Natural Allergy **Relief**:

Water reduces histamine

Butterbur (Petadolex) 24mg/day ~ works like Allegra for allergies by blocking leukotrienes

Grape Juice clears lungs, soothes cough

Coffee - bronchodilator useful if allergy med unavail/emergency

Barley water relieves bronchospasm

Pineapple dissolves mucus

Tea with lemon and honey; **Hot Peppers, horseradish**, hot **mustard**, fennel, **anise** & **sage** clear sinus congestion by stimulating cilia to sweep pollen & dust from nose.

Fruits high in **Vitamin C** - Eat 2 pieces/day

Nuts, esp. almonds, hazelnuts and peanuts for Vitamin E - Eat one ounce daily

Cold-water fish (wild salmon, mackerel, trout, herring and sardines; or **walnuts & flaxseed**) have **omega-3 fatty acids** - Eat **2 servings a week**.

Oysters. Shrimp, crab, legumes & tofu are high in **zinc**. Eat weekly.

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Specific **Preventive Strategies**

- **Avoid** the **outdoors** between **5-10 AM**. Save outside activities for late afternoon or after a heavy rain, when pollen levels are lower.

- **Keep windows** in your home and car **closed** to lower exposure to pollen. To keep cool, use air conditioners and avoid using window and attic fans.

- Be aware that pollen can also be transported indoors on people and pets.

- Dry your clothes in an **automatic dryer** rather than hanging them outside. Otherwise pollen can collect on clothing and be carried indoors.

- If you buy **trees** for your yard, look for species that do not aggravate allergies such as crape myrtle, dogwood, fig, fir, palm, pear, plum, redbud and redwood trees or the **female** cultivars of ash, box elder, cottonwood, maple, palm, poplar or willow trees.

- If you have a grass lawn keep grass cut short. Have someone else do the mowing. If you must mow the lawn yourself, wear a mask.

- Choose ground covers that don't produce much pollen, such as Irish moss, bunch, and dichondra.

Some people, though, do show cross-reactivity among trees in the alder, beech, birch and oak family, and the juniper and cedar family.