

HOLISTIC HEALTH NOTEBOOK

It's hay fever season again



1. Empty your "allergic bucket" by eliminating common allergies like dairy and wheat. Dairy products often create mucus in the nasal passages and set us up for more trouble in that region.

2. Stinging nettles are an excellent natural antihistamine and produce no unpleasant side effects. This was discovered serendipitously by a team of researchers who were looking for other benefits of this plant. One of the participants in the group showed up at the research center with a head cold, and within a few minutes of taking the nettle capsule, he noticed that his symptoms cleared up, much as if he had taken an over-the-counter antihistamine.

That switched the direction of the research project. They learned that phytochemicals in the tiny hairs on the back side of the leaf do the trick and reduce allergic or cold symptoms, without causing drowsiness.

3. The homeopathic formula from Switzerland called Allergy Relief relieves both immediate and long-term symptoms of allergies. I discovered the power of this natural medicine when my 2nd daughter was about 2 years old. We lived on 5 acres of grassland which was a haven of pollen in the spring. One afternoon, she came running into the house crying. Her eyes were almost swollen shut, her nose was running profusely, her face was puffy, and she was miserable.

We rush to the health food store. The manager sold me a bottle of Allergy Relief and I put a pellet under her tongue. Within minutes, she stopped crying and her nose

stopped running. Within an hour, her eyes were open wide and she was running happily around the mall. By that evening, her symptoms were completely gone.

I have since learned that if one is susceptible to hay fever or other types of allergies, one pellet dissolved under the tongue twice per day, every day, will greatly reduce susceptibility. You just become, for the most part, non-reactive.

If neither of these does the trick, 1000 mg of pantothenic acid twice per day can bring even more relief. ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at www.islandnutritioncenter.meta-ehealth.com.



carolSIMONTACCHI
csimontacchi@earthlink.net

Having come from the Pacific Northwest, I am accustomed to thinking of March and April as hay fever season. The flowers bloom, sending pollen flying through the air – pollen that lands on nasal passages and sends us into spasms of sneezing, itchy eyes, and other unpleasant symptoms.

I have known many people who were completely debilitated by hay fever, so it is of no small concern to them.

In response, I have developed a system of dealing with hay fever that greatly reduces symptoms. Ready?




Therapeutic & Relaxation
Massage Therapy

Marnee Crawford
Licensed Massage Therapist
Practicing since 1996

Present this ad for
\$10 Off First Massage
(239) 777-1534
Joyful Yoga & Ayurvedic Spa
Bonita Springs, FL



MA35060 MM20461

BUY LOCAL AT THE
Farmers Market
Every Thursday 7am - 2pm

Locally Grown Fruits & Vegetables, Flowers, Native Plants, Baked Goods, Local Seafood & Ethnic Specialties

Temporarily Located North of Edwards Drive between the City Pier and Boat Ramp



For More Info Call 239-461-2623

Going to the Beach?

Ride Free with LeeTran!



Park free at Summerlin Square and catch the FREE Park and Ride trolley to Ft. Myers Beach for a day of fun in the sun! You'll save money and avoid the parking and traffic hassles of the winter season.

When you get there, tool up and down the island on the Beach Trolleys, for only 25¢ a ride!

Make your trip to the beach free and easy with LeeTran!



239-533-8726 (LEE-TRAN)
www.rideleetrans.com

Free fares in effect through April 23.

What a DEAL!

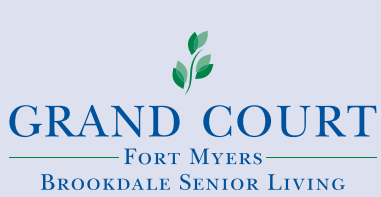


You told us you are ready to make a change. And we want to help. At Grand Court Fort Myers you don't have to worry about preparing meals, housekeeping or maintenance – we take care of all of it for you and more!

And now we're offering an exclusive incentive for homeowners who currently have or are ready to list their home in the real estate market. Save up to \$15,000 simply by choosing Grand Court Fort Myers. Here's how it works:

- We'll pay for the 4th, 8th, and 12th months' rent for any new leased apartment on or before April 15, 2008.
- Combine this offer with our current apartment incentives of \$2,295 for apartment homes and \$2,495 in the Villas.

So, take advantage of this special offer and let us help you while you sell your house! For more information, call (239) 433-4445.



Independent Living
8351 College Parkway
Fort Myers, Florida 33919
www.brookdaleliving.com

00765-ROP01-0208