



Article published on May 10th 2012 | [Health](#)

There are millions of people around the world who are suffering from allergies which weaken their health and make it difficult for them to carry on with routine lives. Statistics show the allergies rank 6th among all chronic diseases in the world. Even though conventional treatment methods have known to have shown positive effects in fighting a varied range of allergies, typically they also come with their own drawbacks in the form of side effects.

A large number of patients are considering alternative medicine routes such as naturopathy to ease the symptoms of their allergies and improve their health on the whole.

Benefits of Naturopathy to Help Ease Allergic Reactions & Symptoms

From the perspective of naturopathic experts, allergies are most often linked back to a weak immune system, digestive system or a weak adrenal. The use of natural and organic treatments and medicines help enhance these functions and consequently fight symptoms of allergy.

The core objective of naturopathy is to employ healing methods that are acquired from nature; and also by promoting healthy and natural living by instilling self-responsibility towards one's own health. These methods focus on enhancing the ability of your body to return to a state of perfect balance so that it is in the position to heal itself.

Your allergy treatment would quintessentially consist of a number of therapies which are designed with the help of a nutrition plan, changes in your lifestyle and the consumption of vitamins, minerals and other herbal products.

Recommended Naturopathy Medicines for Various Allergies

The following natural products are known to do wonders towards benefiting the health of a person who is suffering from allergies –

1. Dark green, leafy vegetables are a good source for Vitamin A.
2. Cabbage is known to help in the cleansing of the blood and it also expedites the production of antioxidants in your body. Garlic is also known to be an extremely powerful antioxidant.
3. Deep orange and yellow vegetables are a natural fighter for histamine since they are high in beta-carotene.
4. Beets and Onions are very high in Vitamin A, C. Beet also consists of magnesium and onions are great to drain mucous and loosen phlegm. Similarly, horseradish helps clear congested sinuses.

Making certain dietary changes to incorporate the foods mentioned above depending on your allergies and combining it with mind-body therapies such as yoga and meditation do wonders towards helping you cure your allergies. In addition to this, it is highly recommended that you consume a lot of water.

If you are seriously considering freeing yourself from your allergies in the long run, it is also recommended that you spend some time trying to identify foods which trigger your allergies. For example, Alcohol is known trigger migraines; caffeine is also known to trigger migraines and

encourage hay fever. Similarly, many people are allergic to dairy products, bananas, citrus fruits, food colourings, peanuts, wheat, and red meat.

Take the help of your naturopathy physician to identify these factors and revamp your lifestyle so that you can easily avoid them and consequently lead a healthy life.

Article Source:

<http://www.articleside.com/health-articles/fighting-allergies-with-naturopathy.htm> - [Article Side](#)

[Stella Richard](#) - About Author:

Join the a [Naturopathic Vancouver](#) program with Dr.Lederman and live a healthier and beautiful life.

Article Keywords:

Naturopathic Vancouver, Naturopathic Doctor Vancouver, weight loss vancouver

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!