

Sneeze Ya Later!

Seasonal allergies are a hyperactive response of your immune system to new things in the air. Here are our top tips for a sneeze-less Spring:

Load on the anti-inflammatory foods.

Quercetin from onions, bromelain from pineapple and Vitamin C from citrus fruits are our top choices. Eat them in abundance and daily! Consider supplement versions too. Our favorite is Quercetin Plus by Natura Health Products.

Enjoy daily Nettle.

Nettle is an antihistamine-rich herb that strengthens and tones weepy, leaky tissue. Find organic Nettle leaf in our Bless You tea. Drink it multiple times a day 2 weeks before allergy season strikes to train your immune system stay calm when pollen enters the air stream. Planetary Herbals Freeze-dried capsules also work great.

Familiarize yourself with histamine-rich foods.

Excessive histamines cause inflammatory processes like swelling, itching, and sneezing to abound. Histamine-rich foods include: chocolate, avocado, dried fruits, smoked meats, fermented foods and beverages like kraut, beer, and wine. Take a little vacay to keep the sneezies away.

Get that Dampness outa here!

Chinese medicine categorizes certain foods & drinks that cause thick, mucus-y situations in the body as "Damp". Since phlegm and excess drainage are hallmarks of allergy season, try reducing your Damp food/drink intake to mitigate symptoms. Damp foods/drinks include excessive raw fruits and veggies, ice water with meals, cold dairy products, processed sugar and carbohydrates, and wheat products.

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Address food sensitivities.

If you always deal with seasonal allergies, consider your diet: you may be consuming a food that's eliciting an immune response & therefore obstructing your ability to handle seasonal allergies. Common food sensitivities include: dairy, wheat, grains, soy, corn, peanuts, tree nuts, and shellfish.

Get Enzymatic!

Enzymes are compounds our bodies make to break down all the crud that can accumulate inside us, especially during allergy season. Our capacity to make enzymes wanes if we are stressed, dealing with systemic inflammation, and as we age. We love using Intenzyme forte by Biotics first thing in the morning with a big glass of lemon water, between meals, and again before bed. Of course before adding, talk with your practitioner and make sure it's a good fit!

Shower Before Bed.

Our bodies and clothes accumulate microscopic dander, pollen, and environmental toxins. Alleviate the burden & set yourself up for a restorative sleep by showering before you get into bed.

Cleanse the sinuses

Unwanted pathogens love to nest in the sinuses... so make them inhospitable with potent antibacterial herbs! We love S-Glear spray by Natura.

Using a Neti-pot with slightly warm saline & distilled water is another great tool.

This daily or weekly act serves to rinse away toxins, calm inflammation, and keep the mucous lining moist - a great line of defense against allergens that gets compromised in the presence of too much mucus.

