

Heal Your Hormones

Allergy Support

Allergies are disorders of the immune system, according to Johns Hopkins Medicine, and get worse with more “toxic load” on the body.. The body overreacts to harmless substances and produces antibodies to attack the substance, causing symptoms. Your job is to help your body process and eliminate all that’s coming your way.

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

Foods to Avoid During Allergy Season

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

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Foods to Enjoy During Allergy Season

- Raw local honey (1-2 tbsp/day)
- Cucumbers
- Sunflower Seeds
- Shellfish
- Lemon/lime juice
- Echinacea
- 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)
- Teas: nettle, chamomile, licorice root
- Vegetable-rich soups

Nutrients to Add In

- Quercetin (HistaEze)
- Nettles (HistaEze)
- Extra vitamin C in divided doses
- Zinc
- L-Glutamine
- Inflammation - 2 caps on empty stomach 2x/day
- NAC, 750mg 2x/day
- Increase ADK to 2 caps 2x/day
- Probiotics
- Chlorella or spirulina in your shake, 1 tsp
- Fiber (PaleoFiber is a good choice)