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### Seasonal Allergies....Kaachoooo!

Many folks are feeling their first allergy symptoms of the spring/summer season. Typically symptoms begin at the start of spring or fall and initially may be misdiagnosed as a simple cold. The usual causes of seasonal allergies are pollens released from grasses, flowers, trees, weeds and various other plants.

Unlike traditional colds, seasonal allergies may last for weeks or months depending upon what triggers them. Symptoms may include itchy watery eyes, stuffy or dripping nose, swollen nasal passages, sneezing, headache, skin rashes, and a multitude of other ailments.

A few preventative steps on your part may help reduce the severity and length of symptoms:

- \* Use a good air purifier year round. Keep windows closed and avoid morning outdoor activities when the pollen count is high.
- \* Keep your immune system strong by avoiding alcohol, caffeine, tobacco, white sugar, white flour, salt and dairy products.
- \* Eat lots of high fiber foods and drink plenty of water
- \* Include a selection of these supplements: vitamin C with bioflavanoids, quercetin, butterbur or nettles. Staff members highly recommend *Kold Kare*, containing the herb *andrographis paniculata*, to reduce symptoms

Additional remedies found in your kitchen cabinet may help thin mucous secretions. Cook up spicy dishes with cayenne, hot ginger, fenugreek, onion and garlic.

Finally, a nasal saline wash using a *neti pot* can provide immediate relief by removing mucous, cleaning away dust and pollen and soothing nasal passages.

Maintaining a strong immune system year round and starting treatment before the height of the allergy season will undoubtedly help you breathe a little easier!

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, May 10th

Closed Sunday, May 30th, Race Day  
Open Monday, May 31st, Memorial Day  
9:00am—6:00pm

## Please welcome the return of... **Dr. Holly Lucille, N.D., R.N.** Women's Health Lecture

*Learn ways to address underlying issues rather than simply masking your symptoms. Safely restore balance, maintain good health and increase your overall quality of life.*

- \*Bone Health      \*Heart Health
- \*Hormone Health    \*Breast Health
- \*Detoxification & Cleansing
- \*Weight Loss

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Two Lectures  
Tuesday, May 11  
12:30pm and 6:30pm

This seminar is free with pre-registration!  
317-293-9525

Or submit your request to  
info@georgetownmarket.com

*Dr. Lucille is a naturopathic doctor, an expert on Women's Health and author of Creating and Maintaining Balance: A Woman's Guide to Safe, Natural Hormone Health.*



## From Rick's Desk...

### ALLERGY SEASON

Allergy season is here and the media is reporting that this season could be more severe than previous years. My recommendations are twofold. One, it is important to eat properly by reducing your consumption of refined white sugar, white flour, dairy, and grains if you are sensitive to them. Keep your drink choices to water, herbal tea and vegetable juices. These choices will boost your immune system and support the adrenals. Two, supplements can be very beneficial especially if you start before you experience symptoms. An old favorite of mine is to take approximately 250mg each of pantothenic acid and niacinamide daily. Both are B vitamins and are water soluble, meaning what your body doesn't use will be excreted. No side effects! You may also try Vitamin C, quercetin with bromelain, AllerFree by Pure Essence, Allerase by Enzymedica and the herb stinging nettle.

The key to reducing your allergy symptoms is starting right away with dietary changes and any of the supplements listed. For a local allergy forecast go to [www.pollen.com](http://www.pollen.com). Be sure to check out our allergy class on May 15<sup>th</sup> listed below.

### RAW FERMENTED FOODS

We are proud to introduce a new line of local, raw, fermented foods by Hidden Pond Farm. We have red kraut, veggie kraut, KimChi, beet kvass and ginger kombucha in stock in our produce section. We also carry their Super Tonic which is for fighting colds, flu, fever, infection and inflammation. Very potent!

Please try these locally made raw fermented foods and remedies. Not only are they great tasting, they are very healthy for you!



Be a fan on facebook and follow us on twitter to get exclusive coupons, and info!



#### MAY CLASSES

##### ***Allergies No More!***

Saturday, May 15, 3:00pm

Learn to use natural remedies to alleviate & reverse seasonal allergies.

##### ***Aromatherapy***

Saturday, May 22, 3:00pm

Learn to use essential oils for scent & therapeutic uses

For more information visit  
[www.georgetownmarket.com](http://www.georgetownmarket.com)  
or pick up a flyer in the store!

*Looking for a new way to get your antioxidants? Genesis Today's 100% pure wild harvested superfruit juices are a staff favorite. Each one fl. oz. contains 30,000 mg of one of these four juicy fruits—Acai Berry, Mangosteen, Noni or Goji Berry. Wild harvesting is a method of extracting the fruit from its native environment and ensuring that it is free of any chemicals, pesticides or contamination from over-farming. Called *superfruits*, these fruits have higher amounts of nutrients per serving than other fruits and are typically a source of unique or novel compounds that are not easily found at such high levels in other foods. Available in our Natural Living department.*

#### **Indy Rawvolution**

(a raw foods support group) Meets May 11 & 25 at 6 p.m. For more info, contact Pamela Reilly at [pamela@georgetownmarket.com](mailto:pamela@georgetownmarket.com)

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