



Tis the season for allergies. Those of us living in North Texas know all about life with seasonal allergies. When I first moved to the Dallas/Fort Worth area, I was asked if I had allergies, I responded, "Some but they are not bad." My friend laughed and said, "If you didn't have allergies before, after living in Texas a year, you will."

While there are many allergies medications available -- both prescription and over-the-counter -- they are still medications that bring their bag of negative side effects with them. I prefer to use medications only when I have tried other options first and can't seem to get ahead of them.

You will see a reoccurring them in my **blog** and **newsletters** -- there is nothing happening in our bodies in isolation. Allergies are no exception. The symptoms of allergies, itchy eyes and skin, running noses, headaches, etc., are an immune response to something the body perceives as foreign and this response is happening everywhere in your body. Therefore, when one part of the body is treated, the entire body is affected.

Tips for Surviving Allergy Season

Eat a clean diet. Be especially careful not to consume foods you know you are sensitive to. If we are eating foods that we know gives us gas, or doesn't agree with us, we are forcing the immune system to go into overdrive to do its job. When an allergen comes along, the immune system is further challenged, which often results in the body experiencing increased negative symptoms associated with allergens. I recommend eating a Paleo Mediterranean diet. Learn more about a Paleo Mediterranean diet [here](#).



Take a quality probiotic. Having a healthy gut will go a long way in experiencing steady and lasting wellness. Taking a quality probiotic, average daily dosage for some with no health challenges is 30 billion, is key to gut health. If you are experiencing any health challenges, take up to 60 billion until you feel better. Find the dosage that helps you to feel good and have regular bowel movements.

Use a nettle pot or nasal saline sinus rinse. While this suggestion is often met with hesitation, those who follow the advice quickly learn that it really works. I suggest people use the nettle pot/saline rinse in the shower instead of over the sink as it is a lot less messy and the heat or steam from the shower opens up the "draining" systems.

Use the following salt-water rinse with it:

- 1 tsp salt
- ¼ tsp berberine
- 1-drop tea tree oil in a water filled nettle pot

While it is okay to use a rinse more than once a day, once a day should be plenty. Avoid rinsing before bed -- you do not want your nasal passages to open up and drain while you are lying down. Too frequent of use can overly drying the nasal cavity which can be counter productive.

Take Aller-C. Vitamin C, Quercetin and bromeline and bioflavonoids are a wonderful combination to halt allergy attacks. Vital Nutrients makes a wonderful product called **Aller-C**, which has the right combination of all of these. This nutrient combination supports the functions of the immune system when it is trying to respond to the inflammatory response from the allergens.

Exercise & Drink lots of water. Drink plenty of water and exercise! Exercise is the body's best defense against any invaders.

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