

Finding Relief from Seasonal Allergies

Supplements to Support a Healthy Histamine Response

Supplement	Dosage - Adults	Dosage - Children	Notes
Quercetin	250 - 500 mg daily	100-200 mg daily	Plant flavonoid that can stabilize mast cells that produce histamine..
Vitamin C	250 - 500 mg daily	75-150 mg daily	Antioxidant that accelerates the elimination of histamine.
Stinging Nettles	400 - 800 mg daily	100-200 mg daily	Traditional botanical commonly used for allergy-related inflammation.
Quail Egg Extract	84 mg once or twice daily	84 mg once or twice daily	Proteins from quail egg have been shown to reduce the activity of tryptase, an enzyme associated with allergy symptoms.
N-Acetyl Cysteine (NAC)	Up to 600 mg daily.	Up to 600 mg daily.	Antioxidant amino acid that is also mucolytic and may suppress allergen-induced nasal inflammation. (allergic rhinitis)

Diet

Good health starts with a healthy diet. Here are some things you can add to your diet that may help with allergy symptoms.

Quercetin

Apples (unpeeled)
Berries (all kinds)
Broccoli
Cherry Tomatoes
Green Tea
Kale
Onion (all types)

Vitamin C

Bell Peppers
Broccoli
Brussels Sprouts
Citrus Fruits
Guava
Kiwi
Spinach

Teas

Green Tea
Lemon Balm
Licorice
Milk Thistle
Peppermint
Rosehip
Stinging Nettle

Miscellaneous

Apple Cider Vinegar
Bee Pollen
Ginger
Local Honey
Pineapple
Salmon/Oily Fish
Turmeric

Minimize Pro-Inflammatory Foods

Eliminating or minimizing pro-inflammatory items such as coffee, alcohol, peanuts, wheat and dairy may help reduce severity of allergic responses.

Homeopathic Remedies

Potencies are all 12c or 30c, one to two times per day.

Remedy	Uses
Allium cepa	Watery eyes and a clear acrid (acidic and irritating) nasal discharge that irritates the upper lip, along with sneezing and a tickling cough.
Euphrasia	Itchy, watery, and irritated eyes.
Pulsatilla	Stuffy nose, watery nasal discharge, and itchy red swollen eyelids. Often accompanies an irritable mood.
Natrum muriaticum	Watery nasal discharge, chapped lips and cracked corners of the mouth.
Ambrosia Artemisiaefolia	Ragweed relief, treats symptoms such as itchy throat, runny nose, watery/itchy eyes.
Galphimia Glauca	Runny nose, spasmodic sneezing.

Recommended Products

AllergyCalm® by Boiron - quick-dissolving tablets

Allium cepa, Ambrosia artemisiaefolia, Euphrasia officinalis, Histaminum hydrochloricum, Sabadilla, and Solidago virgaurea

Allergy Health by Emerald Labs - capsules

Quercetin, Camu Camu, Nettle Leaf, Vitamin C, Bromelain, and Eyebright

AllQlear™ by Integrative Therapeutics - chewable tablets

Quail Egg Powder and Alpha-Glycosyl Isoquercitrin

Ketotifen Antihistamine Eye Drops - over-the-counter medicine

Ketotifen 0.025% and inactive ingredients like glycerine and water.

Natural D-Hist® and D-Hist Jr. by Ortho Molecular - capsules and chewable tablets

Vitamin C, Quercetin, Stinging Nettle, Bromelain, and N-Acetyl-L-Cysteine

Other Suggestions

Consider using a HEPA filter to scrub the indoor air. This can be especially helpful when used at night to reduce inflammatory influences for more restful sleep. Do not dry clothes outside and change your clothes after spending time outside. Avoid lawn mowing and gardening on dry windy days. Relax with a cup of rosehip tea instead! :)

Disclaimer

The information provided here are guidelines and not intended as medical advice. It is not meant to be a substitute for professional medical advice, diagnosis, or treatment. If the reader or any other person has a medical concern, he or she should consult with an appropriately-licensed physician or other health care worker.

Where health claims of dietary supplements are referenced, the statements have not been evaluated by the Food and Drug Administration. The products are not meant to diagnose, treat, cure or prevent any disease.