



THE VITAMIN SHOP
Call toll-free 1-888-386-1211



Dr. Marita Schauch, ND

My top 3 supplements to beat spring allergies – naturally!

Spring is such an *alive* season - flowers bloom, the sun shines, the days lengthen, and, unfortunately, seasonal allergies arrive with gusto.

Put simply, allergies are the result of an imbalanced immune system which causes the body to react too strongly to certain stimuli. In the case of spring allergies, the stimuli can be pollen, dust, and grass.

For those who suffer from spring allergies, there are a few things you can do to help mitigate them, and this starts with incorporating natural supplements into your diet to balance and strengthen the immune system, improve your gut health, and adapt to your environment's allergens.

Here are my top 3 recommendation on how to beat your allergies - naturally!

VITAMIN C WITH BIOFLAVONOIDS

While antihistamine allergy medication interferes with histamine once it's produced by the body, vitamin C prevents the formation of histamine entirely, which can mitigate your allergic reactions. Additionally, it strengthens the immune system which can decrease your likelihood of developing allergies in the first place.

PROBIOTICS

Balancing gut bacteria can bring the immune system back into balance, creating a positive effect on allergies. I recommend taking a probiotic supplement daily, or incorporating kimchi, sauerkraut and/or kombucha into your diet.

LOCAL BEE POLLEN

Although not scientifically proven, anecdotal evidence suggests that consuming local honey and/or bee pollen from the region you live in can help your body adapt to the allergens in your environment. By taking daily doses of bee pollen, your body can become immune to what normally irritates it. I recommend adding a tablespoon of bee pollen to your morning smoothie.

Dr. Schauch is a graduate of the Canadian College of Naturopathic Medicine, Canada's premier institute for education and research in this field.

Before pursuing a career in Naturopathic Medicine in Toronto, Dr. Schauch obtained a Bachelor of Science degree, with Distinction, from the University of Victoria, majoring in Biology.

With her passion for health and wellness, Dr. Schauch returned to her hometown and joined a family practice where her special interests grew to include: women's health, stress management and adrenal fatigue, weight management, hormonal imbalances, digestive disorders, pediatrics, allergies, enhancing the immune system and detoxification.

She is currently the lead Naturopathic Doctor at Tall Tree Integrated Health Centre in Victoria, BC.