Meher Mathur

Mr.Speice

Independent Study and Mentorship

Subject: Alternative Options for Allergy

Research Assessment-7

Allergies, also known as Hay Fever, are one of the most common diseases in America pertaining to season. Commonly referred to as seasonal allergies, these have caused the most annoyance in a child’s immune system for the past decade. I knew that seasonal allergies grew with each season and affected different type of children at different rates along with the fact that doctors in America will prescribe the medication that will dub the symptoms rather than cure the problem. I wanted to know what other forms of medication (more towards alternative medication) can help cure this disease. Kids across the nation suffer from allergies that later trigger asthma and other life threatening respiratory diseases. This has been caused by the continuous over dosage of over the counter medications that do not cure the problem. This is what I want to further my research on.

In the article called “Natural Treatments for Your Seasonal Allergies” there was a full explanation of what can be expected when treating diseases with an alternate approach. Herbs like cloves and petals from different flowers are grinded and mixed together to form a powder that can be used to treat the different symptoms. Along with the designated herbs, different types of vitamins and supplements are also used to limit the symptoms and boost the immune system. I have realized that the medications are used in high amounts on a day to day basis. I am aware of the fact that plants and such medication takes a while to make changes in the body. My original work will be related to how there can be an “enzyme like” substance that can speed up the process and create a reaction that will immediately help the patient. Each and every herb has a characteristic that can treat a symptom effectively. I can use that along with the characteristics of supplements to implement a combination between the two for a more effective treatment plan.

Most people look down upon naturopathic treatments due to time restraints and the very fact that it is not always effective. I personally was not exposed to homeopathic and alternative medicine until a very close family member was affected by cancer and their treatment plan involved many integrative medicine elements. I was exposed to a healthy lifestyle which resulted in the need for a healthy diet, as well as the usage of supplements (biochemic cell salts) to create an effective treatment system. Most herbal medication is used to dial down the symptoms of the patient and boost the immune system to fight back harmful invaders. I would like to use these aspects of both herbal medication and the supplements to create an integrative medicine pathway. Due to the slow reactions of the alternate medicine, integrative medicine seems like that best option for my ISM project this year. Somethings to keep in mind would be the fact that how can such plants take on such harsh diseases and strengthen the immune system at the same time?

This information was very helpful as it strongly hit the points I was trying to find regarding my research. Alternative medicine has not been widely acknowledged in the US and is something that can significantly change the medical field. Reliance on allopathic medication has destroyed healthy lifestyles of many children and I intend to change that for future generations.