

Seasonal allergies are coming: Survival tips

No one is happy about having seasonal allergies.

The runny nose, itchy eyes, scratchy throat and accompanying fogginess affect people across the globe. When the weather goes from cool to warm or vice versa, these symptoms can hit you like a ton of bricks.



Worldwide,
between 10% and 30%
of the population
has seasonal allergies¹

What can you do about them?

Treatments for seasonal allergies are highly effective. There are many over-the-counter medications and prescriptions that work well. Talk to your healthcare provider before taking any new medicine. There are also lifestyle changes you can make to ease symptoms.

Knowing your triggers and avoiding allergens is the first step. Your care provider may recommend treatments or medications to control inflammation and manage symptoms.

Over-the-counter allergy treatments² include:

Antihistamines

These block the production of histamine, relieving runny noses, itching and sneezing.

Decongestants

These can reduce stuffiness. This helps make it easier to breathe.

Corticosteroids

These reduce inflammation and help control itching, sneezing and nasal symptoms.

Saline eye drops

Moisture from eye drops and nasal sprays helps ease itchy eyes and nasal passages.

Simple lifestyle changes include:

Staying hydrated to support your immune system and overall health.

Checking your local allergy forecast to be prepared. You can check pollen levels online or by using your favorite weather app. Know which activities to avoid and when.

Getting enough sleep—the recommended seven to nine hours each night—to support your immune system and keep you energized.

Managing stress through physical activity, mindfulness, music, writing or other creative outlets to reduce the risk of a weakened immune system.

Balancing nutrition by including colorful fruits and vegetables, lean proteins and whole grains for a wide variety of vitamins and minerals.



Support your immune system

Consider the following to help naturally boost your immune system:³



Beta-carotene

Try sweet potatoes, spinach, carrots, mangos, grapes, peaches and more.



Vitamin C

Eat citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



Vitamin D

Eat fatty fish, eggs, fortified milk and other dairy products.



Zinc

Try beef, seafood, wheat germ, beans, nuts and tofu.



Probiotics

Include cultured dairy products like yogurt and kefir, and fermented foods like sauerkraut, kimchi, miso and tempeh.



Protein

Find it in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



Honey⁴

Contains antimicrobial agents with potential health benefits. It can also help soothe sore throats and coughs.

Golden latte

Makes: 1 serving | Prep: 3 min | Cook: 5 min

Try this warm and toasty drink as an after-dinner treat.

Ingredients

- 1 cup unsweetened, low-fat milk of your choice
- 1 tsp ground turmeric
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp ground ginger
- 1 tsp honey (or maple syrup)

Preparation

Whisk ingredients together in a small saucepan over low heat until heated through and frothy. A hand-held frother can be used in place of a whisk.

Nutrition

Per serving



Calories: 125 | total fat: 3 g | saturated fat: 0 g | sodium: 102 mg | cholesterol: 0 mg
total carbs: 25 g | fiber: 3 g | sugars: 11 g | protein: 3 g | potassium: 437 mg



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¹<https://www.aaaai.org/about/news/for-media/allergy-statistics>

²[https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-\(hay-fever\)](https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-(hay-fever))

³<https://www.eatright.org/health/wellness/healthful-habits/how-to-keep-your-immune-system-healthy>

⁴<https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/honey>

<https://www.teladochealth.com/library/article/how-to-prepare-for-allergy-season>