



Natural Allergy Solutions

November 2018 Newsletter

Mold FALLout!

Now that the leaves have fallen, it leads me next to think about MOLD. I am acutely aware of how it has impacted me in the past and I see the impact it has on so many of you that it has a profound effect on me.

When the leaves hit the ground, they start breaking down causing many people to have severe reactions. Additionally, this particular year, we've had an incredible amount of rain. Mold spore concentration is very high both inside and outside our homes. You may experience any or all the following symptoms:

- 1) Itchy or Watery Eyes
- 2) Runny Nose
- 3) Sneezing
- 4) Coughing
- 5) Post Nasal Drip
- 6) Sore Throat
- 7) Headaches even Migraines
- 8) Head and/or Chest Congestion
- 9) Nausea

Debra's Best Picks for preparing and enduring this season:

- 1) Pulsatilla
- 2) Silver Lozenges, 30ppm
- 3) Saline spray for clearing your nasal passages

4) Colloidal Silver Liquid, 30ppm

Warm wishes,
Debra

Come in for an appointment, (973) 616-6400

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