

Be Prescription Drug Smart!  
Take Ownership of Your Health — Lead with a Healthy Lifestyle!

## Managing Allergy Symptoms

Rather than reaching for the prescription or over-the-counter medications, try some of the following approaches to avoid allergy symptoms.

- The simplest approach is to define what is causing your allergies (pollen, dust mites, mold or pets) and try to avoid them or minimize contact.
- Keep a log to see when your allergy symptoms are worst to help you learn what is causing your allergies.
- Plan your outdoor activities when pollen levels are low and if working in the yard wear a mask when mowing, raking or weeding.
- Always shower and change your clothes after spending time outside and remove your outer coats and leave at the door—ask your kids and guests to do the same.
- Keep your home clean and dust free—especially your bedroom. You may also want to purchase a HEPA air filter.
- Do not allow people to smoke in your house or car.

You can also take the following natural remedy steps:

- Drink more water to stay hydrated.
- Increase your intake of anti-inflammatory foods such as fruits and vegetables, flaxseed, walnuts and whole grains. These foods, along with a fish oil supplement (an excellent source of omega-3 fatty acid), can reduce inflammation in your nasal passages.
- Minimize your consumption of meat proteins and dairy products. These foods can irritate your immune system and they promote inflammation, the very thing you are trying to avoid.
- Use a warm saline solution as your nasal spray. You can also dab a small amount of non-petroleum jelly just inside the opening of your nostrils to catch and neutralize the effects of pollen.
- Take steps to reduce your stress level and don't forget to exercise—it always makes you feel better!

Source: *WebMD and Dr.weil.com*