ACHOO! It’s Allergy Season

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If you’re one of the 22 million Americans who suffer from seasonal allergies, you may dread spring. Want to avoid antihistamines and nasal sprays or holing up in a hermetically sealed room? Try these options.

- **Modify your diet.** Doctors advise minimizing allergic reactions by limiting meat and dairy while adding fruits and veggies. Also add foods rich in omega-3 fatty acids—cold-water fish, walnuts and flaxseed oil.
- **Try nature-based products to treat allergies.** Research has shown that herbal supplements, such as butterbur, goldenseal, stinging nettle and quercetin, may boast allergy-fighting benefits.
- **Rinse your nasal passages.** Modern science backs up the ancient practice of using a salt water solution (via a neti pot or squeeze bottle) to flush the sinuses of allergens.

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http://beta.docker.realhealthmag.com/article/seasonal-allergies-16195-9085