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MANAGING ALLERGY SEASON

"The Basics":

- **The "Neti Pot"**. Also called nasal lavage, with a saline solution you wash allergens from the nasal pathway decreasing direct reactivity. The salt water also astringes irritated mucus membranes, decreasing mucus production.
- **Stay Hydrated**. Drink water! Always an important health tenet, but only more important during summer, as well as at our elevation. Other liquids, other than water, that count toward hydration include herbal teas, Recharge, EmerGenC, & soup broths. Liquids negative to hydration include soda, coffee, juice, Gatorade, and most "bubbly waters".
- **Get Your Rest**. Sleep allows the body to restore itself; it is an important part of staying healthy. Long days make it easier to burn the candle at both ends, enjoy the summer days but make sure you aren't overdoing it.
- **Clean diet**. Summer is the perfect time for cleaning up the diet. Make sure you are eating your whole fruits and veggies, juicing only removes important fiber and can cause spikes in blood sugar. This is the time of year great food is in abundance, visit your local farmer's market and enjoy!
- **Minimize Sugar Intake**: Refined sugar can depress your immune system. (This includes fruit juices and white flour!)

Supplements For Prevention:

Remember to continue to take your multi-vitamin, fish oils and probiotics on a daily basis!

- **Allergy Plus or Aller-C:**
Both products use a combination of herbs and nutrients to help quell allergies. Take as directed, these can be taken on a daily basis during allergy season.
- **Homeopathic Allergy Support:**
We have a variety of homeopathic combinations that can be quite effective. The combinations tend to target allergen families such as: Grass & Weed Mix, Tree Mix, Dog Dander or Cat Dander Mix.
- **Buffered Vitamin C:**
Buffered vitamin C is a great histamine stabilizer. Using as directed, this can be used in a flare up or regularly for prevention. Buffering the vitamin C allows higher dosing than regular vitamin C without irritating the colon.

Other Considerations:

Don't forget the benefit of Epsom salt baths and castor oil packs for the liver, both help to support your overall ability to handle the allergens. Give NAET a try, an allergy elimination technique that can help reduce reactivity.