

Seasonal allergies:
**Quick tips for effective
relief from the symptoms**



Laundry the bedspread

Wash your sheets once a week in hot water to remove allergens such as dust and pollen.



Inhale steam

Clearing your sinuses will make it easier for you to breathe. Steam inhalation or flushing your sinuses can provide instant relief.



Eat honey

Raw honey is believed to reduce pollen allergy if consumed over a period of time. Just add honey to your milk, tea or lemon juice.



Load up on Vitamin C

Known to reduce histamine levels, vitamin C helps build a strong immune system. Stave off allergies by eating oranges, lemons or tomatoes.



Shower before bed

Wash up before you hit the bed to remove allergens from your skin and hair. This will ensure you don't inhale them while asleep.



Destress

Stress intensifies allergies. So remember to take time for yourself. Meditate for a few minutes every day to keep anxiety under control.



Keep your home dust-free

Dust always piles up quickly. Make sure to regularly clean your house from floor to ceiling to remove mold and dust mites.



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