



5 natural ways to support your allergy symptoms

with Pam Mathis, Functional Dietitian/Nutritionist

If you suffer from seasonal allergy symptoms, such as

- nasal congestion
- chest congestion
- headaches
- watery eyes
- itchy eyes
- fatigue
- and more...

I want to offer you 5 natural ways to support your allergy symptoms.

1. Eat natural antihistamine foods.

When allergens enter your system, your histamine level overloads in one area of the body and leads to inflammation. Just as antihistamine medicines help lower your histamine levels, antihistamine foods can do the same (and they are much better for you!)

Start by choosing foods that contain quercetin (such as apples, berries, red grapes, onions, and black tea) and vitamin C (such as citrus fruits, broccoli, strawberries, and bell peppers).

2. Use local honey to boost your immune system.

There are many schools of thought that eating honey made by bees in your area can help your system adjust to seasonal allergies. But honey is also a natural cough suppressant and may be anti-inflammatory.

Add a drizzle to your tea or into your oatmeal.



3. Cleanse your sinuses with a Neti pot or nasal rinse bottle.

Getting to the source of your allergies - everything you breathe in through your nose - can be a powerful allergen-cleanser.

Soothe your mucus membranes and prevent infection with a Neti pot or nasal rinse bottle and non-iodized salted water a few times daily.

4. Keep yourself and your environment clean.

You can help control your indoor climate as much as possible by keeping your windows shut, vacuuming regularly, leaving shoes outside or wiping them clean and bathing after being outdoors.

5. Choose effective supplements to support your immune system and decrease symptoms.

I recommend

- a. Quercetin
- b. Stinging Nettle
- c. Vitamin C
- d. Omega 3
- e. Probiotics
- f. Vitamin D

[Check out my Seasonal Allergy Relief Plan on Fullscript for my favorite products to help you feel better.](#)

Try any or all of these strategies to help you feel better this Spring. And let me know how they work for you! I always love hearing from you.

**Do you suffer with allergies year round or suspect
you may have food allergies?**

**Connect with me for a consultation
at 941-907-3757 or pam@nutritioncoachpam.com.**

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