Ten ways to drastically reduce seasonal allergy symptoms
If you suffer from seasonal allergies, you know they’re no joke. Like clockwork, as winter comes to an end and spring appears, your allergy symptoms come back full force. The sneezing, runny nose, and itchy eyes can sideline you for an entire day. But it doesn’t have to be that way. With a little bit of consistency and patience, you can dramatically reduce your seasonal allergy symptoms. (Hint: it’s mostly about your immune system). The more tips you try, the better results you’ll have!
refrain from all dairy products

Dairy wreaks havoc on your system. Before refrigerators, no one ingested milk other than babies who were nursing. Dairy is a huge mucous producer in your body. Sounds gross, we know. But it’s true; removing dairy from your diet can significantly reduce your symptoms.

If you love dairy so much you can’t live without it, try refraining from it when allergy symptoms are at their worst. When your symptoms disappear later in the season, add some back into your diet. However, let us warn you, once you remove it, you may feel so much better you won’t go back.
eat as clean as possible

No, we don’t mean washing your hands before eating. Clean eating is all about steering clear of processed foods. Foods that are processed can be a real drag on your system. Your digestive system has a lot more work to do to deal with that mess when you eat processed foods. So staying away from these types of foods and eating more fresh fruits and vegetables is always a good strategy.

Eating clean also means eating organic whenever possible. We know eating organic is easier said than done because it can be harder to come by and more expensive. But if you eat as organic as possible during the time you have flare ups, it will offload your system. Your body won’t have to use its resources to clean up the pesticides from non-organic foods.
take your immune boosters daily

While the name “cough syrup” might sound unrelated to allergies, we’ve heard time and time again how much our immune boosting formulas can help. Whole food ingredients like honey, apple cider vinegar, and cayenne pepper are known to help stave off allergy symptoms; we include 10 immune boosters in every serving! Taking just 1 tsp per day can help to keep your immune system strong and your allergies at bay.

Learn more about our cough syrups [here](#).
drink plenty of water

Water is not only an essential macronutrient your body needs to survive, but it also boosts the immune system. Water is also responsible for flushing out toxins from your body through sweat and urination. Less load on your system, fewer allergy symptoms. Period.
take a vitamin D supplement or get some sun

Low vitamin D levels hinder your immune system. Whether you take a supplement (be sure it is natural vitamin D3), or get out in the sun, keeping your levels optimized goes a long way in helping reduce allergy symptoms.
Six

Stay Away from Sugar

Did you know your immune system becomes crippled for a few hours after eating sugar? You need to keep your immune system strong during allergy season to help reduce symptoms. Removing sugar from your diet goes a long way in reducing allergy symptoms. But it is also a great idea all the way around, even when it’s not allergy season.
seven

increase your circulation

Increased blood flow promotes removal of allergens from your system. The fewer allergens, the fewer symptoms. Two ways to increase your blood flow is by aerobic exercise or adding some cayenne pepper to your diet. You can even make some cayenne pepper tea by heating up some water and adding cayenne pepper to it.
eight

eat local, raw honey

A spoonful of local raw honey significantly reduces symptoms of seasonal allergies. This is due to the ingestion of local pollen that is contained in the honey. By ingesting the local pollen, you desensitize your system to the pollen in your environment. It’s the same principle used with allergy shots.
clean up before bedtime

Take a shower before bedtime to remove any pollen that may have accumulated on your clothes, body, and especially your hair. Without a shower, the pollen you acquired from your environment accumulates in your bed and onto your pillow. You end up rolling around in all that pollen all night long which magnifies your allergy symptoms.
eat dirt!

It is conclusive, a balanced gut flora (bacteria) is essential to your immune system and overall health. But did you know it plays an important role in whether you develop allergies too? There was a town in Finland that experienced a sharp increase in allergies and asthma in their kids, while a nearby town in Russia (only 60 miles away) did not. After examining the lifestyles of people in both places, a study concluded that the Finnish people were more obsessed with cleanliness and used many more chemicals in their daily lives. Things like hand sanitizers, antibacterial soaps, and bug repellants; modern conveniences that were supposed to keep their kids healthier. On the flip side, the town in Russia was not as obsessed with keeping things sanitized and clean; their kids played out in the dirt more.

The lesson in all of this? Chemicals have a seriously negative impact on gut flora which in turn increases the intensity and frequency of allergies. And if you let your kids play in the dirt more, their gut flora will benefit which may protect them from developing more allergies. We suggest fewer chemicals all around and let them get dirty!
Seasonal allergies can be such a burden. But they don’t have to be! Even though you may not be able to get rid of them altogether, these small changes could drastically improve your quality of life during allergy season.

Side note: don’t wait for your symptoms to start; the sooner you incorporate these recommendations before your season begins, the better!

We know you want to feel good all year round, so what do you have to lose? We hope you’ll give them a try!

For more information on our products, click here.