

## Natural Spring-time Allergy Relief

It's that time of the year where spring time allergies are a common affliction. Seasonal, spring allergies are often the result of the body's inflammatory response to things such as pollen and dust. The increased pollen in the air causes a range of symptoms including: coughing, sneezing, watery eyes, hives, congestion, and clogged nasal passages. However, instead of consuming allergy medications there are other natural methods for relief.

Smoothies are a great way to include all the beneficial properties of fruits and vegetables, which relieve allergy symptoms in a quick, efficient way. In each smoothie, it is important to include foods that are rich in omega-3 fatty acids and enzymes. Omega-3s help fight inflammation and can be found in cold-water fish, walnuts and flaxseed oil, as well as grass-fed meat and eggs. Pineapples contain the enzyme bromelain which helps the body relieve sinus symptoms; it also acts as an anti-inflammatory and reduces lung swelling. Papayas are rich in enzymes and contain the anti-inflammatory enzyme papain. Including natural antihistamines in smoothies, is important in natural allergy relief. Vitamin C is natural anti-histamine and helps the body fight against congestion.

Another natural antihistamine is Green Tea. Green tea is packed with an antioxidant called epigallocatechin gallate. This powerful antioxidant blocks histamines and immunoglobulin, which are naturally-produced chemicals linked with uncomfortable allergy-symptoms. Most importantly do not forget to consume plenty of water. Water flushes the body of toxins, and it is important to consume water throughout the day to reduce allergy symptoms.