

# Natural Allergy Remedies

## Quick Relief *All Year Long !*



by Dr. Mary Starr Carter

# My Story



Allergy symptoms have affected a huge chunk of my life from a young girl until I was 22 years of age. I couldn't have pets I wanted, I was limited in whose friends' houses I went to, and I missed school a lot. I always wanted a cat but would have runny watery eyes and stuffed up nose within 10 minutes of being around one.

My mom got me a guinea pig instead but I'd break out in hives and red face if I held it too long. Dust made things unbearable; going to my dad's every other weekend was miserable on my allergies because his home was dusty. If I was visiting a house that was damp or musty I'd start crying and rubbing my eyes in just a few minutes.

Pets, dust, mold made my head feel like it was going to explode and body would

want to shut down and go to sleep. But they weren't the only things that flared up my allergies. Perfumes, hair salons, even retail clothing stores would start me crying.

I think I was 6 or 7 years old when my allergies started getting bad and by the age of 11 I was going to the pediatrician sometimes every other month. They would diagnose it as allergies or a sinus infection and I was on and off antibiotics and antihistamines until I was 21 years old.

One of those drugs was Seldane which was supposed to be taken daily, but luckily I didn't follow those directions because that drug was taken off the market in 1998 for causing heart arrhythmias and death.

But, one drug I did take every day was Sudafed. I started taking it in my late teens and early twenties. I took it daily to get rid of my sinus headaches and I noticed one of the side effects was more energy.

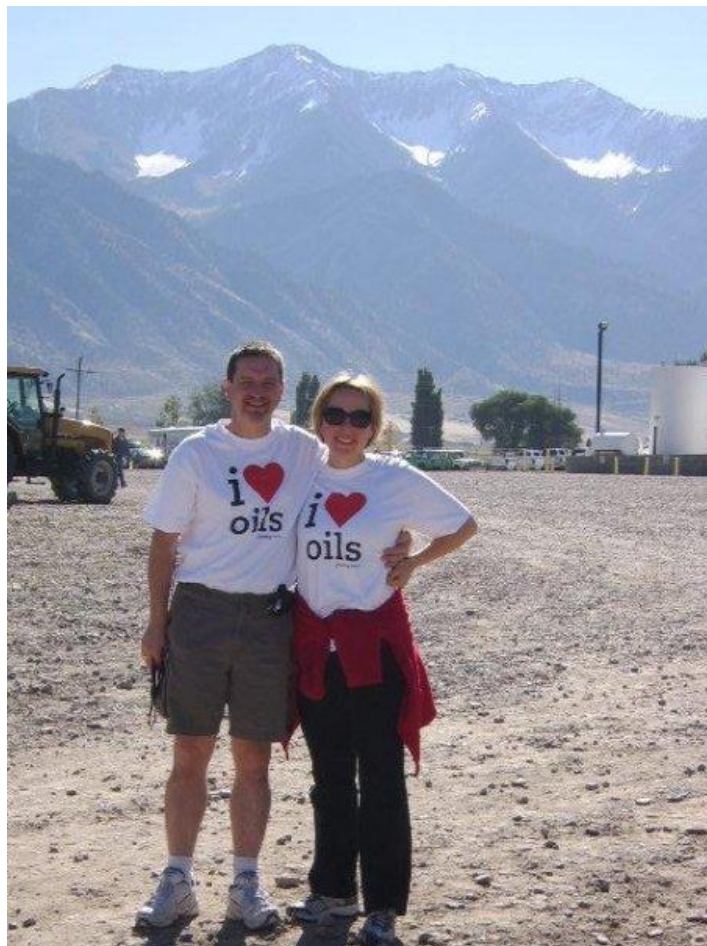
Since I never drank coffee or soda for energy I started taking that drug almost daily for a pick me up since I had a headache almost every day anyways. I didn't think anything of it until one awful day. I was sitting at my desk at the American Red Cross working on some paper work when all of a sudden my heart felt like it was racing out of my chest.

Oh help me God I am having a heart attack. I am 21 years old and I am having a heart attack.

But it wasn't a heart attack I was having a SIDE EFFECT. A side effect of Sudafed is heart palpitations. YIKES! This over the counter drug was causing such an awful thing in my body. I immediately stopped using it once I learned how harmful it could be.

And that is what led me to find some natural solutions that literally stopped my allergies.

Today I have shedding cats and I am the God-mother to a beautiful golden retriever who I have dog sat for days on end. I can go into hair salons, clothing stores, and even perfumey areas without allergic reactions.





# The Cost of Allergies



Allergies are the 5<sup>th</sup> leading chronic disease among all ages and the 3<sup>rd</sup> leading cause of chronic disease in kids under 18 years of age. 1 out of 4 Americans suffer with asthma and allergies.

Allergies cost the U.S. 18 billion dollars directly and indirectly. Direct costs being 5.7 billion coming from drug costs both medication and over the counter drugs and 300 million in doctor visits. Additionally, indirect costs of missed work and decreased productivity.

Lockheed Martin studied 28 different medical conditions amongst its employees affecting their productivity. They found allergies to be the most costly, costing 1.8 million dollars a year. WOW, that is a huge cost to an employer... maybe that's why Lockheed Martin has had so many cutbacks where I live in Central NY. But

what are the costs to you?

A 2008 study showed the average out of pocket expense of an allergy sufferer to be \$520 a year.

*“Before I found a simple home remedy I was spending and using almost \$50 a month on over the counter anti-histamines for my allergies.” Verda Jones*

The cost is one thing but, what about the awful annoying symptoms?



- ✓ Runny nose
- ✓ Watery eyes
- ✓ Wheezing
- ✓ Hives
- ✓ Fatigue
- ✓ Headache
- ✓ Itchy eyes
- ✓ Itchy ears
- ✓ Itchy nose
- ✓ Itchy mouth
- ✓ Congested sinuses
- ✓ Sinus pressure and drainage
- ✓ Mucous
- ✓ Diarrhea
- ✓ Constantly clearing your throat
- ✓ Red checks
- ✓ Red tongue
- ✓ Coated tongue
- ✓ The “nasal salute” (a line you get on your nose from rubbing it so much)
- ✓ Hacking cough
- ✓ Hacking up mucous
- ✓ Constricted breathing
- ✓ Asthma
- ✓ Crusty eyes
- ✓ Itchy skin
- ✓ Eczema

Did I miss any? Oh don't forget anaphylactic shock and possible death.

If you suffer from allergies you know how annoying they can be. A sneezing allergy attack used to stop me from what I was doing for 20 minutes to 2 hrs. And forget having any furry friends unless you wanted to be constantly medicated. I have had friends stop dating individuals because they were allergic to their pets.

# What are allergies?

Allergies are your immune system going into OVERDRIVE. Normally when foreign bodies like pollen, dander, hair, or mold spores come into the body our lymphatic system would take care of it. But in a highly allergic person a foreign body is like a terrorist to the Immune System.

It goes into high alert and sends all its forces out. Histamines are a chemical produced by the immune system. They cause the mucous, swelling, redness amongst other things we experience during an allergic attack.

There are many things I believed to be true about allergies that I later learned weren't, and many things that I didn't even know could be allergy symptoms.

Here is a short quiz to test yourself on allergies.



# MYTHS AND TRUTHS ABOUT ALLERGIES

## YOUR ALLERGY QUIZ

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### True or False

- ☐ Allergies are not life threatening.
- ☐ Allergies can produce symptoms in every organ of the body including the brain.
- ☐ Asthma is a symptom of an allergic reaction.
- ☐ Allergies can contribute to depression, aggressive behavior, or hyperactivity.
- ☐ Once you have allergies you always will be allergic.
- ☐ Your diet does not contribute to your allergy symptoms.
- ☐ Long term use of anti-histamines can lead to obesity.
- ☐ Prescription Flonase (nasal inhaler) used in children can suppress their growth.
- ☐ Nutritional supplementation and enzymes can decrease allergies.
- ☐ Consistent chiropractic adjustments over time may reduce allergy symptoms.

1. Allergies are not life threatening. ~~✗~~FALSE

Allergies can kill. Anaphylaxis is a type of life threatening allergic reaction. It is a rapid and high production of histamines and other inflammatory compounds that can cause the airways to shut down or extremely low blood pressure. It can be caused by foods like nuts, certain fish, some kinds of fruit, bees or wasp stings, latex, some drugs and even over the counter drugs.

2. Allergies can produce symptoms in every organ of the body including the brain. ☒ TRUE

Allergies can produce symptoms in every organ of the body including the brain. Mucous membranes seem to be the most effected including sinuses, and the largest mucous membrane organs are the digestive track.

3. Asthma is a symptom of an allergic reaction. ☒ TRUE

Allergic reactions can cause the airways of the lungs to swell and narrow causing asthma symptoms of wheezing and shortness of breath.

4. Allergies can contribute to depression, aggressive behavior, or hyperactivity. ☒ TRUE

Doris Rapp MD in her book **Is This Your Child? Discovering and Treating Unrecognized Allergies in Children and Adults** states that allergies can contribute to depression, aggressive behavior, and hyperactivity.

5. Once you have allergies you always will be allergic. ~~✗~~FALSE

Your body's immune system can be re-trained to decrease its intense reaction to certain allergens. I thought I would never be able to have cats, today I have two shedding cats that don't flare up my allergies.

6. Your diet does not contribute to your allergy symptoms. ~~✗~~ **FALSE**

What you eat or don't eat can significantly affect your allergies.

7. Long term use of anti-histamines can lead to obesity. ☒ **TRUE**

Studies are showing individuals on anti-histamines for years have higher incidence of obesity than those who do not take anti-histamines.

8. Prescription Flonase (nasal inhaler) used in children can suppress their growth. ☒ **TRUE**

9. Nutritional supplementation and enzymes may decrease allergy symptoms. ☒ **TRUE**

B vitamins, Vitamin C, Fish oils, Antioxidants, Enzymes that have Betaine and Bromelain all have been found effective in decreasing allergy symptoms.

10. Consistent Chiropractic adjustments over time may help reduce allergy symptoms. ☒ **TRUE**

Chiropractic Care improves the nervous system which directly affects the immune system. Some individuals have found improvement for their allergy and asthma symptoms with consistent Chiropractic Care.

# 3 Steps to Reduce your Symptoms

## Step 1 Simple Application and Inhalation Home Remedies



### Young Living Essential Oil – Lavender

Young Living's Lavender is a Swiss Army Knife of essential oils helping with sleep, burns and acting like natural anti-histamines.

**Topical Application:** 2-3 times per day AM midday and before bed  
Allow two drops of oil to fall into the palm of your hand. Take your hands and rub them together. Rub the back of your neck, around the ears and carefully on your forehead and below your nose.

**Inhale:** Take several deep breaths of Lavender throughout the day 4-6 times.

## Lavender Stories

“My wife had had seasonal allergies for years and has been taking stuff for as long as she can remember. After hearing about the many properties of this “Swiss Army Knife of oil” lavender, she wanted to try it. She applied the oil to her stomach, chest, throat and forehead and behind her ears in the AM and PM and whenever she began to fill up. Well, I can't stop her from telling others how this oil has helped naturally take away almost all the symptoms of her allergies. It works!” - Korty Church

"I have very bad allergies when they flare up. I refuse to take any drugs for the symptoms. My friend was visiting who uses Young Living and she gave me some Lavender oil in my hand to inhale and I had such a wonderful experience. My allergies cleared up in a few minutes and I was able to breath and my eyes were clear. I had no idea how powerful these oils were!" - Linda Scott

During Allergy Symptoms make sure to do all of the above and include the following:

Take a cotton swab with a drop of Lavender and rub inside the nose. Take 3-4 drops of Young Living's Lavender and Peppermint (they are food grade essential oils) and put in a capsule. Take several times throughout the day.

"Both my daughter and I had terrible allergies. I mow 7 acres of land in the summer and am allergic to grass. I had tried everything to relieve my allergies. Then I started using Lavender everyday several times a day. I would make sure her and I inhaled and applied the oil to our neck. Within two weeks I noticed my daughter's yucky phelgmy hacking in the morning was gone and I was breathing better. Now when I feel an allergy symptom from mowing I come in and swab my nose with Young living's Lavender and take a capsule of 3-4 drops each of Lavender, Peppermint and Roman Chamomile. It works every time." - Jill Young

## Young Living Essential Oil – Peppermint



Young Living's Peppermint oil can be used to relieve congestion and headaches as well as decrease inflammation that causes pain and indigestion.

**Topical Application:** Allow one drop of oil to fall into the palm of your hand. Rub hands together and massage oil on the upper neck and into the hairline. Massage near temples staying close to hair line as well as gently dabbing under the nose. (Too much oil applied or too close to the eyes will cause you to cry, wait a few minutes or add V-6 diluting oil.)

Use Topical Application as needed when congested or a minimum of 2 times a day.

**Inhalation:** Put a drop of peppermint on a napkin and inhale or use what is leftover on your hands after topical application. 1 Drop on a napkin can last several hours for inhalation.

"I've been using Young Living's Peppermint oil since last year and it has help both my daughters with issues such as seasonal allergies. I also had a bout with allergies earlier this year and peppermint helped keep my sinuses clear." - Wanda Gaskins

"I put peppermint behind my ears and under my nose and have not had to use any allergy or cold medicine in over a month. I do this 2 to 3 times a day." - Lisa Facteau

"One bottle of Peppermint lasted me almost an entire year. I put a few drops of peppermint on some cotton balls and put it in a glass jar. I would unscrew that jar several times a day and inhale the peppermint. It completely helped keep my sinuses open." - Verda Jones

Besides these two favorite oils **Young Living's RC and Breath Again** oils are a favorite for reducing congestion and opening up the sinuses.

"My son had allergies and was on a prescription medication that they found caused depression and suicidal thoughts in children. Before I found this out we accidentally forgot to refill his prescription for several weeks. He started being more active and fun. When we found the information about the drug my son said "oh that must be why when I am bored now I am not so miserable anymore." Now our family uses RC to reduce his allergy symptoms. It's NATURAL and SAFE! - Rhonda Zimmerman

"I never leave home without my Breath Again Roll on. It works great!" - Linda Hannock

Some people have a hard time with spring or summer; others find their allergies worse in the fall or winter. But there are certain things that can contribute to how bad your allergy season is. If I really think back to all my years of allergies I know there were certain times when my allergies were worse, not just when the seasons changed.



## Step 2 Simple Diet Checks

I never drank water as a kid. I was always drinking milk, tea, or something carbonated. When I began to really hydrate my body I noticed water is vital to our health. I feel more energized, alert, have less pain and allergies, and even my mood is improved when I drink water. When the body is dehydrated it will be very difficult to flush out the inflammation and the histamines during allergic times.

### **WATER:**

Work up to drinking half your body weight in water per day. Everyone should drink this much water per day allergy sufferer or not. Also decrease the other drinks in your life including coffee, teas, juices and see if there is an improvement in your allergies.

### **SUGAR:**

Decrease or eliminate sugar from your diet. Sugar feeds inflammation and yeast cells that live in your digestive system and can overgrow and can contribute to allergy symptoms. If you are an allergy sufferer you should probably always limit sugar in your diet. (If you are a sugar-a-holic like I used to be you may need some help.

*See my book: [10 Hidden Secrets of Why You Can't Keep Your Hand Out of the Cookie Jar](#).*

### **DAIRY:**

Decrease or eliminate milk, cheese and most yogurts from your diet for a period of 2-4 weeks. See if this makes a difference in your allergy symptoms. If it does, limit or eliminate from your diet.

## **GLUTEN:**

Found in most wheat products, breads and pastas. After you have tried the above recommendations do a gluten fast for several weeks and keep careful track of your allergy symptoms and other symptoms. Again if you see improvement, limit or eliminate gluten from your diet for a period of time.

## **HORSERADISH:**

You know that stuff your dad used to eat as a kid... or was that just my dad? Well horseradish is really good for clearing your sinuses and has other health benefits for the body. Having a little bit of horseradish does a body good. Horseradish with a good olive oil or safflower oil mayonnaise makes your sandwiches delicious.

## **CAYENNE PEPPER:**

Just like horseradish, cayenne can do a lot of good for your sinuses and allergies. Make sure you are a person who can tolerate it though and then start adding it to your diet. **Young Living JuvaSpice** has cayenne pepper along with other great ground vegetables and salt to spice up your food.

## **KEFIR:**

A cultured type of milk which is usually tolerated by those who can't have dairy. Kefir is full of good digestive enzymes and bacteria. A ¼ cup or more a day has been found beneficial for allergy sufferers.

I had a 30-50% reduction in my allergies most days when I changed my diet and about a 10lb weight loss from drinking more water and decreasing dairy and sugar. - Mary Starr

## Step 3 Nutritional Supplementation

I remember when I first realized that nutritional supplements could improve allergies. I had committed to look after my aunt's Texas home and family for a week. Prior to going I realized she had a dog and cat which meant I would have some bad allergies while I was there.

I read about a Young Living supplement that could help allergies because of all the rich B vitamins nutrition and blood building and cleansing action. I couldn't believe it!? Within 2 days of being there my allergies were gone. They were so gone I could pet the cat and he even could sleep on me at night. Through the years I have found a few favorite supplements that help allergy symptoms just like this.

### **Alkalime:**

An essential oil mineral powder that alkalizes the body and pushes the acid and inflammation out. Take one tsp in 8 oz of water in the evening before bed and right when you wake up in the morning.

*"I had terrible allergies making working at the Post office awful. Alkalime dramatically improved my allergies." Deb Shaw*

### **NingXia Red:**

Juice made of blueberries, raspberries, wolfberries, and other good stuff that gives your body a high dose of B vitamins, amino acids, minerals, and antioxidants. Take 1 oz of juice in 8 oz or more of water several times a day.

*"NingXia Red and Peppermint oil were a big part of helping me out of 20 years of suffering terribly with allergies." Gary Nelson*

### **Omega Blues:**

High quality fish oil with essential oils. This fish oil is one of the purest in the world free from toxins and mercury. A standard dose is 3-4 capsules a day. Increase your dosage to 6-9 during periods of inflammation and allergies.

A wonderful side-effect of taking the Omega Blue is that I don't get the many headaches and low back ache that I used to suffer from. I went without Omega Blue for about 6 weeks, and the back ache and headaches started reoccurring. I take 3 capsules daily and don't have any problems! - Sandra Rassmussen

### **Enzymes:**

With Bromelain and Betaine HCL helps to decrease inflammation in the body. Essentialzyme is an enzyme with both those ingredients including peppermint oil too. This enzyme can be used to help with digestion before eating but when taken between meals it helps to lower inflammation and resulting allergies. Skin problems can be caused by allergies. Enzymes can help reduce this.

### **Acidophilus:**

Known as “good bacteria” found in plain yogurt, Kefir and supplements like Life 5.

I used to get terrible stomach aches and diarrhea when eating out. Now that I take **Life 5**, I no longer get those awful stomach problems. - Nik Kilpak

# Certain Types of Allergies

**Contact Dermatitis** - when you contact the allergen you can get a localized skin reaction where the allergen was. Many clients find relief with several applications of Young Living Lavender oil and a little bit of Young Living Peppermint oil diluted.

Eczema is a most common in adults and children who suffer from nutritional deficiencies, food allergies or compromised digestive systems. In this case an internal approach is most important. First nutritional build up with Step 3 and Cleansing the digestive system, followed by a liver cleanse, and nutritional build up again.

An excellent supplement for skin support is **Sulfurzyme**. This supplement takes about 4-6 weeks to begin to see skin and allergy benefits, and many people notice pain reduction too. Topical oils may help some including Lavender and Frankincense. Give yourself several months to a year to heal your body from the inside out.

I remember my friend's 2 year old was covered in eczema. It was just awful to see this little one suffer. After some investigation we realized the baby was only having a bowel movement every few days (and her pediatrician said this was normal) and, she was eating mostly macaroni and cheese everyday. After using some enzymes and cleaning the diet up a little the little girl was going the bathroom a minimum of once a day and within 6 weeks her eczema was 50% better and in a few months it was gone. - Mary Starr Carter

**Hives** – should be monitored carefully to be sure there is not a serious anaphylactic reaction happening. An application of Young Living's Lavender and diluted Peppermint (diluted with V-6 mixing oil or olive oil) will help to calm the hives. Also Purification oil rubbed on the body can help. Many individuals will take 5-10 drops of Young Living's Lavender oil in capsules during an episode of hives due to its anti-histamine effects.

**Children's Allergies:** kids can benefit from the same 3 steps as listed above in smaller dosages and dilutions. Children's skin is sensitive so be sure to add 1 teaspoon of V6 mixing oil to a drop of oil for young toddlers and children with sensitive skin. An excellent children's enzyme is called Mightzyme, because it is chewable and can be hidden in food.

**Pet's get allergies too:** Pet allergies are many times seen with skin issues. You see your dog scratching his skin for hours. Your cat scratches the hair right off her in spots. The skin is raw and open, and maybe even smells.

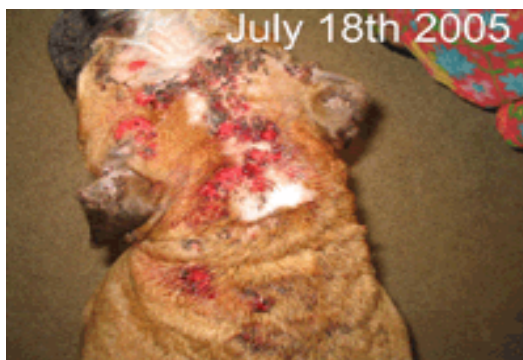
I remember one Thanksgiving my extended family was up with Buddy the Beagle who has some bad skin allergies and smelled like Frito Lay... aggghhh. What his owners didn't realize is the food they had been giving him for the past 10 years was full of corn filler. Eat the same thing everyday and you might start smelling like it too, in addition your body can become sensitive or even allergic to it.

The #1 culprit of allergies in your pet is the food they are eating. Switching to a more natural raw diet has been found to be the most beneficial for animals with skin allergies. The digestible nutrition in most dog and cat food is limited.

The #2 culprit of allergies are your chemical based household cleaning agents. Use a safe and natural cleaning agents like **Thieves Cleaner**.



# Spanky's Story

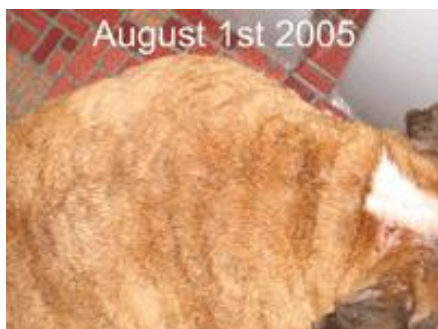


Spanky got very sick last March with a bacterial problem, along with allergic reaction to the bacteria.

Apparently a lot of bacteria develop resistance to different antibiotics. He would get a little better for a few days but then he would seem to get worse very quickly.

After months of antibiotics, injections, ointments, the vet said that we had to make a choice of either to send him to Cornell University to be evaluated & treated with no guarantee, or to think about having him put to sleep as it was not fair to the dog to have him continue in this way.

His immune system he said had pretty much shut down.



He told me this information on July 18th and when he spoke of the immune system I immediately thought of the NingXia Red as it will strengthen the immune system and I know what the juice had done for me.

I had already put over \$1,500.00 in vet bills & I knew I did not want to have to put him to sleep so the cost of the juice seemed very small compared to the hundreds of dollars it would cost to have him go to Cornell University.



I hoped Spanky would drink the juice and as luck would have it he just loved it!! I put him on one ounce 4 times a day.

I also bathed him in the Animal Scents shampoo; I would then apply a little lavender and Frankincense to all the open sores and then seal it in with the Animal Scents ointment.



In the pictures you will see the remarkable improvement in just one week! I told my son to take pictures just in case it worked which it did!! We feel it was a miracle as he had been running fevers of over 104° for weeks and weeks and was very lethargic and would just itch and itch all the time.

So now we have two amazing testimonies just in my own household and we feel so grateful for being introduced to these most amazing products!! I will never be without them & they have truly changed our lives. I thank you for your interest in Spanky's story and if he could talk he would thank you too as he is now a happy boy once again! P.S. I continue to give Spanky one ounce a day of the NingXia Red for maintenance and he comes running for his daily dose of SUPER JUICE!!

Lorrie Yonker, Red Creek NY

NingXia Red gave Lorrie her energy and body back from Fibromyalgia.

# Conclusion

It was April last year that I recorded a bonus session on **Allergies** thinking at the time I had licked my allergies. I would occasionally get the sneezes and mucousy when I ate the wrong foods but I always had my essential oils and **Alkalime** to get me back on track.

I became pregnant in April and ended up losing two babies one at 8 weeks and another at 11 weeks. My body and mind were stressed, my heart sad, and my hormones a wreck. See Progesterone can increase yeast in the body and for me this was causing some serious allergies. I would be knocked out for an hour with a terrible allergy attack.

Watery eyes, congested head, runny nose, fatigue, it was awful. That's when I learned **when things are at the worse you have to do the most nutritionally**. It wasn't until I did Step 1, Step 2, and Step 3 all at the same time that my allergies subsided. They would be gone for a few days and then I would decide I needed a big ice cream sundae and boom they would be back the next day.

So here is what I want to share with you. If you have some mild seasonal allergies try some suggestions from *Step 1*. If you have more serious allergies try several suggestions from *Step 1 and Step 2*. But if you are having allergies so bad that it is keeping you from work or enjoying your family and friends then you need all 3 *Steps*.

I wish you HUGE SUCCESS with reducing and eliminating your allergies naturally. Please let us know how you are doing over on our Facebook Page or in our Total Wellness Contact Us form. We believe in you and know you can do it!

# Resource Section

I have been a Young living distributor for almost 13 years. My health has dramatically improved with the use of Young Living products along with many of the friends and clients you read about in this book.

## Our 30 day Challenge and Money Back Guarantee

Below are my recommendations of Young Living products that may help you reduce your allergies. If you purchase them from our site [www.orderoils.com](http://www.orderoils.com) and find that they are not beneficial after consistent use for 30 days please let us know and we will refund your money.

### Step 1:

- ❖ Lavender
- ❖ Peppermint
- ❖ RC
- ❖ Breathe Again

### Step 2:

- ❖ JuvaPower

### Step 3:

- ❖ Alkalime
- ❖ Omega Blues
- ❖ NingXia Red
- ❖ Life 5
- ❖ Thieves
- ❖ Household
- ❖ Cleaner

# Notes