

## **HEALTH & WELLNESS - SEASONAL ALLERGIES**

Springtime is here, and with it comes pesky seasonal allergies. Are you suffering from a runny or stuffy nose, itchy and watery eyes, sneezing, itchy nose or throat, post-nasal drip, sore throat, or cough? Frank Lichtenberger, Allergy/Immunology states our genetics have not changed in the past 50-75 years, but our environment has. The incidence and SEVERITY of allergic disease has increased in a dramatic rate in the past 30 years. According to the CDC, 60 million Americans are experiencing seasonal allergies each year. I have listed 9 suggestions that might help you through this allergy season.

The following are some suggestions to help you get through this pesky allergy season. When all fails, please see your physician for help.

1. Over-the-counter (OTC) medications are often the first line of treatment for allergies. Antihistamines and decongestants are two of the most commonly used OTC medications. Antihistamines can help relieve symptoms such as itching, sneezing, and runny nose.
2. Drinking plenty of water each day may help in reducing allergy symptoms.
3. Vitamin C is a natural anti-histamine meaning it could help to ease your symptoms. You can find vitamin C in potatoes, broccoli, strawberries and, of course oranges. Some immunity-boosting foods such as apples, strawberries, ginger, leafy vegetables, walnuts, and fatty fish can help to fight inflammation and manage allergy symptoms.
4. Applying a thin layer of petroleum jelly to your nostrils helps to create a protective barrier that will trap pollen and other allergens before they enter your nose.
5. Face masks if your symptoms get worse and you need to be outside for an extended time.
6. Minimize your exposure by monitoring the local allergen forecasts through sites such as ***pollen.com***.
7. Do not open windows during allergy season.
8. Dust & vacuum your home more often to keep it as pollen-free as possible.
9. Use your air conditioner to keep your home cool and allergen-free.