

## How Allergies Begin...



## When are Allergies the worst?

The duration of allergy season depends upon what a person is allergic to which means it can be anywhere from early spring all the way through to late fall.



## Common Cold vs. Allergies

Common Cold	Allergies
A sore throat and cough	An itchy throat with sneezing and wheez-
Slow progression	Happens overnight
Caused by a virus	Caused by pollen, ragweed and other allergens
Low grade fever	No fever at all
No treatment needed—it will run its course	Need allergy medication to relieve symptoms

### Do's and Don'ts

- **Don't** mow lawn or rake leaves
- **Do** keep your windows closed and use air conditioning
- **Don't** dry sheets and clothes outdoors
- **Do** wash your bedding in hot water every week

How Bad Are Your  
Seasonal Allergies



# Allergies

## Common Symptoms



Runny nose



Nasal congestion



Coughing



Sneezing



Watery eyes



Itchy nose and eyes



Worsened asthma symptoms (for asthmatics)



Decreased quality of sleep

## Tips to survive seasonal allergies

- Reduce the humidity level
- Vacuum and dust regularly
- Wear a hat and sunglasses to prevent pollen from landing on your head or in your eyes
- Use a nasal saline solution to wash away pollen you have already inhaled
- Use eye drops if your eyes are dry and itchy. Eye drops can help both with flushing pollen out of your eyes and re-moisturizing dry eyes.

## TRIGGERS...

POLLEN



## MOST COMMON ALLERGY TRIGGERS

MOLD



COCKROACHES



ANIMAL DANDER



FOOD



FRAGRANCE



LATEX



MEDICATION



**Top 10**  
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## NATURAL ALLERGY REMEDIES

Quercetin	Magnesium	Vitamin C	Vitamin E
Like an antihistamine, Quercetin decreases the amount of cells reacting to an allergen. EAT: Garlic & Onions	Has a calming affect on the bronchial tubes & acts as an antihistamine. If deficient in Mg, levels of histamine are higher. EAT: Nuts & Seeds	High levels of vitamin C reduce histamine & help it break down faster, once it's been released. EAT: Broccoli & Berries	The gamma-tocopherol form of vitamin E can decrease allergy-related inflammation in very high doses. EAT: Almonds & Seeds
Omega 3s	Probiotics	Resveratrol	Carotenoids
Omega 3 fats can lower risk of developing allergies & help combat inflammation associated with seasonal allergies. EAT: Walnuts & Flax	Offer anti-inflammatory & anti-allergic effects, especially when given during pregnancy. EAT: Fermented Foods	A powerful antioxidant with anti-inflammatory properties that can help reduce allergy symptoms. EAT: Grapes & Red Wine	Anti-inflammatory carotenoids are proven to limit the prevalence of seasonal allergies. EAT: Sweet Pot & Mango
Bromelain	Anthocyanins	Beta-Glucan	Calcium
Bromelain is an enzyme, found only in pineapple, that can help stop the swelling & inflammation caused by hay fever. EAT: Pineapple	Anthocyanins are a powerful antioxidant that give foods their color. Their anti-inflammatory properties fight allergies. EAT: Purple & Red Foods	Beta-Glucan is effective in reducing & protecting us from seasonal allergy symptoms. Especially ragweed allergy sufferers. EAT: Mushrooms	Buffers the acidic stage of an allergic reaction & helps reduce histamine production. EAT: Kale & Chia Seeds

### Some ways to treat your allergies are:

- Air conditioning—to prevent moisture in the air
- Saline nasal spray
- Daily allergy pill (Claritin, Zyrtec, Allegra)
- Nasal allergy sprays (Flonase, Nasacort)

If your allergies last more than 3 weeks, contact your doctor.