



What is an Insect Bite & Sting Allergy?

Many people have allergic reactions **when they are stung by insects**. Insects such as bees, bumble bees, wasps, yellow jackets, hornets, and fire ants have the ability to inject venom into humans and animals. In the United States overall, yellow jackets cause the most allergic reactions. In the South, fire ants are more common. Venom in the insects contains proteins which causes allergic reactions in people.

Usually, an [insect sting allergy](#) occurs a few minutes after the sting, while more severe reactions are experienced within minutes. Insect **stings may not always result in a reaction on the first sting**. However, a very strong allergic reaction may occur on the second sting. A more serious reaction is known as an anaphylactic reaction, and people often die from it. People who are highly allergic to insect stings should wear a medic alert bracelet and have epinephrine available in the form of an Epi-pen or Ana-kit. If a reaction takes a few days to develop, the symptoms are less severe.

Signs and symptoms

The most common symptoms and signs that are experienced by most people who have an [allergic reaction](#) to an insect sting include:

- Swelling
- Pain
- Intense itching
- Eye itching

If someone experiences a severe [allergic reaction](#), symptoms of anaphylaxis may appear and they include:

- Rapid pulse
- Wheezing
- Difficulty breathing
- Swelling of the throat and tongue
- Severe drop in blood pressure
- Nausea and vomiting
- Anxiety
- Confusion
- Severe stomach cramps

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Diagnosing an Insect Bite & Sting Allergy

The [diagnosis of an insect sting](#) or allergy is usually **based on your physical symptoms**. Your doctor will check your pulse, blood pressure, skin for swelling and hives, lungs for wheezing and upper airway for any obstruction. Certain tests such as an ECG or chest x-ray may be performed.

What Causes an Insect Bite & Sting Allergy?

An [allergic reaction](#) to an insect sting occurs when there is an **overreaction from the body's immune system** to the venom of an insect. The body produces an allergic substance called an immunoglobulin (IgE) antibody, which reacts to the protein in the venom, usually at the first sting or later. IgE triggers the release of various chemicals, including histamine that causes the allergic reaction.

Help for an Insect Bite & Sting Allergy

Most insect stings can be treated at home. In the case of honeybee stings, the **stinger is usually lodged in the skin** and it needs to be removed immediately. This may be done by scraping the area with a credit card or fingernail. Do not try to pinch the stinger to pull it out, as this will only inject more venom.

To control the swelling, elevate the body part that has been stung and apply ice. Medication such as ibuprofen or acetaminophen may help to relieve pain and antihistamine pills will control the itching. Topical creams such as **hydrocortisone creams or calamine lotion may also be applied to reduce itching**, or a homemade paste of baking soda and water can be rubbed onto the skin. If you experience a severe reaction, you would need to see a doctor, who will be able to prescribe a stronger dose of antihistamine pills.

Natural Remedies

Natural and holistic treatments have been used for centuries to treat [insect bites](#) and allergies, as well as **support the body's immune system**. Herbal and homeopathic remedies are safe, effective and gentle to use on the body without the harsh side effects of conventional medications.

Herbs such as Quercetin act as a powerful anti-oxidant that boost immunity and improve circulation while Euphrasia officinalis (Eyebright) maintains eye health and good vision. Homeopathic ingredients such as Arsen alb., Nat. mur and Kali mur. help to **maintain skin, liver and nervous health** and also promote healthy fluids in the body.

Tips to help prevent insect allergies

There are certain precautions that can be taken to avoid insect allergies:

- Spray insect repellent in areas where fleas, mosquitoes, flies or ticks are common
- De-flea pets regularly with anti-flea preparations
- Sleep under a mosquito net
- Cover arms and legs during activities such as gardening, field trips or hiking



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Avoid wearing brightly colored clothing or sweet-smelling fragrances that may attract bees or wasps
- Always cover food, especially at picnics or cookouts, as insects are easily attracted to the smell
- Keep garbage containers closed and clean them regularly
- Move slowly and remain calm and quiet when insects are flying around – do not swat or flail your arms
- Inspect your home thoroughly for insect nests or places where insects may build nests such as around eaves, attics, vents or window frames
- Carry an insecticide spray that may be used specifically for insects that you may be allergic to

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing

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symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

AllergiClear: Stay allergy-free using natural immune system support

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AllergiClear is a compound remedy containing herbal and nutritional ingredients known for their positive effect in **maintaining histamine levels within the normal range** and supporting clear eyes, noses, sinuses and healthy problem free skin.

Taken regularly, AllergiClear can make all the difference and help you to enjoy the outdoors once again!

[Learn more about AllergiClear](#)

Itch Dr.: Natural soothing cream to promote healthy skin all over

Itch Dr. is a 100% natural herbal cream for soothing common itching skin and may be used all over the body, wherever there is a need.

This topical remedy contains Vitamin E, well known for its soothing and healing properties related to skin health, as well as carefully selected **herbs with properties to support the skin** and the immune system – helping to maintain the correct pH and balance of bacteria, yeast, and fungi within normal levels.

Combined in a Vitamin E base, these ingredients are soothing, gentle, and delicate enough for the most sensitive of skin. Itch Dr. is gentle enough to be used on the **anus, genital and jock areas.**

[Learn more about Itch Dr.](#)

Pure-Heal Gel: Promotes the natural healing of wounds, minor burns, grazes and bites

Pure-Heal Gel is a 100% safe and natural topical herbal gel that helps to **support and soothe the skin after minor mishaps and everyday insect bites.** Pure-Heal Gel has been formulated as a natural companion to our effective [Pure-Clenz Solution](#)™ - for complete care of your family's skin .

Pure-Heal Gel contains a carefully selected combination of well-known and **respected traditional herbal remedies for supporting and soothing the skin.** The soothing aloe gel base and subtle lavender aroma also provide an immediate comforting effect.

[Learn more about Pure-Heal Gel](#)

Read the testimonials for these quality products [here!](#)

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)



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