

TIPS FOR ALLERGIC RHINITIS

At this time of year, those of us who suffer from seasonal allergies can look beyond medication for a way to effectively manage symptoms.

Follow these helpful tips to turn allergy season into outdoor season.

- Invest in a Neti Pot, or saline syringe. Fill with warm water and $\frac{1}{4}$ tsp. of table salt to clean the nasal passages. This will eliminate any trapped allergens.
- Maintain a healthy diet. Processed foods, refined carbohydrates, excess sugar and dairy all contribute to the production of mucus.
- Incorporate plenty of fruit, veggies and filtered water.
- Opt for non-gluten whole grains (brown rice, quinoa and buckwheat are good options)
- Bee pollen and raw unprocessed honey are most effective when taken 6 weeks prior to pollen season and continued throughout the season.
- Garlic, grapefruit seed extract.
- Vitamin C acts as a natural antihistamine, and Quercetin helps to modulate the histamine response
- Take a quality multi-strain probiotic supplement

