

Allergy season: Natural remedies for reducing symptoms

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In Arizona, allergy season has become a year-round occurrence as more non-native plants come to the Valley, producing endless blooms. With the warmer weather that spring brings and the blossoming plants, Arizonan's allergies can be considered far more intense during this time of the year.

Allergic reactions can take shape in various forms, from minor to more severe reactions. Runny nose, itchy eyes, coughing and congestion are the most common but minor allergic reactions produced by allergens. Severe reactions can include bloating, nausea, gas, and inflammation. The most common outdoor allergens that cause flare-ups include flowering plants, pollen, grass and dust; while pet fur, dust and mold are the most common allergens in the home.

If you are one of the many suffering from allergens, consider taking a more natural approach for allergy relief. Natural and holistic remedies can provide aid in relieving your allergy symptoms and preventing reactions without avoiding the outdoors or things you might be allergic to.

These natural and holistic remedies include:

Keeping your environment clean

A simple remedy for allergy relief and ultimately preventing future reactions is keeping your environment clean by regularly changing out your air filters, pillowcases and vacuum filter. A clean environment will help get rid of the source of allergens as dust can build up inside your home and wreak havoc on your allergies.

Cleansing the body

Whether you spent some time outdoors or all day at the office, your body can bring with it all the residual dirt, pollen or grass inside your home. Taking a shower right away, can help rid your body and home of all the pollen and dirt that has clung to it. Showers can also help keep your nasal passages clean, as the steam will help clear up some of your congestion.

Holistic remedies

Holistic remedies such as air filters, Vitamin C and essential oils should be your go-to items for natural allergy relief. Air filters can help cleanse your home and office space of toxins in the air by trapping airborne allergens like dust and pet dander. Essential oils, such as lavender, peppermint or eucalyptus are known for their many benefits, including stress relief. In terms of allergies, essential oils can assist in providing congestion relief and reduce allergic inflammation.

Consuming high levels of Vitamin C daily will help reduce your histamine levels. Histamine is a chemical that your immune system will release, in addition to antibodies, to attack allergens. In the presence of allergens, our immune system will incorrectly view them as dangerous. Histamine is what produces the uncomfortable symptoms we associate with allergies, like congestion and watery eyes.

Natural supplements

Natural supplements that contain antioxidants and other nutrients can be known for reducing allergy symptoms and minimizing the intensity if taken regularly over a period of time. Naturopathic physicians can recommend the best natural supplement you should take depending on your healthcare history.

IV nutrient therapies

Intravenous (IV) nutrient therapies are one of the most effective naturopathic methods for treating stubborn allergies and restoring health. Instead of taking small nutrient dosages by the mouth through supplements that only offer limited dosages, IV therapies deliver larger and more powerful quantities. Naturopathic physicians recommend IV therapies that are full of Vitamin C or Glutathione to treat allergies.

Allergies are very common during this time of year and can produce undesirable allergic reactions. Fortunately, there are several natural remedies that can assist in preventing your allergy symptoms and providing allergy relief. Incorporating holistic remedies within your daily routine can be easy solutions for treating allergies. Overall, making sure that you take good care of your whole health and immune system, as well as your surrounding environment, can be powerful ways for ultimately preventing allergic reactions.

Dr. Steven Katz owns the Naturopathic Physicians Group in Scottsdale. He is a licensed naturopathic physician trained in IV therapy, neurological conditions, pain management, digestive disorders and restorative treatments. For more information, visit naturopathicgroup.com.