

'Fireside Chat' to Tackle Allergy Solutions

By Chris Lavin

Empty shelves where the allergy medicines used to be in local drug stores are testament to this season's unusually harsh allergies. Sporadic rain followed by hot days caused blooms to pollinate in abundance, leading to watery eyes and stuffed sinuses.

But one holistic doctor in the East Bay recommends not immediately rushing to the drug store for relief. There are many other options, says Dr. Jay Sordean, of the Redwood Clinic in Berkeley.

Sordean will be the featured speaker at the Orinda Library's "Fireside Chat" series from 7 to 8 p.m. Tuesday, June 26 when he speaks about "Natural Solutions to Allergy Problems: A Holistic Approach."

"We'll be talking about the prevalence of allergies and their symptoms," said Sordean – including food allergies. "Stress can exacerbate or be the underlying cause of allergies." He will speak of ways to alleviate both, including herbal remedies, vitamin therapy, exercise and acupuncture. The Orinda Library's "Fireside Chat" series is held on the last Tuesday of each month at the library on Orinda Way. Call 925-254-2184 for more information.



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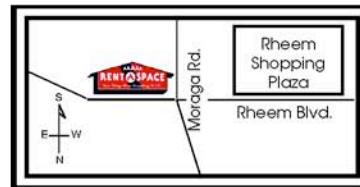


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