

**2018 -
MARCH**

*Mobile naturopathy
consults at your
home in Wollondilly,
Camden,
Campbelltown and
Penrith areas*



Sooty: my very own shedding machine & Naturopath 2 U mascot

NATUROPATH 2 U NEWS FOR YOU



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**This update brings you info
about how to avoid symptoms
of allergy as we hit that
season once again for 2018.**



How to prepare for allergy season: read the signs

People often report allergy symptoms (that affect the ear-nose-throat) at two peak times during the year (generally): between March-April & again between August-September. Why? Well, our living environment is about to start another cycle of change for the season – animals shed, plant matter falls, pollen builds up, and typically windy periods are increased, blowing it all around. I recently attended a seminar specifically on allergies and have since revised my allergy boosting protocol.

Since allergies and our response to them can be changeable, we need to update our tools we use to protect against them too! If you usually experience allergies at this time of year, let me know **now** so you can do as much as possible to safeguard before onset. It is really important to get in early, as you won't see best results with trying to balance your immunity if the allergens have gotten in first! Some points to remember:

- Using anti-histamines does not address the root cause, and may also cause digestive upsets and / or long-term immune imbalance
- Eliminating the allergen is not always possible or feasible (e.g., dust, grass – these things are everywhere!), so the best thing to do is improve your *tolerance* to them, by using natural means
- Digestive health is *extremely* important in treating allergies that effect the ear-nose-throat, and will usually not resolve until you've addressed causative factors there first.



Why does my body react to allergens?

The immune system is complex, and without giving you a biochemistry lesson on it, just know that the main thing that triggers an immune response to seasonal environmental allergens are called **mast cells**. Basically, your body has identified that there is a threat, or intruder, and it must generate any means possible (mucous, sneezing reflex, coughing, throat itching, scratching of the skin, etc.) to eliminate it.

When the immune system is imbalanced (and this can commonly happen for many reasons: stress, genetic factors, environmental factors, diet or nutrient status, age, hormone levels, etc.), the mast cells go a little wacko, bringing on this type of response at the 'drop of a hat', and often prolonging the response so that it is recognised by you to be a nuisance.

So, if you've been experiencing allergies for some time and have not yet tried naturopathy to address it, do so now! There are many strategies to avoid allergies, boost your immune system and keep it that way.

How to breathe well to avoid allergies

There is a way to permanently learn how to breathe properly in order to avoid allergies and symptoms that may be brought on by breathing incorrectly. We are often not even aware that we are breathing incorrectly. There are techniques that can be learned that boost our breathing quality even while we're asleep and therefore avoid all kinds of chronic health issues.

Buteyko breathing course by Mim Beim

Go to: <https://mimbeim.com/buteyko> to find out more about courses offered in learning these helpful techniques to avoid asthma, allergies, and other breathing disorders.

Good old meditation & *Pranayama* technique

If you don't feel like doing a Buteyko course, the *Pranayama* technique taught alongside massage. Try YouTube as a home source for this method.

What else has been happening at N2U?

Things have been flat out! I gave a presentation at the local Women's Health Night at Warragamba on 23rd February, was at the Men's Health afternoon at Wallacia on the 3rd March, and will be giving another presentation in Picton at an event for the Wollondilly Women in Business Network on 20th March (see my Facebook page for more info).

I am working on launching another interesting project later this year (about mid-2018), so keep watching this space.

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