

Natural Relief from Spring Allergies

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Spring is here and so are the spring allergies. Everyday everything is covered in a layer of yellow tree pollen with symptoms ranging from sneezing, itchy eyes, watery eyes, coughing, runny nose, stuffy nose, asthma symptoms, itchy skin, and hives. Seasonal allergies/hay fever are caused when our immune system overreacts to allergens such as pollen from trees, grass and weeds. The body enters defense mode causing inflammation, makes mucus so you don't breathe in irritants in your lungs and makes antibodies. This eventually leads to release of histamine, which causes many of the irritating symptoms associated with allergies.



Here are some home engineering controls to minimize the exposure to allergens.

- ✓ Keep windows and doors shut at home and in your car.
- ✓ In spring and summer, avoid being outdoors in evening when levels are highest.
- ✓ Take a shower, wash your hair and change your clothes after you've been working or playing outdoors. *Think Mr. Rogers Neighborhood opening scene from TV.*
- ✓ Make your bedroom a safe allergy place
 - Keep your dirty outdoor exposed clothes in a different room than bedroom
 - Remove shoes upon entering home. Store away from bedroom
 - Cover pillows in allergy resistant covers to reduce dust mite
- ✓ Wear a NIOSH-rated 95 filter mask when mowing the lawn or doing other chores outdoors
- ✓ Spring Cleaning is important. Use natural cleaners such as vinegar, lemon juice, baking soda, salt, natural soap (like Dr Bronner's) to avoid artificial scent reactions
- ✓ Use vacuum with HEPA filter to avoid releasing particles back into air.
- ✓ GET adequate sleep
- ✓ Relieve stress with prayer
- ✓ Flush nose with saline using hands, neti pot or saline spray. Use distilled or previously boiled and cooled water.
- ✓ Flush eyes with natural formula tears eye drops
- ✓ Get an indoor plant the cleans the air such as mums, peace lilies, Dracaena, palm tree
- ✓ Get plenty of physical activity you enjoy
- ✓ DRINK PLENTY OF WATER

Anti-inflammatory foods, herbs and spices that help reduce histamine response and inflammation

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| • Garlic | • Onions |
| • Turmeric | • Ginger |
| • Chamomile | • Thyme- natural decongestant as a tea |
| • Butterbur | • Nettles |
| • Quercetin- found in onions, garlic, red grapes, cranberries, green leafy vegetables | • Homeopathic medicines such as Sabadil |



Traditional Allergy Treatments

- Synthetic steroid nasal sprays such as Flonase, Rhinocort, Nasalcrom, Nasocort
- Older Antihistamines: Diphenhydramine (Benadryl), Chlorpheniramine (Chlor-Trimeton)
- Non-sedating antihistamines: loratidine (Claritin), fexofenadine (Allegra)
- Slightly sedating antihistamine: cetirizine (Zyrtec)
- Allergy shots- takes 2-5 years to be effective. Monthly treatment
- Sublingual immunotherapy (SLIT)- may not be covered by insurance yet
- Ketotifen fumarate antihistamine eye drops (Alaway, Zaditor)
- Naphazoline HCl/Pheniramine antihistamine eye drops (Visine-A, Opcon-A, Naphcon-A)
- Oxymetazoline solution nasal spray (Afrin) **Do Not use more than 6 times in a row (3 days)**
- **SIDE EFFECTS include:** drowsiness, mood changes, sleep disturbances, food cravings, weight gain, bloating, nausea control, anxiety improvement

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FIND ME

- ALLERGENS
- ALLERGY
- ANTI-HISTAMINE
- ASTHMA
- BAKING SODA
- BLOATING
- CHAMOMILLE TEA
- CLEAN
- DUST MITES
- GARLIC
- GINGER
- HISTAMINE
- HIVES
- HOMEOPATHIC
- HONEY
- INFLAMMATION
- ITCHY EYES
- ITCHY SKIN
- LEMON JUICE
- NETTLES
- POLLEN
- PRAYER
- QUERCETIN
- REST
- SALINE
- SLEEP
- SMOKE
- SNEEZING
- SPRING
- STEAM
- STRESS
- TURMERIC
- WATER
- WATERY EYES

DID YOU KNOW

One of the well-known side-effects of regular antihistamine use is **WEIGHT GAIN** and **BLOATING!!!!**



DON'T LET YOUR DESIRE FOR "NATURAL" REMEDIES EXCLUDE OTHER OPTIONS TO MAINTAIN YOUR HEALTH. FIND THE BEST OPTIONS FOR YOUR HEALTH.