

## Allergies

I love Spring! The tulips and other beautiful flowers. The trees begin to bloom and smell good. And finally, the weather starts to get warmer. For all the wonderful benefits of Spring, there are some drawbacks that come on fast and hit hard. I think some of you know what I mean.

Take for example the.....itchy red eyes, stuffy nose, sometimes even a sore throat. Allergies are a sure sign of the season changing from Winter to Spring. Research shows that 15 – 20% of the population suffers from some degree of seasonal allergies, and “suffering” is the key word! Allergies develop from our immune system's response to foreign material in the air you breathe. The most common allergens are pollens. Pollen is small particles released by flowering plants. Allergies can be so frustrating to live with especially when you want to be outside enjoying the nice weather.

Allow yourself some relief this Spring! Try a few different essential oils and see how they can relieve some suffering from your allergies. Spikenard is highly regarded in India as a medicinal herb. It was one of the most precious oils in ancient times, used only by priests, kings, or high initiates. In modern times this oil has been used to treat allergies, migraines, and to help relax and calm people emotionally. Try directly inhaling this oil and let it help you fight your allergies this season.

Another suggestion is using the oil Frankincense. Similar to Spikenard, Frankincense was used as a holy anointing oil for newborn sons of kings and priests. It was “used to treat every conceivable ill known to man” and was valued more than gold during ancient times. This oil is still widely used today to help with allergies, headaches, depression and more. Try applying 2-4 drops directly on location or diffuse and help everyone in your home receive some relief from seasonal allergies.

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