

Heal Your Hormones

Allergy Support!

Allergies are disorders of the immune system, according to Johns Hopkins Medicine. The body overreacts to harmless substances and produces antibodies to attack the substance, causing symptoms.

Symptoms

- Congestion
- Post nasal drip
- Itchy eyes
- Sneezing
- Fatigue/exhaustion
- Excess mucus production
- Runny nose
- Scratchy throat
- Tickle/irritation in the ears
- Decreased concentration and focus

Underlying Causes of Allergy

Symptoms

- Asthma
- Unmanaged stress
- Recent trauma or illness
- Pregnancy
- Food allergies
- Poor digestion
- Close windows
- Decreased decision-making
- Poor sleep
- Mood swings
- Irritability
- Low blood pressure
- Asthma
- Hives
- Eczema
- Middle ear infections
- Poor sleep
- Inflammation in general
- Weak immune system
- Poor detox
- Nutrient deficiencies

Heal Your Hormones

Foods to Avoid During Allergy Season

- Alcohol
- Caffeine
- Conventional Dairy
- Chocolate
- Peanuts
- Sugar
- Processed Foods/Artificial
- Sweeteners
- Melons
- Bananas

Foods to Enjoy During Allergy Season

- Raw local honey (1-2 tbsp/day)
- Cucumbers
- Sunflower Seeds
- Shellfish
- Bottled Citrus Juice
- Echinacea
- Wheat
- Soy
- Foods that you have an allergy or sensitivity to
- Dried fruits
- Hot and spicy foods (to thin excessive mucus)
- Bone broth (respiratory support + helps to expel excess mucus + boosts immune system)
- Mineral broth (boosts immune system)
- Probiotic-rich foods (digestion + immune function): kefir, sauerkraut or kimchi, yogurt, Natto
- Pineapple (high levels of bromelain - protein digesting enzyme)
- Apple cider vinegar (boosts the immune system + breaks up mucus)
- Fresh organic vegetables (choose colorful veggies high in quercetin)
- Healthy meats
- Teas: nettle, chamomile, licorice root

Nutrients to Add In

- Quercetin
- Nettles
- Extra vitamin C
- Zinc
- L-Glutamine
- Bromelain - 1000mg/day
- NAC, 750mg 2x/day
- Vitamin A, 2000 mg/day
- Probiotics
- Spirulina, 1tsp/day