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Beating Seasonal Allergies

Spring is here. It's time to pack up your winter clothes and cruise around town with your windows rolled down. But if you're one of more than 40 million Americans who suffer from seasonal allergies each year, don't forget your box of tissues!

When the seasons change, pollens from trees, grass, flowers, and plants are released into the air in order to fertilize other plants. If you have seasonal allergies, those pollens can trigger an immune response when they invade your nose. This immune response causes antibodies-substances that normally identify and attack bacteria, viruses and other pathogens to be released, which then attack the allergens, causing chemicals called histamines to be released into the blood. Histamines trigger common allergy symptoms like sneezing, wheezing, runny nose, and itchy, watery, red eyes.

It can be difficult to enjoy the transition into spring when you're suffering from seasonal allergy symptoms. Lose the box of tissues; take advantage of these helpful tips for beating seasonal allergies this spring.

Identify your triggers: It's practically impossible to know how to fight your allergies if you don't know which ones you're fighting. If you're a regular sufferer of any of the aforementioned symptoms, talk to your healthcare practitioner or allergy specialist for the different types of testing to help determine which specific allergens are triggering your reactions.

Reduce Exposure to Allergens: The most cost-effective way to alleviate your suffering is to limit your exposure to symptom-causing allergens. Stay inside on particularly dry or windy days. Check your local weather station for pollen forecasts and current levels. Try to avoid outdoor activity in the early morning when pollen counts are the highest.

Change your Diet: Believe it or not, the foods you eat can actually have an impact on your seasonal allergies. For example, if you suffer from ragweed or other weed pollen allergies, avoid eating melons, bananas, cucumbers, sunflower seeds, chamomile, and any herbal supplements containing Echinacea, as all of these foods can worsen seasonal allergy symptoms.

Natural Allergy Remedies: Aside from over the counter antihistamines, there are many natural therapies that can be used to lessen symptoms of seasonal allergies. Butterbur for example shows potential for relieving seasonal allergy symptoms; in fact, in one Swiss study, butterbur was just as effective as the antihistamine Allergra for reducing allergy symptoms. Quercetin is also another natural remedy. Quercetin is a flavonoid that is naturally found in onions, apples and black tea. It has anti-inflammatory properties and has been found through research to block histamines. Bromelain also may help allergy sufferers to breathe easier by reducing nasal swelling and thinning mucus.

Don't let allergies ruin your entire spring... instead stifle that snuffle!

For more information on natural allergy remedies please contact Certified Clinical Nutritionist, Bill Spear, R.Ph, CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201
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Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476 Call for more information or to schedule your Nutritional Consultation today!