

# How to Relieve Seasonal Allergies

**While many of us are looking forward to the warmth and sunny days of Spring, other Americans are preparing to deal with some type of allergy or hay fever that comes with the Spring season.**

The unpleasant symptoms that come with such allergies can be disrupting and put a damper on what would otherwise be an enjoyable season.

Set yourself up to get the most out of the Spring season by learning more about allergies, symptoms, and ways to prevent or minimize your symptoms.

*(This blog is created for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.)*

## **What is an allergy?**

According to the [Institute for Natural Medicine](#), an allergy is caused by your body's immune system reacting to an allergen, interpreting it as a dangerous bacteria or virus rather than the harmless substance that it generally is.

During the reaction that follows, the body produces "immunoglobulin E" antibodies, releasing chemicals called histamines, ultimately leading to the symptoms we all know as allergies. Spring allergies are most often caused by tree pollen (Institute for Natural Medicine).

## **What are some allergy symptoms?**

Here are some signs that your body is reacting to a seasonal allergy, stated by [Peter J. Delves](#), Ph.D., a Professor of Immunology at University College London:

- Itchy nose, mouth, throat, or eyes
- Congested sinuses, leading to headaches or infections

- Sneezing
- Wheezing or coughing
- Irritability and trouble sleeping
- Watery and/or itchy eyes with swollen, red eyelids

### **How can I prevent or minimize effects?**

Allergy prevention starts with understanding that gut health and allergies are connected. Research by the [Institute for Natural Medicine](#) has shown that a robust, healthy gut microbiome plays a part in a calm immune response, and as a result, fewer allergy symptoms. Here are some remedies you can consider:

- Probiotic supplement
- Fermented and cultured foods
- Herbs like nettles, eyebright, or butterbur
- Supplements or food with quercetin, found in citrus fruits, shallots, and onions
- Supplements or food with N-acetyl cysteine (NAC), found in most protein-rich food like legumes, eggs, salmon, poultry, yogurt, cheese, and spinach, bananas, etc.
- Nasal sprays such as the neti pot
- Over-the-counter medication

Remember, always seek your physician's advice with any questions or concerns you may have regarding a medical condition. Typically, pollen counts tend to be high in the morning, again at night, and when the weather is dry and windy, according to [Intermountain Healthcare](#). Consider staying indoors at those times. Keeping your face mask on that's designed to filter out pollens can help as well.

After spending time outside, wash your clothes and take a shower to remove pollen that may have latched onto your clothes and hair. You don't want to transfer them into your carpet, upholstery, bed, etc. It's essential to keep your house clean in general to prevent allergy symptoms that may arise from dust and mold.

Nobody wants to deal with the irritation and disruption so often caused by allergies. Hopefully, this is a good starting point for you to make an action plan to manage your seasonal allergy so that spring can be the refreshing, enjoyable season that it is meant to be!