

101 Allergy Relief-Right In Your Kitchen

Written by Marcia Humphrey
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Last Saturday, I finally broke down and took my son, Landon, to the doctor. For about four weeks, he has suffered from a rattling cough, runny nose, and mild head (and ear) aches. Thinking it was only seasonal allergies, I had been faithfully giving him home remedies, like garlic and olive oil drops for his ears. I became more concerned when he seemed to be talking really loud and claiming that he was having trouble hearing us; he wasn't answering when we called. The doctor basically said that he was fine-no ear infection, no signs of pneumonia-but offered a prescription of antibiotics "just in case." Knowing that antibiotics should not be used willy nilly, I took the prescription, but had no intention of filling it. Instead, we will continue with our natural allergy remedies. You might find them helpful too.

Drink Your OJ and Have Nuts. Believe it or not, a daily cup of juice and 2 ounces of Brazil nuts reduces airway inflammation by as much as 40%. The combination of vitamin C (in the juice) and selenium (in the nuts) work together to keep inflammation in check.

Eat Yogurt. Surprisingly, yogurt is useful for allergy sufferers. Studies show that by eating one to two cups daily, it helps to stop reactions to pollen before they start.

Rinse Your Nasal Passage. Saline mists, salt water sprays, and nasal rinses are also economical ways to wash the pollen from your nose and provide quick relief.

Fruits and Veggies. Apples, bananas, and onions all have anti-inflammatory properties and help to build up the immune system.

It seems that this spring has many allergy sufferers more uncomfortable than usual. Even my husband and I have been itching, sniffing, and sneezing. Instead of spending big bucks on over-the-counter medicines, and contending with the unpleasant side effects, try natural foods and remedies to address your issues. As always, check with your doctor prior to trying any new regimen or supplements. As for my dear, sweet son, it occurred to me that he simply had a bad

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case of the mama-I-can't-hear-you-because-I-don't-want-to-syndrome. I also have a natural remedy for that too. When applied it to the seat of his pants, it usually works wonders in one dose! Write me if you need the recipe. Enjoy!

Editor's Note: The opinions in this column are those of the writer and not necessarily of Insight News and/or its staff. Readers should not rely on this information as professional medical advice or use it to replace any relationship with your physician or other qualified healthcare professional. For medical concerns, including decisions about medications and other treatments, consumers should always consult their physician or, in serious cases, seek immediate assistance from emergency personnel.

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