



Allergy Preparation

by [Dr. Iva Lloyd, ND](#)

[Allergy season](#) will soon be upon us. Taking a few steps ahead of time can greatly reduce the frequency and severity of your [allergy symptoms](#).

If you tend to suffer from [allergies](#) then [check out our blog](#) which discusses the steps that you can take today to prepare for this year's allergy season. The [blog](#) looks at home preparation steps, how to minimize personal exposure, recommended dietary changes and provides natural allergy treatment recommendations. If your [allergy symptoms](#) are severe, or you require additional support please book to speak with one of our naturopathic doctors.

Pregnant with Allergies?

by [Dr. Urszula May, ND](#)

Though some women find that allergies improve during pregnancy, others find no relief at all. Knowing what you can and cannot take to manage [allergy symptoms](#) when pregnant is important. [Vitamin C](#), [Vitamin D](#), [Nettle](#) and [magnesium](#) are all safe and useful in addressing [allergy symptoms](#) during pregnancy.

Avoid [quercetin](#) and [bromelain](#) as some studies have shown potential harm to the fetus with long-term use. [Acupuncture](#) and [IV Therapy](#) should also be avoided during pregnancy. The primary emphasis should be on dietary changes and minimizing exposure. Ensuring a [healthy pregnancy](#) is paramount, if you have any questions or concerns, at all, it is always best to check in with your naturopathic doctor.

Spring Detox

by [Dr. Jacqueline Cooper, ND](#)

Spring cleaning should not be reserved to your closets. This is an ideal time to detoxify your system. A seasonal detox is an important component of optimizing your health. If you suffer from allergies, it is particularly important. When the body is overburdened with [toxins](#) it aggravates your allergy symptoms.

Attend my series of free seminars to learn more about how you can [detoxify](#) in a healthy and safe manner. As well, learn about how you can improve you own and your family's health by detoxifying [your home](#) and utilizing safe [personal care products](#).

Let's Reconnect

Spring is a great time to have your **annual naturopathic visit** and to ensure that you are on the right path to health. If you have labs from your visit with your GP than bring them along, if not, or if you would like further diagnostic testing then we can accommodate that.

Our [March Open Doors](#) event was so successful we are going to continue it throughout the year. Feel free to drop by the clinic at any time to get a tour or to arrange a [free consultation](#) with one of naturopathic doctors.

Featured Lab

Environmental Allergy Test Knowing your true triggers will greatly improve your management of allergies. During April our [IgE blood test for environmental allergies](#) is \$235, a \$25 saving.

Seminar Schedule

[Naturopathic Detoxification](#)

[Detoxify Your Home](#)

[Master the Mind Golf](#)

[Chemicals in Your Personal Care Products](#)

[Cellulite – Now What?](#)

[4 Weeks to a New You](#)