



# Quintessential Health Care

*An Integrated Health Resource*

## Allergy Support at Last!

### Message from Milly

Greetings dear ones,

I hope this newsletter finds you well amidst the unusual nature of these times.

We certainly miss seeing your bright faces and are happy to announce we will be re-opening Monday, May 11 at our new location in my (Milly's) home office!

**Our new address is: 5904 Grizzard Ct. Peachtree Corners, GA 30092, just 5 minutes from our old office.**

I've dreamed of working from home for quite some time and I'm thrilled to finally have the space to make it a reality.

Now, let's move onto the second-biggest health conundrum most Georgians are facing right now: seasonal allergies.

Scroll down for helpful tips on how to control itchy eyes, runny noses, sneezing, hacking, etc. without resorting to medication.

Blessings to all and be well!

-Milly



### Tip #1 (for your body): 5 Natural Remedies to Support your Body's Allergen Defenses

It's so wonderful to live in (or near) Atlanta: the city of trees. That is, until pollen season starts!

But before you reach for a prescription or OTC antihistamine, consider a natural approach to boost your body's defenses while helping support a normal histamine response.

#### The QHC Allergy Trifecta

1. **Aller-Chord A:** a homeopathic formula designed for acute and long-term allergy relief.
2. **Core Sambucus Blend:** a powerful combination of herbs such as elderberry and eyebright, that support normal immune function.
3. **Drainage-Tone:** homeopathic support to

bolster the immune system and assist with drainage pathways.

#### Other helpful tips:

- Use a [Neti Pot](#) or [Xlear](#) (an xylitol-based nasal spray) to keep nasal passageways clear.
- Optimize your Vitamin D levels (low Vitamin D is associated with a greater risk of seasonal allergies\*).
- Taking probiotics (such as Flora 12+ or Flora Synergy) has been shown to help alleviate allergies\*\*.

Finally, allergies are often a symptom of a deeper issue.

While the true cause will vary person-to-person, a [BioEnergetic Assessment](#) can help isolate energetic causal factors and provide custom solutions for long-term healing.

#### References:

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914320/>

\*\*<https://www.medicaldaily.com/probiotics-may-improve-seasonal-allergies-quality-life-332014>

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## Tip 2 (for your home): Get the Right Air Purifier for the Job

It may seem obvious, but one of the fastest ways to get relief from seasonal allergies is to improve your indoor air quality.

The best way to do this is to invest in a high-quality air purifier that works on pollen and other unwanted indoor air pollutants.

#### Here are two of our favorites:

##### Whole House Air Purifier

The [iWave-R](#) is a whole house air cleaner that's installed into your HVAC system. Many HVAC companies sell them, or you can buy one and have it professionally installed.

What we like about this is the cold plasma technology requires zero maintenance and is self-cleaning. It also filters out bacteria, viruses, and mold and has a 3-year warranty.

##### Free-standing Air Purifier:

Any of the units from [Austin Air](#) are excellent due to their true HEPA filters, which filter out microscopic particles...including pollen.

##### Expert Tips: Avoid ozone-emitting air purifiers

While once thought to be beneficial for cleansing the air, ozone is actually a harmful lung irritant\*.

##### Skip Ionizers

Ionizers do disarm pollutants, however in doing so they cause them to drop out of the air onto surfaces, such as your carpets, tables, floors, etc., instead of absorbing them into a filter.

So, unless you love vacuuming and dusting daily, skip ionizers.

#### References:

<https://www.lung.org/clean-air/outdoors/what-makes-air-unhealthy/ozone>





### Tip 3 (for your mind and spirit): Pause for a moment of poetry

I recently came across [this wonderful TedX talk/poem "A Love Poem to our Earth"](#), by fellow South African and poet, Lindi Nolte, and felt it was so applicable to what we're all facing today.

I hope you'll take a few minutes to get lost in Lindi's words and to appreciate her message of beauty, creative resistance, wonder, connection, and purpose.

Her words are infectious in the most wonderful way...be sure to pass it on!

*As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.*