Friday, June 2, 2017

Prior to starting the drops I was taking Zyrtec daily and most days also Sudafed, Benadryl, sometimes Mucinex. I’d also use an injaler and Flonase nasal spray as needed. The constant problems I had were: Itching eyes, skin, throat at times. Hives occasionally, constant runny nose, sneezing at times, and constant mucus running down the back of my throat. Sometimes sinus headaches, stuffed up ears.

 I was having year round symptoms but way worse in spring, summer, and fall. Winter not as bad but still had many symptoms. I started my immunotherapy drops mid-February and I felt I had relief in just a few weeks (although it was very cold so probably no much in air) I continue to improve and rarely use anything now except a daily Zyrtec. On occasion I still need a Benadryl or a Sudafed but I have cut way back compared to what I was taking previously. I still use my inhaler if I go hiking or biking in the hills.

 I find using the drops easy. I take them at 6am daily and it easily fits into my daily routine. I would suffer vs. taking shots. I jumped at the chance to try this therapy and I’m so glad I did. All my life I have had allergies and I’m beginning to feel unlike I’ve ever felt before. Being able to breathe out both nostrils at the same time-not having mucus down my throat or having a runny nose. My ears are unclogged. That is really amazing. If I have this much relief so soon I hope to get to a point where I rarely have to use any drugs.

 I’m very happy with my progress so far. I tell everyone who brings up that they are suffering from allergies, this is simple. I’m so grateful.