

Upcoming events

dealing with seasonal allergies

do you struggle with allergies?
natural tips to save yourself this season

**SAT Apr 15th
2-3 PM**

slim into spring

ready to feel healthier?
tips for a healthy weight. FREE SAMPLES

**SAT Apr 22nd
2-3 PM**

previously

healthy legs ft. compression stockings

**SAT Mar 18th
COMPLETED**

REGISTER NOW!

ALLERGIES:

DEALING WITH SEASONAL ALLERGIES



Got a runny or stuffy nose, itchy or watery eyes, or itchy throat, cough, wheezing, or even a headache?

Spring is here and your allergies are probably starting up again. When you breathe in allergens in the air, your immune system overreacts and releases histamine and other chemicals that cause inflammation, mucus production and allergy symptoms.

In recent studies, probiotics, specifically *lactobacillus* and *bifidobacterium*, have been used as an alternative to regulate the immune system's reaction to allergens and have been proven to help improve quality of life for people with seasonal allergies. Other natural health products such as *quercetin* and stinging nettle extracts may also reduce inflammation and histamine release. Over-the-counter antihistamines like *loratadine* prevent histamines from causing allergy symptoms, so they are most effective when they are taken a few hours before contact with allergens. However, antihistamines may become less effective over time, so one may need to switch to a different medication.

Having allergies can lead to ear infections, sinusitis or other bacterial infections, so managing allergies is important for overall health.