

Holistic Advice On How To Get Handle On Your Allergies And Prevent Illness



Essential Oils to Cure Allergies and Improve Your Immune System: Holistic advice on how to get a handle on your allergies and prevent illness by Susan Burrowes

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Allergies are a common problem that can affect people of all ages. They can cause a variety of symptoms, including sneezing, runny nose, itchy eyes, and difficulty breathing. While there is no cure for allergies, there are a number of things you can do to manage your symptoms and prevent them from getting worse.

Identify Your Triggers

The first step to managing your allergies is to identify your triggers. These can include things like pollen, dust, pet dander, and certain foods. Once you know what your triggers are, you can take steps to avoid them or reduce your exposure to them.

Avoid Your Triggers

The best way to prevent allergy symptoms is to avoid your triggers. This may mean staying indoors on days when the pollen count is high, or avoiding foods that you know you are allergic to. If you cannot avoid your triggers, you can take steps to reduce your exposure to them. For example, you can wear a mask when you are outdoors, or use a HEPA filter in your home.

Over-the-Counter Medications

There are a number of over-the-counter medications that can help to relieve allergy symptoms. These include antihistamines, decongestants, and nasal sprays. Antihistamines block the histamines that are produced by the body in response to an allergen. Decongestants help to reduce swelling in the nasal passages. Nasal sprays can help to clear nasal congestion and reduce inflammation.

Prescription Medications

If over-the-counter medications are not effective in controlling your allergy symptoms, your doctor may prescribe stronger medications. These medications may include corticosteroids, leukotriene modifiers, and immunotherapy. Corticosteroids reduce inflammation in the nasal passages. Leukotriene modifiers block the production of leukotrienes, which are chemicals that cause inflammation. Immunotherapy is a long-term treatment that involves exposing you to small amounts of the allergen that you are allergic to. Over time, this can help your body to build up a tolerance to the allergen and reduce your symptoms.

Natural Remedies

There are a number of natural remedies that may help to relieve allergy symptoms. These include:

- **Quercetin** is a flavonoid that has antihistamine and anti-inflammatory properties.
- **Stinging nettle** is an herb that has anti-inflammatory and anti-allergic properties.
- **Butterbur** is an herb that has anti-inflammatory and antispasmodic properties.
- **Local honey** contains bee pollen, which can help to build up your immunity to allergens.
- **Eucalyptus oil** has decongestant and anti-inflammatory properties.
- **Tea tree oil** has antibacterial and anti-inflammatory properties.

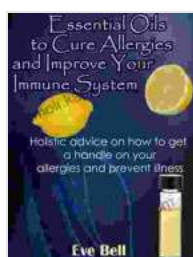
Lifestyle Changes

There are a number of lifestyle changes that you can make to help manage your allergies. These include:

- **Get regular exercise.** Exercise helps to improve your overall health and well-being, which can help to reduce your allergy symptoms.
- **Eat a healthy diet.** Eating a healthy diet that is rich in fruits, vegetables, and whole grains can help to boost your immune system and reduce your allergy symptoms.
- **Get enough sleep.** Getting enough sleep helps to reduce stress and improve your overall health, which can help to reduce your allergy symptoms.

- **Manage stress.** Stress can trigger allergy symptoms. Finding healthy ways to manage stress can help to reduce your allergy symptoms.

Allergies are a common problem that can affect people of all ages. While there is no cure for allergies, there are a number of things you can do to manage your symptoms and prevent them from getting worse. By following the tips in this article, you can learn how to get a handle on your allergies and prevent illness.



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