



Health and Wellness

Five Natural Ways to Beat Allergies

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While spring is the perfect time for Arizonans to enjoy the beautiful outdoors, it can also expose those with allergies to a wide variety of pollen and dust during the blooming season. New [research](#) has found that allergy season is expected to be more intense than it has been in the past and is also slated to start about a month earlier than normal due to climate change.

Before turning to popular over-the-counter allergy medicine, try treating allergies with holistic remedies that can help prevent and relieve symptoms naturally without needing to avoid the outdoors.

How to Identify Outdoor and Indoor Allergens

According to [Everyday Health](#), of the 50 million Americans with allergy symptoms, about 40 million are affected by an [outdoor or indoor allergy](#).

With so many Arizonans and people across the country dealing with allergies, it is important to understand where allergies are coming from to get down to the bottom of the issue and choose the remedy that will work best to defeat it.

Dust, mold or pet fur are some of the most common allergens in the home, while pollen, dust, grass and flowering plants are outdoor allergens that cause flare-ups. Whether you think you suffer from indoor or outdoor allergens, they often cause the same symptoms like runny nose, congestion, coughing, itchy eyes and fatigue.

Natural Ways to Relieve Symptoms

Allergic reactions can range from minor to severe, even life-threatening, and can take shape in various forms. The reaction may appear as the symptoms of a cold or mood swings, fatigue, asthma, bloating, nausea and swelling.

If you find yourself struggling with outdoor or seasonal allergies, consuming local honey made in Arizona is a great way to build your immunity ahead of time to prevent discomforting symptoms later on. Adding your favorite local honey to an açaí bowl, tea or dessert can be a simple way to not only make your meal taste great but assist in prevention.

Another simple but effective tip for allergy relief is to keep your environment and your nasal passages clean. Changing your air filters, your vacuum filter and your pillowcases frequently are key to cleaning your everyday environment.

After a long day of work or a day outside, showering before bed or when you get home can cleanse the body of residual dirt, grass or pollen. Even if you've been inside all day, a nice steam to your sinuses can relieve symptoms that come from indoor and outdoor allergies. As a bonus, purchasing essential oils like peppermint or eucalyptus can aid in congestion relief and reduce swelling.

Congestion can cause an array of other issues like dizziness or drowsiness. The Neti Pot is a great natural way to clear your nasal cavity as it is typically used to flush out dust, pollen and animal-related proteins. Although the Neti Pot can look intimidating, it is very simple to use. Fill the pot with distilled warm water and salt and tilt your head to the side as you pour into one nostril. You'll know you've done it right when the water begins to run out your opposite nostril. Then, repeat on the other side.

Intravenous (IV) Nutrient Therapy can also provide breakthrough results with allergies and other chronic conditions that have not responded to conventional medical interventions and natural treatments. IV therapies are one of the most effective naturopathic methods for treating stubborn illnesses and restoring [health](#).

Allergies and the Immune System

Taking care of your body's overall whole health and maintaining a strong immune system can play an important role in fighting allergies. In the presence of allergens, our immune system will mistakenly view allergens as dangerous. The immune system will then release antibodies to attack the allergens and a chemical called histamine that produces the uncomfortable symptoms we associate with allergies, such as sneezing and itching.

Spring allergies have come back with a vengeance, but that doesn't mean that you need to resort to over-the-counter medications for relief. Holistic remedies such as purchasing a Neti Pot at your local pharmacy, going to the local market to buy Arizona honey, using an IV Nutrient Therapy, or simply taking a shower are key to naturally improving allergy symptoms and further enjoy what spring has to offer.

For more information or to make an appointment, visit naturopathicgroup.com.