

# SEASONAL ALLERGIES

For people who love the spring and summer outdoor life, but can't enjoy it because it leaves them stuffed up, puffed up, itchy, sneezing fatigued and frustrated!

*Is it ever possible to enjoy the warmer seasons without having to take anti-allergy drugs everyday just to manage?*

- You've tried everything: puffers, various antihistamines and the latest allergy medication.
- You use these medications before you go out, during a flare up or resort to taking pills every day "just in case".
- For hives and eczema; you've tried various lotions, no lotion and topical cortisone cream.
- You've tried cutting out dairy and wheat, avoiding the flowers, trees and animals which cause you the most suffering, even though you love these very things.

**Some of these strategies can be helpful, but not without side effects.** Antihistamines can leave you feeling drowsy and give rise to headaches. You might also dislike having to use anti-histamines everyday for three to five months of the year. Other strategies are confusing and cause more frustration because there is no rhyme or reason as to why you feel fine some days, while other days you suffer, despite what you eat or where you spend your time.

- These methods do NOT address the underlying cause of your allergies.
- What you really need to do for effective relief and resolution of your allergy symptoms is address the true causes of your allergies.

***My approach works really well and gives consistent, long lasting results because it concentrates on three key aspects of your physiological make-up, which give rise to allergies.***

## Immune System

- The immune system is made up of many cells, which aim to protect you from foreign substances.
- When in contact with a foreign substance the cells of the immune system release histamine.



- Some people develop an over-reactive immune response, where too much histamine is released and symptoms of hay fever, eczema, hives and asthma result.
- My approach will help you get clear on why your immune system is “hyper-sensitive” and treat it using safe, effective naturopathic therapy to bring a healthier balance to this important system.

## Digestive System

- Typically, people with environmental allergies have some degree of imbalance in their digestive systems.
- If there are foods in your diet, which your digestive system cannot fully break down or if there is low stomach acidity, deficient digestive enzyme function and microbial flora imbalances, the immune system will react to foreign proteins released from your gastro-intestinal system.
- This puts extra strain on the immune system, which is also monitoring foreign substances coming into the body in the form of dust, pollens and dander.
- In other words, the immune system is in a state of “information overload” under these circumstances and becomes hypersensitive releasing too much histamine, resulting in allergy symptoms.

## Adrenal Glands

- Allergies are related to abnormal adrenal gland function.
- Long-term stress, poor dietary habits and a go-go-go lifestyle can wreak havoc on the adrenal glands and leave adrenal hormone levels (cortisol) out of whack. This gives rise to all sorts of debilitating physical symptoms, the primary one being allergies, which typically worsen year after year.
- My approach works really well because it makes a clear diagnosis of adrenal dysfunction

and abnormal cortisol levels using specific clinical and laboratory testing.

- Treatment involves the use of safe, effective naturopathic therapy in order to re-establish balance in the adrenal system and reduce allergy susceptibility.

***By effectively addressing these three key elements of your physiology I will help you reduce your current allergies by more than 70% this season, without using suppressing medications such as; anti-histamines, puffers and steroid creams. By following naturopathic practices designed to treat allergies you can become completely allergy free by next season and for all the seasons thereafter.***



Heidi McGill is a registered doctor of naturopathic medicine. She has helped dozens of people overcome their allergies: hay fever, hives, eczema and asthma, using safe and effective naturopathic methods. She herself had suffered from hay fever and eczema for most of her childhood and adolescent

life. However, using simple naturopathic practices and principles she has been completely allergy free for the last ten years.

Dr. Heidi understands clearly that it is possible to live without allergies. Even if you once suffered, you can bring freedom and appreciation to your ventures outdoors on beautiful spring days with your family and friends, smelling the fresh air and flowers while hugging your favorite pet without repercussion, except for love and joy in your life.

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