# Lisa Bell
**Writing**


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**Professional Experience and Curriculum Vitae**
Herbal Remedies For Sneezing And Red Eyes

Our body can tolerate stress and toxins to a certain extent. Many of us have allergies to pollen or some weeds or plants which bloom in the spring or in the late summer. But, it is possible to contain these symptoms with the help of healthy whole food diets and getting rid of the possible food intolerances. By exposing yourself to clean air and installing some high-performance filters in your living area are one of the beneficial ways via which you can reduce the symptoms of the allergies.

In general, the symptoms of allergies are sneezing and red or itchy eyes. This is due to physiological and biochemical interactions with the ambiance around you in all its forms. The body's immune system has a limitation for how much it can handle. Lack of proper maintenance and cleansing, it will get overloaded, and shall eventually shut down and explode in a series of flares which is often described in the form of allergic symptoms. These allergic symptoms occur due to multiple stressors and biochemical reactions. When a diet is comparatively clean, the eliminative function works more efficiently, and allergic symptoms do not show up regularly.
There are several foods that can cause these symptoms; thus, the simplest thing to do is to avoid milk, sugar, and wheat products. The difference can be easily felt, and the body will experience less stress. Opting for more animal products instead of pasture-raised and finished farms can also be beneficial as the meats contain more alkaline. Consume more vegetables, mainly greens, whole raw foods, organic and local when possible. Get rid of refined food, or anything that comes from a box and ensure that the diet is mixed up and the same food is not taken every day. It shall be wise to keep a food diary and note down how you feel after consuming particular foods.
Allergies like sneezing can be treated with different types of herbs. Golden Seal, Elder Flower, and Eyebright can be useful for working on the mucous membrane of the nose. If you have a busy lifestyle, then incorporating inhalation of essential oils would be beneficial for you. Pine Needles, Eucalyptus, and Chamonmile can be used alternatively. An oil diffuser placed in the bedroom when you sleep or in the living area of your home can also be beneficial for you.
You can also try herbal tea breath bath, which is something similar to steam inhalation that you take while having a cold. To get the best effect you can put three teaspoons of herb leaves in a bowl and then pour two liters of boiling water over them. Hold your head above the bowl and cover your head and bowl with a towel for preventing the aroma of essential oils from escaping. Breathe in the aroma through your nose deeply for about ten minutes, and keep repeating this thing at least thrice a day.

To deal with red itchy eyes, herbs with anti-microbial, detoxifying and toning actions are best. Reducing any inflammation will be the best option for dealing with red itchy eyes. Echinacea, Eyebright, Blue fang, Cleavers, and Poke can be taken as a tea with equal parts of every herb, and a double dose of Eyebright 1-2 teaspoon. Boiling water should be poured over and let it infuse for 10 to 15 minutes or till it reaches a drinkable temperature. This solution should be drunk three times a day. Using Eyebright as an external compress application shall help in suppressing the red itchy symptoms. Like tea, pour boiling water on one teaspoon of the herb and allow it to instill covered for 15 minutes or so. With a cotton cloth or organic wool, soak and apply to the eyes. Make sure it is not too hot and is tolerable. Repeat this several times a day.
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