

7 SEVEN NATURAL REMEDIES FOR KIDS' ALLERGIES

At CentreSpring MD+Peds, we do pediatrics differently. Since most allergies manifest during childhood, we believe simply targeting symptoms is inadequate when it comes to preventing a lifetime of suffering. While identifying root causes of allergies and asthma - such as nutrient deficiency, digestive imbalance and toxin overload - is key to a personalized treatment plan, the following natural remedies can support your child's immune health and bring relief fast.



PROBIOTICS

Research shows that healthy beneficial bacteria reduces allergies. A probiotic supplement will provide this beneficial bacteria to promote digestive balance and support immune health. We recommend supplements with 10-20 Billion CFU.

DIET

Sugar makes allergies worse. Avoid added sugars and keep daily sugar intake under 25 grams. Include foods that are natural antihistamines or anti-inflammatories like pineapple, broccoli, kale, onions, garlic, parsley, and wild-caught salmon.



HOMEOPATHY

Homeopathic medicine is an over 200 year old system that uses diluted substances to boost the body's healing ability and is even safe for babies. Allium cepa is a homeopathic remedy derived from garlic and onion and indicated for a runny nose.

ESSENTIAL OILS

The oils that work wonders for allergies are Lemon, Lavender and Peppermint, used in equal parts. Lemon helps decrease the runny nose symptoms, Lavender controls the itchiness, and Peppermint can open up nasal passages and calm the airways. If using Peppermint on children under 6 years old, keep the application to the bottoms of the feet only. In older kids, all three oils can be rubbed on the feet, the spine, and along the sinuses.



ACUPUNCTURE FOR KIDS

Studies show acupuncture may be an antidote for allergies and reduce symptoms and even more effective than medications. Kid-friendly acupuncture is painless and there are many non-needle techniques available.

QUERCETIN

Allergens trigger the immune system to release chemicals called histamines to defend the body. Histamines cause inflammation, runny and stuffy noses and itchiness. Quercetin is a proven natural antihistamine and anti-inflammatory and often taken in advance of symptoms. Fun fact, Quercetin is also found in pineapple.



ENVIRONMENT

Allergy proof your environment. Check AC vents and filters to make sure they are clean from winter heat, and there isn't any mold. Use HEPA filters. Keep shoes at the door to prevent dust and pollen from spread through the home. Wash and dry bedding weekly on the hottest setting to prevent dust mites. Keep your windows closed during the spring to keep your house clean and free from pollen.

