

Allergies & Pollen

Pollen is in the air, and if you suffer from seasonal allergies, you know very well how much is in the air you're breathing. Itchy, watery eyes, sneezing, runny nose – all these symptoms can make you miserable. If you're not a fan of conventional medications, try these natural alternatives to seek relief and breathe a little easier.

Revamp Your Routine

Pollen counts tend to be higher at certain times of the day, mostly early in the morning. If you normally head out for a stroll or a jog in the morning, go in the afternoon instead. It can make a big difference in your day.

Close Your Windows

It's always nice to invite the fresh spring air into your house or car, but with fresh air, you also get pollen, which settles on furniture, fabrics, clothes and other surfaces that you may not think to clean when symptoms set in. If you're warm, try running an air conditioner instead. It may cost more out of your pocket, but it will also help to keep your symptoms in check.

Use a Cool-Mist Humidifier

A cool-mist humidifier can help remove allergens from the air by binding them to water droplets produced by the humidifier. These droplets then get heavy and fall to floor so you don't inhale them.

Use a Saline Nasal Rinse

Remove allergens from your nasal passage with a natural nasal rinse. Buy an over-the-counter rinse or make your own with ¼ teaspoon salt, 1/4 teaspoon baking soda and 12 ounces of water. It's easy to use, non-habit forming and has virtually no side effects.

Wash Your Hair Before Bed

Pollen can easily get trapped in your hair throughout the day. Wash it out before bedtime to avoid spreading it to your sheets and pillowcases.

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