1. Food Intolerances
   i. When food triggers are eliminated from the diet, they decrease the burden on the immune system (decreasing gas/bloating, skin rashes, sinus congestion, allergies, etc.)

2. Pet Dander
   i. Make sure to vacuum your home weekly and keep pets out of your bedrooms at all times. You spend 6-10 hours sleeping on your bed and it’s important to keep animal hair and dander to a minimum.

3. Get a HEPA filter to help decrease the allergens in your home and consider hypoallergenic pillow covers.

4. Eat food, fruits and veggies that are grown pesticide/herbicide free or organic as much as possible…especially the “Dirty Dozen” (see http://www.foodnews.org/walletguide.php)

5. Soaps and Laundry detergents
   i. Are these scented or have ingredients that irritate your skin? Be sure to choose a soap that has the least amount of preservatives and chemicals.
   ii. Check out Skin Deep (http://cosmeticsdatabase.com) for more info

2. Vitamin C and Quercetin
   a. High dose vitamin C and Quercetin stabilizes mast cells preventing the histamine from being released (therefore preventing the “allergy” symptoms from occurring)
   b. Consider for Kids: Hylands Vitamin C Tablets
   c. Consider for Adults: Vital Nutrients Aller-C, Megafoods Quercetin Strength, Jarrow Quercetin 500
3. **Nettles**
   i. Nettles help to stabilize mast cells preventing the histamine reaction and is rich in iron and Vitamin C.
      1. Nettle tea – Traditional Medicinals
      2. Freeze dried nettles – Eclectic Institute
   b. **Yerba Mansa and Yerba Santa**
      i. Yerba Mansa - astringent, anti-inflammatory, antimicrobial, great to open the sinus passages
      ii. Yerba Santa - respiratory stimulant
      iii. Wish Garden Herbal Line: Aller-Relief, Allergy Relief

4. **Homeopathy**
   a. Based on the theory of like cure like in minute doses. It is effective for children and pets and has no side-effects or interactions with prescription medications.
      i. For Adults:
         1. Boiron Sabadil
         2. Bio Allers
         3. Heel Allergy
         4. Boiron Histaminicum 30C
      ii. For Kids:
         1. Boiron Histaminicum 30C
         2. Bio Allers
         3. Hyland’s Allergy Relief for Kids

5. **Chinese Medicine**
   a. Plum Flower Brand: Yu Ping Feng San (Jade Wind Screen tablet)
      i. Great for allergies (sneezing, runny nose) or someone who catches a cold easily.
      ii. Contains three Chinese herbs: Huang Qi, Bai Zhu and Fang Feng.
   b. Plum Flower Brand: Bi Yan Pian (Open Nose Pill)
      i. More for someone with sinus congestion

References: