Natural Remedies for Seasonal Allergies

with Thomas Easley
and Jade Shutes
GOLDENROD
Solidago canadensis, and other species

Goldenrod is a pleasant aromatic plant with potent anti-inflammatory and anti-allergenic properties. It is a useful mild diuretic for urinary tract problems, including the common UTI and failing kidney function. It is helpful for hay fever and is specific for allergies to cats. As a gently warming aromatic expectorant, it can be helpful for upper respiratory infections. An oil infusion applied topically, does wonders for sore muscles.

WARNINGS: Not for use with edema from kidney failure

ENERGETICS: Warming and drying

Dosage Forms
- STANDARD INFUSION: 4–8 ounces 3 times daily
- TINCTURE: Fresh flowers (1:2, 95% alcohol); dried flowers (1:5, 50% alcohol); 2–4 ml (0.4–0.8 tsp.) 1–4 times daily
- GLYCERITE: Dried flowers (1:8); 2.5–10 ml (0.5–2 tsp.) 2–4 times daily
- TOPICAL USE: Dried flowers (1:4, oil or salve); apply 2–3 times daily.

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Nettles are a nourishing herbal food, rich in iron, calcium, magnesium, protein, and other nutrients. Nettles help to build healthy blood, bones, joints, and skin. Nettles are an excellent remedy for anemia, low blood pressure, and general weakness. They increase excretion of uric acid and help with rheumatism and gout. Nettles have anti-inflammatory and anti-allergenic properties, making them useful for respiratory allergies, asthma, and eruptive skin diseases.

**WARNINGS:** Nettle is extremely safe. The live plant can cause skin irritation (hence the name “stinging”), but the dried plant does not produce this effect.

**ENERGETICS:** Neutral and nourishing

**Dosage Forms**
- STANDARD INFUSION: 8 ounces 1–4 times daily
- TINCTURE (LEAF): Fresh leaf (1:2, 95% alcohol), 1–3 ml (0.2–0.6 tsp.) 3 times daily for allergies; dried leaf (1:4, 50% alcohol), 2–5 ml (0.4–1 tsp.) 3 times daily for the kidneys (tea works better)
- GLYCERITE: Dried leaf (1:6); 10–20 ml (1–2 tsp.) 3 times daily
ELDER
Sambucus canadensis, S. nigra

The fruits (elder berries) are anti-allergenic, anti-inflammatory, antiviral, and decongestant. They contain significant amounts of the bioflavonoids Rutin, Quercetin, Isoquercetrin, all of which are mast cell stabilizers that reduce allergic reactions.

WARNINGS: All parts of the fresh plant are mildly toxic and can cause nausea and diarrhea. Even dried, the stems, bark, and root contain enough residual compounds to induce nausea. The flowers should be dried before using. The berries should be used dried, or boil fresh berries for 3 minutes before preserving.

ENERGETICS: Cooling and drying

PROPERTIES: Anti-inflammatory, antiviral, decongestant, diaphoretic, febrifuge, and nutritive

Dosage Forms

- GLYCERITE: Dried berries (1:5, sealed simmer method); 5–10 ml (1–2 tsp.) 4 times daily
- SYRUP: Cook fresh or dried berries with a little water until soft, then press through a jelly bag. Measure juice, add an equal amount of honey, bring to a boil, remove from heat, and refrigerate or can; 1–2 teaspoons 4 times daily
An aromatic and astringent, wild cherry has a long history of use in cough remedies (ever wondered why so many cough remedies are cherry-flavored?). It is a cooling remedy that expels phlegm and soothes and dries out mucous membranes, making it helpful for a variety of respiratory and digestive system problems. It may also help normalize histamine reactions in allergies. In traditional Chinese medicine, it is indicated when there is heart fire blazing, consisting of palpitations, mental restlessness, agitation, insomnia, rapid pulse, and a yellow-coated tongue with a red tip.

**WARNINGS:** There is a slight toxicity to wild cherry, so it should not be used in large amounts or for long periods of time. It contains hydrocyanic acid, which, in high doses, may cause spasms and difficulty breathing. Medicinal doses have never proved harmful. Not recommended for use by pregnant women.

**ENERGETICS:** Cooling and drying

**PROPERTIES:** Astringent and expectorant

**Dosage Forms**
Many authors insist that a dried bark tincture is the safest and best preparation. After much experimentation, we believe the fresh bark tincture to be superior.

- **COLD INFUSION (STRONG):** 1–5 ounces 3–5 times daily
- **TINCTURE:** Fresh bark (1:3, in 40% alcohol); 10–40 drops 1–4 times daily
- **INFUSED WINE:** Dried bark (1:5 in sherry) 1–2 ounces 3–5 times daily
- **GLYCERITE:** Fresh or dried bark (1:8, 60% glycerin, cold maceration for 3 weeks; do not use heat); 1–2 tsp. 3–5 times daily
- **SYRUP:** Make a strong cold infusion and add 50% honey.
This herb was tested on hay fever (allergic rhinitis) symptoms and found to be as effective as many OTC and prescription drugs. Butterbur has also been shown to reduce the frequency, intensity, and duration of migraines. It is a useful remedy for cramps and asthma.

WARNINGS: The plant contains pyrrolizidine alkaloids, which can be toxic to the liver. Some commercial extracts claim to remove the PAs, but the jury is still out. To be safe, use the PA free extracts and if possible limit use to 6 weeks a year.

ENERGETICS: Cooling and drying

PROPERTIES: anti-allergenic, antitussive, and expectorant

Dosage Forms
There is no commercially available source of bulk butterbur that is PA-free. Until there is, we recommend you stick to the standardized PA-free products.

- CAPSULE: 1–2 50 mg capsules standardized to 7.5 mg petasin up to 2 times daily
Herbal Remedies

**Elder Honey Paste**
4 parts Elderberry powder (key herb)
1 part Acerola cherry powder (supporting herb)
1 Bilberry powder (supporting herb)

*Directions*
1. Measure and combine herbal powders in a bowl.
2. Add just enough warmed local honey to form a thick paste (think cookie dough consistency).
3. Take 1-3 teaspoons three times daily when experiencing allergies, colds or the flu. (I like to eat it directly off the spoon… yum!)

**Anti-allergy Formula**
4 parts feverfew (key herb)
4 parts nettle leaf (fresh tincture only) (key herb)
2 parts goldenrod (supporting herb)
1 part blessed thistle (supporting herb)
1 part bitter orange peel (catalyst)

*Directions*
1. Prepare from individual tinctures
2. 1-2ml, three times a day during allergy season as a preventative
3. 2-5ml up to five times a day, as needed for allergy flares

**No Snot Nasal Rinse**
In a 2oz saline nasal rinse bottle add:
10 drops feverfew
10 drops yerba mansa
20 drops vegetable glycerine (not necessary, but helps prevent irritation from the alcohol)

Rinse nasal passages as needed. You can use the same tinctures added to a neti pot, but the forceful irrigation you get from a bottle can be more helpful during acute allergy flares.

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7 Essential Oils for Seasonal Allergies
Therapeutic Benefits of Essential Oils for Seasonal Allergies

- Relieve symptoms
- Anti-inflammatory
- Support immunity (& modulate over time)
- Ease anxiety/stress (personal inhaler, salt baths)
- Reduce potential allergens in environment (diffusion, natural cleaning products, room sprays, linen sprays)

Best Methods of Application for Seasonal Allergies

- Personal Inhaler (*replace cotton with organic cotton pad)
- Salt Scrubs
- Steam inhalations
- Diffusion (make 5-10ml synergy)
- Direct Palm Inhalation
- Linen or Room Sprays
- Nasya (3-4% dilution in sesame oil – indicated when dryness is a factor)
- 1:1 or undiluted application around nose
- Neti Pot (Hydrosols only! Do not use essential oils in neti pot. 4 parts water to 1 part hydrosol – warm slightly.)

**Natural Cleaning Products!
Niaouli

Melaleuca quinquenervia
syn. M. viridiflora

The Myrtaceae family

I am thankful to Kurt Schnaubelt who popularized the use of Niaouli for its immune supportive properties as well as its use in the treatment of allergies. Niaouli may not have the most beautiful aroma but it gets results!

Chemical Features: Rich in 1,8 cineole supported by monoterpenes and sesquiterpene alcohols.

Therapeutic Actions: Expectorant, immuno-modulatory, stimulant

Indicated for: lowered immunity, allergies, bronchitis, sinusitis, chest infections, respiratory infections

Blends well with: Saro, Ravintsara, Cistus, Blue Tansy, Rosemary (all chemotypes), Eucalyptus (all species)

Safety Information: Do not apply to or near the face of infants or children under 7 (seven) years of age.

Applications
- Diffusion
- Steam inhalation
- Personal inhaler
- Salt scrubs
- Nasal oil (to be applied on the outside of the nose)
- Natural cleaning products
Laurel
*Laurus nobilis*

**Lauraceae Family**

This is one of my favorite respiratory, immune, and lymphatic essential oil. It's range of therapeutic benefits for the respiratory system.

**Chemical Feature**

Rich in 1,8 cineole, supported by α-terpinyl acetate and monoterpenes.

**Therapeutic Actions:**

Antispasmodic, expectorant, immune modulatory, mucolytic

**Indicated for:**

- Lymphatic congestion, clears stagnation, respiratory congestion, excess mucus/kapha
- How to use: 3-10 drops applied topically over lymph nodes effectively supports the lymphatic system in its task of eliminating metabolic waste. (Schnaubelt, 2013)
- Bay Laurel is an expectorant, counteracts catarrh symptoms and has a very broad antimicrobial spectrum.

**Blends well with:** Peppermint, Eucalyptus globulus or E. radiata, Rosemary ct. verbenone, Niaouli, Inula, Grapefruit, Cypress, Saro, Niaouli, Lemon, Juniper berry, Cinnamon leaf

**Safety Information:** Do not apply to or near the face or nose of infants or children under 7 (seven) years of age. Avoid application on hypersensitive, diseased or damaged skin.

**Applications**

- Salt scrub
- Steam inhalation
- Combine in synergy for personal inhaler
- Diffusion
- Skin brushing

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Lemon

*Citrus limon*

**Rutaceae Family**

Lemon? Yes, lemon. Lemon not only supports and enhances the immune system but also supports the therapeutic activity of many of the other essential oils in this e-book.

**Chemical Feature**
Rich in monoterpenes, particularly d-limonene.

**Therapeutic Actions:**
Antispasmodic, antiviral, anxiolytic, astringent, detoxifier, immune enhancer

**Indicated for:** lymphatic congestion, preventative for contagious illnesses, General air purifier

**Blends well with:** Grapefruit, Tea tree, *Eucalyptus globulus* or *E. radiata*, Lavender, Juniper berry, *Pinus* species (e.g. Scots Pine), Cypress, Douglas Fir, Black spruce, Ravintsara, Elemi, *Boswellia carterii*, Niaouli

**Safety Information:**
- **Expressed Lemon:** Low risk for phototoxicity but it is recommended that if it is applied over a 2% dilution to the skin, that the individual not be exposed to sunlight or sunbed rays for 12 hours.
- **Distilled Lemon:** Not considered to be phototoxic but can be a dermal sensitizer when oxidized.

**Applications**
- Salt scrub
- Personal inhaler
- Diffusion
- Natural Cleaning Products
Eucalyptus

_Eucalyptus radiata_

Myrtaceae Family

**Chemical Features:** Rich in 1,8 cineole, supported by α-terpinyl acetate and monoterpenes.

**Therapeutic Actions:** Anticatarrhal, anti-inflammatory, antitussive, expectorant, immune modulatory, mucolytic

**Indicated for:**
- Bronchitis, flu, sinusitis, upper respiratory tract infection, colds, respiratory infections, ear infections, mucus cough, excess kapha, respiratory conditions in children
- Lowered immunity

**Safety Information:** Do not apply to or near the face or nose of infants or children under 7 (seven) years of age.

**Blends well with:** Peppermint, _Eucalyptus globulus_ or _E. radiata_, Rosemary ct. verbenone, Niaouli, Inula, Grapefruit, Cypress, Saro, Niaouli, Lemon, Juniper berry, Cinnamon leaf

**Applications**
- Salt scrub
- Personal inhaler
- Diffusion
- Steam inhalation

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German Chamomile

*Matricaria recutita*
syn. *Chamomilla recutita*
syn. *Matricaria chamomilla*

**Asteraceae syn. Compositae Family**

German chamomile's rich blue color conveys its strong anti-inflammatory activity.

**Chemical Feature**
Rich in oxides (α-bisabolol oxide A and B) and the sesquiterpene alcohol, (-)-α-bisabolol

**Therapeutic Actions:**
Anti-allergenic, anti-inflammatory, antipruritic, antispasmodic, nervine

**Indicated for:** inflammation and irritation of the upper respiratory tract

**ENERGETICS:** Cooling

**Applications**
- Cream or lotion for itchy skin.
- Nasal gel or oil
- Use in place of tansy essential oil
- Combine in synergy for personal inhaler

**Blends well with:** Turmeric, Elemi, Niaouli, Peppermint, Lavender, Khella (Ammi visnaga), Mandarin, Eucalyptus sp.

**Sample Formulation**
5 drops German chamomile
10 drops Niaouli
10 drops Eucalyptus radiata
50 drops Sesame Oil

Combine in small glass bottle (5ml dropper bottle is good). Pour a small amount into palm and then with finger tips of other hand, scoop small amount up and gently massage under nose, around nose, and then holding palms close to nose, take a deep inhalation. Can massage any extra into neck (front and back) and shoulders.

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Scots Pine  
*Pinus sylvestris*

**Pinaceae Family**

**Chemical Features:** Rich in monoterpenes (α-pinene and β-pinene) supported by sesquiterpenes and esters.

**Therapeutic Actions:** Decongestant, expectorant, neurotonic, restorative

**Indicated for:** respiratory infections, thins bronchial secretions, expands breathing, asthma, bronchitis, catarrh, moist coughs, sinusitis, sore throat, allergies

**Blends well with:** Petitgrain, Valerian, Inula, Ylang ylang, Sandalwood, other Pinaceae species, Lemon

**Safety Information:** Skin sensitization if oxidized. (rich monoterpane content) Old or oxidized essential oils should be avoided. Store in refrigerator to slow oxidation.

**Applications**
- Diffusion
- Personal inhaler
- Steam inhalation
- Linen spray
- Natural cleaning products

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Pinon Pine

*Pinus edulis*

**Pinaceae Family**

I love Pinon pine and although it is a pine, it is not quite as drying as Scots Pine. The aroma is unique as a conifer, with a bit of sweetness.

**Chemical Features:** Pinon pine essential oil is rich in monoterpenes, specifically α-pinene (upwards of 50%), beta-pinene, and β-phellandrene, supported by esters.

**Therapeutic Actions:** balsamic, decongestant, expectorant, immune enhancer

**Indicated for:** catarrh, coughs, sinusitis, sore throat, allergies

**Energetics:** Drying

**Blends well with:** Lavender, Pine species, Fir, Tangerine, Grapefruit, Niaouli, Sandalwood, Frankincense species, *Eucalyptus radiata*

**Safety information:** Skin sensitization if oxidized. (rich monoterpene content) Avoid old or oxidized essential oils. Can be stored in refrigerator to extend shelf life.

**Applications**

- Personal inhaler
- Diffusion
- Direct palm inhalation
- Salt scrub
- Steam inhalations
Aromatherapy Recipes for Seasonal Allergies
Recipes for Seasonal Allergies

Allergies allergies allergies! They are becoming increasingly common these days. Thankfully, aromatherapy can help prevent as well as treat common allergies. Here are our favorite allergy inhalers!

Recommend: 25 drops per inhaler tube

**Allergy Relief Inhaler**
- 1 blank Inhaler tube *replace pad with organic pad/cotton
- 10 drops *Eucalyptus radiata*
- 10 drops Niaouli
- 5 drops Tansy

Use throughout day as needed.

**Allergy Relief Roller Ball**
- 9ml of Sesame Oil
- 3 drops Niaouli
- 2 drops Lemon
- 2 drops Tansy (or German chamomile)

Apply under the nose, along neck, or on chest as needed throughout the day.

**Forest Sleeping Linen Spray**

*Ingredients:*
- 4 oz spritzer bottle
- 2 oz water
- 2 oz vodka (**Can use 100% water if desired)
- 30 drops Pinon pine or Scots Pine
- 25 drops Lemon
- 20 drops Black Spruce

*How to make:*
1. In glass measuring cup, combine water and vodka.
2. Add in essential oils.
3. Stir well with a stainless steel fork or spoon.
4. Once mixture is well combined, place in clean glass or aluminum spritzer bottle.
5. Label your bottle with name and ingredients.
6. Your linen spray is now ready to use.
How to use:
The Forest Sleeping linen spray can be lightly sprayed onto your blankets/sheets prior to going to sleep. Allow the spray to ‘dry’. Take a few deep breaths and meditate for a moment on the beauty of the forest aroma! Sleep well!

Allergy Relief Salt Scrub
Makes 16 ounce jar of salts or 2 - 8 ounce jars

- 1 1/3 cup Fine Sea Salt
- 5 drops German chamomile
- 10 drops Niaouli
- 10 drops Rosemary (*Rosmarinus officinalis*) ct. verbenon or Green myrtle (*Myrtus communis*)
- 1/2+ cup Sesame oil (begin with 1/2 cup and add more as desired)

Measure sea salt and sesame oil. Combine all ingredients in glass bowl and stir until well combined. Scoop into sterilized glass jar. Use 3-4x a week in the shower.

Make Your Own Natural Cleaning Products (visit blog post)

- [How to Make Your Own Natural Bathroom Scrub](#)
- [Make Your Own Lavender/Lemon All Purpose or Window Cleaner](#)
- [Cleaning Your Home Aromatically](#)

References
All Safety Information was obtained from: Tisserand, R and Young, R. (2014). Essential Oil Safety. 2nd edition. Churchill Livingstone/Elsevier, unless otherwise noted.
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