

Answer to your question.

Provided by Charles E. Adams, Jr. (Aazhibiknini)

The questioner suffers from severe hayfever and pollen allergies. To provide natural or herbal remedies for any allergy, it is helpful to delineate the geographical area of interest, i.e., southwest US, etc., as it is reasonable to assume that the remedy would be in large part dependent on the nature of the local flora which provide a source for effective medicines. It is important also to specify the time of year at which the symptoms appear because some pollen allergens, ragweed, etc., are restricted to specific seasons of the year. The importance of these two factors in determining a potential remedy for "hayfever" is demonstrated in the book *Indian Herbalogy of North America* by Alma R. Hutchens where lessening of the symptoms of hayfever has been ascribed to 11 different herbs. The book is strongly recommended for specific local and seasonal traditional remedies for allergies and other human maladies. A review of the book is in preparation and will be posted on Algonquin Voice when completed.

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