

The itchy eyes, runny nose, and constant sneezing have become routine for many seasonal allergy sufferers. When the weather warms, mold and pollen fill the air and those who are allergic take over the counter or prescription medications, or do their best to deal with the irritation.

Allergies symptoms such as excess mucus, swollen sinuses and itchy, watery eyes are part of an immune response to irritants. These are the body's way of protecting itself and are the result of histamine. Histamine causes the nasal passages to swell up and become runny. This organic compound produced by the body in immune cells is partially responsible for inflammation. Allergy symptoms are the result. A holistic approach to seasonal allergies can have lasting benefits without the side effects of drugs.

### **Cool the Inflammation**

Controlling inflammation in the allergic response helps tamp down symptoms. Nature's pharmacy has many substances that help lower allergic inflammation:

- **Tumeric-** This root when dried and ground produces a pungent yellow powder high in curcumin. Curcumin is a potent organic compound helpful in combating allergies. It's anti-inflammatory, and in [one study, suppressed the formation of histamine in allergic response](#).
- **Grape Seed Extract-** Grape seeds contain compounds high in antioxidant properties. These compounds, procyanidins, [have shown to be effective at combating low-grade inflammation](#) in a study published in the *Journal of Nutritional Biochemistry*.
- **Ginger-** Ginger is a relative of turmeric and is effective at combating inflammation.
- **Nettle Leaf-** The leaf of this herb is rich in anti-allergy properties. [It helps alleviate inflammation and dampens histamine production in vitro](#) according to one study published in *Phytotherapy Research*.

### **Beat the Histamine**

Limiting the production of histamine also limits allergy symptoms.

- **Butterbur-** Butterbur has shown in several studies to be as effective in combating allergy symptoms as prescription and over the counter drugs. One study in the *Journal of Allergy and Clinical Immunology* showed [one of the constituents in butterbur is faster at treating nasal blockage than desloratadine, an antihistamine drug](#). [Other studies show similar](#) results.
- **Quercetin-** The organic compound, quercetin, is responsible for the yellow and orange color in fruits and vegetables. In fighting allergies, it's shown to inhibit the release of histamine.

- **Bromelain**- Derived from plants in the pineapple family, bromelain is an enzyme with anti-inflammatory and anti-histamine effects.

## **Increase Immunity**

Combating allergies requires a strong immune system. Use these immuno-boosters to help fight off allergies.

- **Goldenseal/Coptis/Oregon Grape**- All three plants contain berberine, an organic chemical, in their roots. It's a bright yellow, bitter compound traditionally used in increasing immunity and fighting colds and sinus infections.
- **Medicinal Mushrooms**- Certain mushrooms contain compounds that increase immune function. Continued use may help the body fight off allergies:
  - Reishi
  - Shiitake
  - Maitake
  - Cordyceps
  - Turkey Tail
  - Chaga

## **Get Rid of the Mucus**

The purpose of mucus is to protect the lungs from irritants and foreign particles. However, excess mucus can become problematic and irritating. Get rid of it without drugs.

- **Avoid dairy**- Dairy can be a contributor to excess mucus production. Cutting it from the diet may help eliminate extra mucus.
- **Neti pot**- Traditionally used in India to irrigate the sinus, this small device is now sold in pharmacies throughout the country. Using it during an allergy attack will help flush irritants from the nasal and sinus cavities. Use filtered water at body temperature with a small amount of sea salt and baking soda for comfort.

## **Taking the Steps To End Allergies**

Seasonal allergies don't have to be a dreaded time of the year. Taking allergy supplements three weeks before the start of allergy season will have a positive effect on reducing symptoms.