production of sebum triggers an inflammatory response in the body, ultimately leading to the development of acne. Hormonal shifts, stress, and puberty can all contribute to increased sebum production, resulting in what we commonly refer to as “pimples.”

Blocked Pores

When oil is unable to flow freely through the follicular canal and exit the pore due to blockage, it becomes trapped and accumulates inside the pore. This blockage occurs when skin cells shed but gather together at the pore instead of shedding off naturally. Individuals experiencing acne-related issues (change words) are more susceptible to such blockages and the subsequent development of acne.

Individuals suffering from acne



often have a tendency to generate an excess of dead skin cells that they struggle to shed efficiently. As a consequence, this accumulation of dead skin cells can lead to the formation of either whiteheads or blackheads.

Inflammation

Acne is the body's natural immune response to eliminate bacteria or substances present in the pores. The resulting inflammation is characterized by redness, swelling, and tenderness upon touch. In some cases, the infection and inflammation can lead to deeper issues, resulting in pustules, nodules, or cysts.

Various factors, such as oil-based cosmetics, comedogenic (blackhead-producing) skin or haircare products, nutritional deficiencies, certain medications like steroids or estrogen drugs, and friction or pressure from clothing, helmets, phones, etc., can stimulate and exacerbate the formation of infected and/or inflamed cysts. It is also believed that individuals with certain food sensitivities may be susceptible to these effects.



Diet

A common misconception about acne is that it is unrelated to diet, but this belief is far from the truth. Skin health is affected by toxins and nourishment from food. Toxins include by-products of normal biological activity and chemicals ingested from our diet or the environment.

An excessive intake of bacteria, animal proteins, and animal fats can lead to acne flare-ups. Regular consumption of milk is known to trigger acne, while soda pop can promote bacterial growth and worsen acne symptoms.

Our skin reflects how well our body receives nutrients and eliminates waste. Consistently consuming a diet rich in greasy burgers, fries, pizza, or sugar-filled treats like cookies, cakes, and ice-cream can lead to frequent and unsightly acne breakouts. Prioritizing a healthy diet is crucial for maintaining clear and vibrant skin.

Popular Drugs and Their Side Effects

Numerous medications available today claim to resolve acne issues, ranging from topical creams to prescription drugs. However, opting for these solutions comes with the risk of experiencing a wide array of side effects, varying from mild to severe, and potentially life threatening.

Below, you will find some of the widely used acne drugs currently on the market, along with a compilation of their side effects.

Benzoyl Peroxide

Benzoyl peroxide is a widely used aid in treating mild forms of acne. Some minor side effects that may occur when using this medication include dryness, stinging, and peeling of the skin. However, more serious symptoms like redness, rash, or skin discoloration should be promptly addressed. It is essential to be cautious with sun exposure while using benzoyl peroxide, as it can increase skin sensitivity to sunlight. Avoiding prolonged sun exposure and tanning beds is advised.

Furthermore, it is not recommended to apply this treatment on dry, chapped, sunburned, or irritated skin, as studies indicate that using benzoyl peroxide on damaged skin can accelerate the development of skin cancer.

Care should be taken to avoid contact with wounds, eyes, mouth, and mucous membranes when using this medication.



Note: As with any medications, it's best to consult your doctor to discuss the possible risks of using benzoyl peroxide if you are pregnant or lactating.

Salicylic Acid

Salicylic acid is another prevalent over-the-counter topical remedy used for mild acne cases. When using salicylic acid, you may experience common side effects like burning, dryness, itching, stinging, peeling, irritation, and redness. Less common but more severe side effects may include allergic reactions or intense skin irritation.

As with benzoyl peroxide, it is crucial to avoid contact with mucous membranes, and refrain from using salicylic acid on sunburned, wind-burned, dry, chapped, broken, or irritated skin. Taking these precautions will help ensure safe and effective use of the medication.

Topical and Oral Antibiotics

These medications function by inhibiting bacterial growth in individuals with moderate to severe acne. However, treatment usually spans approximately 6 months, and like other antibiotics, the body may develop resistance over time, necessitating a switch to alternative antibiotics or treatments.

The following frequently prescribed topical and oral antibiotics come with numerous side-effects, and they may also pose significant health risks and potential problems:

Topical

- ▶ Erythromycin
- ▶ Clindamycin
- ▶ Erythromycin and Benzoyl Peroxide
- ▶ Clindamycin and Benzoyl Peroxide

Oral

- ▶ Erythromycin
- ▶ Tetracycline

The most common side-effects when using a topical antibiotic are comparable to your over-the-counter meds which include:

- ▶ Burning
- ▶ Redness
- ▶ Itching
- ▶ Increased oiliness
- ▶ Dryness
- ▶ Peeling

Should an oral antibiotic be used, the following common side-effects can be expected to occur:

- ▶ Dizziness
- ▶ Diarrhea
- ▶ Nausea
- ▶ Loss of appetite
- ▶ Vomiting
- ▶ Abdominal pain

Less commonly, the use of tetracycline has been associated with blurred vision and photosensitivity. Hence, it is essential to avoid sun exposure, whether outdoors or in a tanning bed.



In addition to these side-effects, there are more serious ones linked to oral antibiotics that may necessitate medical attention, such as:

Severe allergic reaction (difficulty breathing, swollen face, lips, or tongue)

- ▶ Bloody stools
- ▶ Red, swollen, or blistered skin
- ▶ Severe diarrhea
- ▶ Other infections
- ▶ Severe cramps or stomachpain
- ▶ Vaginal irritation or discharge
- ▶ Yellowing of the eyes or skin

Antibiotics carry the potential to cause a severe intestinal condition called pseudomembranous colitis, which may manifest during treatment or several weeks after its completion. Symptoms associated with this condition include persistent diarrhea, abdominal or stomach pain, and blood or mucus in the stool. Clyndamycin is particularly more associated with this condition compared to tetracycline, but it can occur with any antibiotic.



In rare cases, tetracycline and similar medications like doxycycline and minocycline have been linked to esophagitis and esophageal ulceration when taken in capsule or tablet form.

Additionally, erythromycin has been reported to be linked to cardiac ventricular arrhythmias and reversible hearing loss, especially in individuals with renal insufficiency or those taking high doses of the medication. Abnormal liver tests and hepatic dysfunction may also occur.

Furthermore, the use of antibiotics can lead to the overgrowth of the bacterial species known as candida in various areas of the body, including the digestive, respiratory, urinary, and vaginal regions. This overgrowth occurs because antibiotics destroy the friendly flora, also referred to as “good bacteria,” which normally helps keep yeast organisms in balance.

Microbial resistance to antibiotics is a significant concern arising from repeated antibiotic use.

Retinoids

Retinoids are a widely utilized acne treatment available in both topical and oral forms. They are derivatives of vitamin A, and when applied topically, they aid in accelerating skin cell turnover, facilitating the release of trapped material within the follicles. In oral form, retinoids work by reducing the sebum production by the oil glands.

Topical

- ▶ Tretinoin (Retin-A, Avita, Renova)
- ▶ Adapalene (Differin)
- ▶ Isotretinoin (Isotrex Gel)

Oral

- ▶ Isotretinoin (Accutane)

For topical retinoids, the following commonly reported side-effects have been documented:

- ▶ Stinging
- ▶ Sensation of warmth
- ▶ Dryness
- ▶ Scaling and redness Isotretinoin can cause:

- ▶ Dry nose
- ▶ Cracks in the corners of the mouth
- ▶ Nosebleeds
- ▶ Dry mouth
- ▶ Inflammation of the whites of the eyes
- ▶ Thinning hair
- ▶ Bone loss and joint aches



Less commonly reported side effects include skin infections, excessive peeling, hearing impairment, sun sensitivity, and hepatitis.

Notably, major human fetal abnormalities have been documented in women taking isotretinoin while pregnant, leading to an increased risk of miscarriage and premature births. Other potential side effects encompass severe allergic reactions, brain swelling, nausea, vomiting, headaches, and changes in vision. Isotretinoin usage can also lead to psychiatric problems such as hallucinations, depression, or suicidal behavior.

Natural Alternatives

Effectively managing or completely eliminating acne can be achieved using natural remedies that are gentle on the body. For some individuals, a simple change in diet habits can be enough to get rid of those unsightly blemishes. While others might require a more comprehensive approach, it is still entirely possible to achieve positive results.

Diet

As previously mentioned in the opening of this chapter, maintaining a diet abundant in fats, oils, and sugar can lead to problematic skin. The typical Western diet raises insulin levels, promoting skin inflammation, excessive oil and skin cell production in pores, and bacterial overgrowth, culminating in the development of acne.



To promote healthier skin, it is essential to reduce or eliminate processed and sugary foods from your diet. Opt for a whole food plant-based diet, prioritizing fresh and preferably organic fruits and vegetables. When consuming meats, choose hormone-free poultry, eggs, and red meats, as hormones present in such foods can significantly influence acne. Cow's milk is also known to worsen acne due to its hormone content, so consider alternatives like soy or almond-based milk.

Water of course, is essential as we know. It aids in detoxification and flushes out toxins that build up in our system that lead to a variety of ailments including acne. Start your day with a glass of water, continuing every two to three hours throughout the day including 10 minutes prior to a meal and in between your meals.

Stress-factor

Excessive stress and negative emotions not only affect our well-being but also have a significant impact on our appearance. When faced with high levels of stress, our bodies release chemicals known as "stress chemicals." These chemicals elevate the hormone cortisol, leading to increased oil production and acne formation. Engaging in relaxation or spiritual practices, such as meditation, yoga, prayer, or maintaining a daily journal, can be beneficial in calming the mind, managing stress levels, and

Tea Tree Oil

Tea tree oil, derived from the leaves of the Australian *melaleuca alternifolia* tree, has gained immense popularity as a natural remedy for promoting acne healing, repair, and prevention. This natural oil effectively reduces acne-related bacteria and other microbes associated with *acne vulgaris*. It is available in various forms, including topical cream, gel, oil, soap, or liquid. The efficacy of tea tree oil is comparable to that of benzoyl peroxide, making it an excellent option for treating mild to moderate acne



Guggul

Guggul, an herb native to India, has been traditionally used in the United States to lower cholesterol levels. Additionally, it has demonstrated significant effectiveness in treating cystic acne when taken in 25 mg doses, twice daily, over a period of three months. Research indicates that patients undergoing guggul sterone treatment respond better compared to those taking 500mg doses of tetracycline.

However, caution should be exercised when combining guggul with cholesterol-reducing medications, as interactions may occur. Rare side-effects of guggul intake may include stomach upset, diarrhea, or rash.

Vitamin A

Research indicates that individuals who do not respond to other natural acne treatments have found success in treating acne vulgaris by taking vitamin A in doses ranging from 100,000 to 150,000 IU, along with 800 IU of vitamin E daily, for a duration of three to five months.

However, it is essential to note that high doses of vitamin A are not advisable for women who plan to become pregnant, as it may lead to birth defects. Potential side-effects of high vitamin A intake may encompass joint pain, fatigue, headaches, and dry, cracked skin.



Note: Please remember, even taking high doses of natural remedies can pose risks. Ensure you speak with your doctor prior to treatment.



ALLERGY DRUG ALTERNATIVES

If you experience allergies, you are well aware of the nuisance they can be – a stuffy nose, watery and itchy eyes, sinus pressure, fatigue, headaches, sore throat, and uncontrollable sneezing bouts; the list seems endless. Allergies have become a prevalent issue, affecting approximately one out of five individuals. They arise from various factors, with some people suffering seasonally from grass, pollen, and tree allergies, which typically occur during the spring, summer, and fall months. Others may experience year-round allergies triggered by pet dander, dust, mites, or mold. Additionally, there are more severe types of allergies like asthma, which pose greater health risks.

Popular Drugs and Their Side Effects

While numerous drug therapies are effective in alleviating allergy symptoms, it is essential to acknowledge that many of these medications come with undesirable side-effects. Prolonged and repeated use of these drugs may potentially lead to additional health concerns

Antihistamines

- ▶ Brompheniramine (BroveX)
- ▶ Diphenhydramine Oral
- ▶ Chlorpheniramine (AllerMax, Benadryl)
- ▶ Carbinoxamine (Histex CT)
- ▶ Fexofenadine (Allegra)
- ▶ Cetirizine (Zyrtec)
- ▶ Loratadine (Claritin)
- ▶ Desloratadine (Clarinex)

Although these commonly prescribed medications effectively alleviate allergy symptoms and may provide relief, they come with an array of side-effects that might leave you feeling worse than before you started treatment:

- ▶ Drowsiness
- ▶ Headache
- ▶ Dizziness
- ▶ Loss of appetite
- ▶ Upset stomach
- ▶ Changes in vision
- ▶ Dry mouth, nose and eyes
- ▶ Irritability and restlessness or nervousness in children

Some of the more serious side-effects you may experience are:

- ▶ Breathing difficulties
- ▶ Difficulty urinating (anaphylaxis)
- ▶ Edema (fluid retention)
- ▶ Fast, heavy or irregular
- ▶ Jaundice heartbeat
- ▶ Anemia
- ▶ Ringing in the ears
- ▶ Seizures

Decongestants

- ▶ Actifed Allergy
- ▶ Dimetapp (Adult and pediatric)
- ▶ Dorcol Children's Decongestant
- ▶ Genaphed
- ▶ Pediacare Infants Decongestant

- ▶ Simply Stuffy
- ▶ Sinustop
- ▶ Sudafed Children's Non-drowsy
- ▶ Triaminic Allergy Congestion

Potential common side-effects of these decongestants include:

- ▶ Insomnia
- ▶ Nausea and upset stomach
- ▶ Headache
- ▶ Restlessness or nervousness
- ▶ Loss of appetite

The following list of serious side-effects that may occur with decongestants is much greater than the list of common side-effects, and include;

- ▶ Anxiety
- ▶ Pain or difficulty when urinating
- ▶ Fast or irregular heartbeat
- ▶ Insomnia including palpitations
- ▶ Tremors
- ▶ Increased blood pressure
- ▶ Vomiting
- ▶ Sweating
- ▶ Chest pain
- ▶ Bloody diarrhea
- ▶ Confusion
- ▶ Dizziness and fainting
- ▶ Confusion
- ▶ Hallucinations

- ▶ Numbness or tingling in hands and feet
- ▶ Rapid or troubled breathing Seizures (convulsions)
- ▶ Severe headache

Nasal Anticholinergics and Corticosteroids

- ▶ Ipratropium nasal (Atrovent nasal) and nasal spray (Nasacort HFA)
- ▶ Triamcinolone nasal inhalation (Nasacort AQ)
- ▶ Budesonide nasal inhaler (Rhinocort Aqua)
- ▶ Mometasone (Nasonex)
- ▶ Flunisolide nasal inhalation (Nasarel)
- ▶ Fluticasone nasal inhalation (Flonase)

While these nasal medications effectively relieve runny nose, decrease nasal congestion, and improve breathing, they come with a rather extensive list of side-effects, including:

- ▶ Cough
- ▶ Stuffy nose
- ▶ Dry mouth, metallic taste in the mouth
- ▶ Dizziness
- ▶ Headache
- ▶ Dry nose
- ▶ Respiratory tract infection
- ▶ Irritation
- ▶ Burning or itching in the nose
- ▶ Throat irritation

More severe side-effects that have been reported include:

- ▶ Blurred vision or other vision impairments
- ▶ Stomach pain
- ▶ Tiredness or weakness
- ▶ Dizziness or light-headedness
- ▶ Skin rash or hives
- ▶ Frequent nosebleeds
- ▶ Fungal infection of the mouth (thrush)
- ▶ Nausea or vomiting
- ▶ Swelling of the face, lips, or tongue

Research has shown that the use of steroid nasal medications heightens the likelihood of developing sinus fungal infections, also known as sinusitis. This occurs because nasal steroid sprays disrupt the balance of good bacteria in the nasal cavity, paving the way for infections.

Nasal Decongestants

- ▶ Oxymetazoline (Afrin)
- ▶ Phenylephrine nasal (Afrin Children's Pump Mist, Little Colds, Little Noses Gentle Formula, Rhinall, Vicks Sinex Ultra-Fine Mist)

Frequently reported side-effects include:

- ▶ Burning, stinging, dryness, or irritation of the nose

More severe side-effects are:

- ▶ Dizziness
- ▶ Irregular heartbeat, heart palpitations
- ▶ Fainting spells
- ▶ Difficulty breathing

- ▶ Chest pain
- ▶ Swelling inside the nose

Natural Alternatives

Diet

Surprisingly, cow's milk and gluten-containing products can exacerbate nasal congestion, so it's advisable to steer clear of them during allergy attacks. Additionally, ensure to stay well-hydrated by drinking plenty of water and herbal beverages. Drinking herbal teas like ginger and peppermint can be beneficial in maintaining clear sinuses. Employing a warm sinus irrigation rinse is an effective method for minimizing exposure to allergens and alleviating reactions.

Butterbur

Butterbur, a plant extract widely used in Europe to treat hay fever, can provide relief from allergic rhinitis symptoms. Taking a standardized extract containing 8 to 16 mg of petasine three to four times a day or a 50 mg dose of butterbur root extract twice daily can effectively alleviate symptoms.

For the majority of individuals, butterbur is well-tolerated, but it may occasionally cause digestive upset, headaches, fatigue, and itchy eyes.

Tinospora Cordifolia

Studies have demonstrated that this botanical extract effectively reduces symptoms of sneezing, nasal itching, and discharge with a dosage of 300 mg taken three times daily.

Quercetin

Quercetin, a potent antioxidant flavonoid found in fruits, vegetables, leaves, and grains, is known to be a highly effective natural remedy for alleviating allergy symptoms. It inhibits histamine release, helping to dry out mucous membranes and reduce inflammation in the nasal passage. Quercetin is also available in supplement form, and a recommended dosage of 500 to 1000 mg taken three times daily offers optimal relief.

A small number of patients have reported experiencing headaches and/or tingling sensations in the hands and feet.

Vitamin C

Vitamin C is a well-known immune system booster and has the added benefit of reducing histamine levels in the body while supporting the adrenal gland, responsible for producing allergy-fighting hormones. The recommended daily intake for vitamin C is typically around 2000mg.

During allergy season, you can consider increasing your daily intake of vitamin C by an additional 1000 to 2000 mg. To avoid potential side effects like diarrhea, it's best to spread the intake throughout the day, either by using time-release capsule supplements or by consuming vitamin C-rich fruits. If diarrhea occurs, discontinue the increased dosage until it subsides.



Stinging Nettle

For many years, naturopathic doctors have been utilizing this plant as an effective treatment for allergies. Stinging nettle has shown to alleviate sneezing and itching when taken in 300mg doses three times a day.

