

# Best Ways to Combat Allergies in the Summer

**HEALTHY TIPS**

Millions of people deal with seasonal allergies every year. We have all the pollen in the air to thank for that. Would we trade in all the beautiful pollen-generating flowers and trees to get rid of allergies? Probably not.

Looking forward to summer doesn't have to mean dealing with all the miserable sneezing and congestion though. You just need some solid strategies to keep your allergies under control.

## Steer Clear of Pesky Allergy Triggers

Allergies can easily be triggered by wind, so when it's windy and the pollen is everywhere, try to stay indoors with the windows closed. Mowing the lawn also gets the pollen moving around. Avoid doing that chore or being around when someone else is doing it. Another chore that's best to avoid if you're prone to hay fever is gardening. Lastly, opt for using the dryer instead of hanging your laundry outside to keep pollen off your clothes, towels, and sheets.

### **Pay Attention to Pollen Counts**

Local weather forecasts on TV, in the newspaper, or online can help you track the current and upcoming pollen levels. Pay attention to those things. If you see the pollen count is going to be high, use the preventative measure of taking allergy medicine before symptoms even begin. On days with a lot of pollen, it's also wise to keep the windows closed and stay indoors as much as possible.

### **Keep Your Sinuses Rinsed**

If allergy symptoms are particularly bad, try a nasal rinse. Flushing all that mucus and bacteria from your nose can help relieve congestion, a runny nose, and sneezing. Most pharmacies carry ready-made rinse kits. Otherwise, you can make your own using a neti pot, a device specifically designed for sinus rinsing.

To make the rinse solution, first mix three teaspoons of iodide-free salt with one teaspoon of baking soda. Store this mixture in an airtight container or Ziplock bag. When you're ready to rinse, combine one teaspoon of the mixture with eight ounces of water that is either distilled or has already been boiled and cooled. Finally, you can use the saline solution to rinse out your nostrils one at a time.

### **Up Your Water Intake**

If you have allergies, stay extra-hydrated. Drinking lots of water can help thin out the mucus in your nasal passages, in turn alleviating your annoying allergy symptoms. It doesn't have to be just water either. Things like tea, broth, or natural juices can also be very hydrating. Staying hydrated is not only a solution to allergies that have already taken over your day. It can also be preventative. Drinking plenty of water at all times can keep allergies from getting so bad in the first place.



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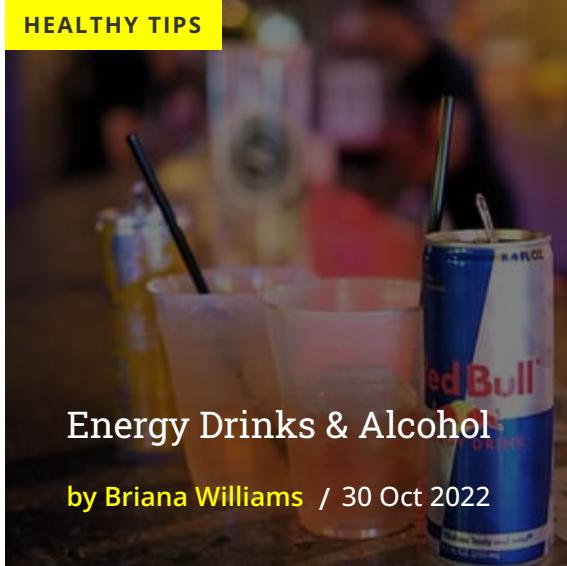
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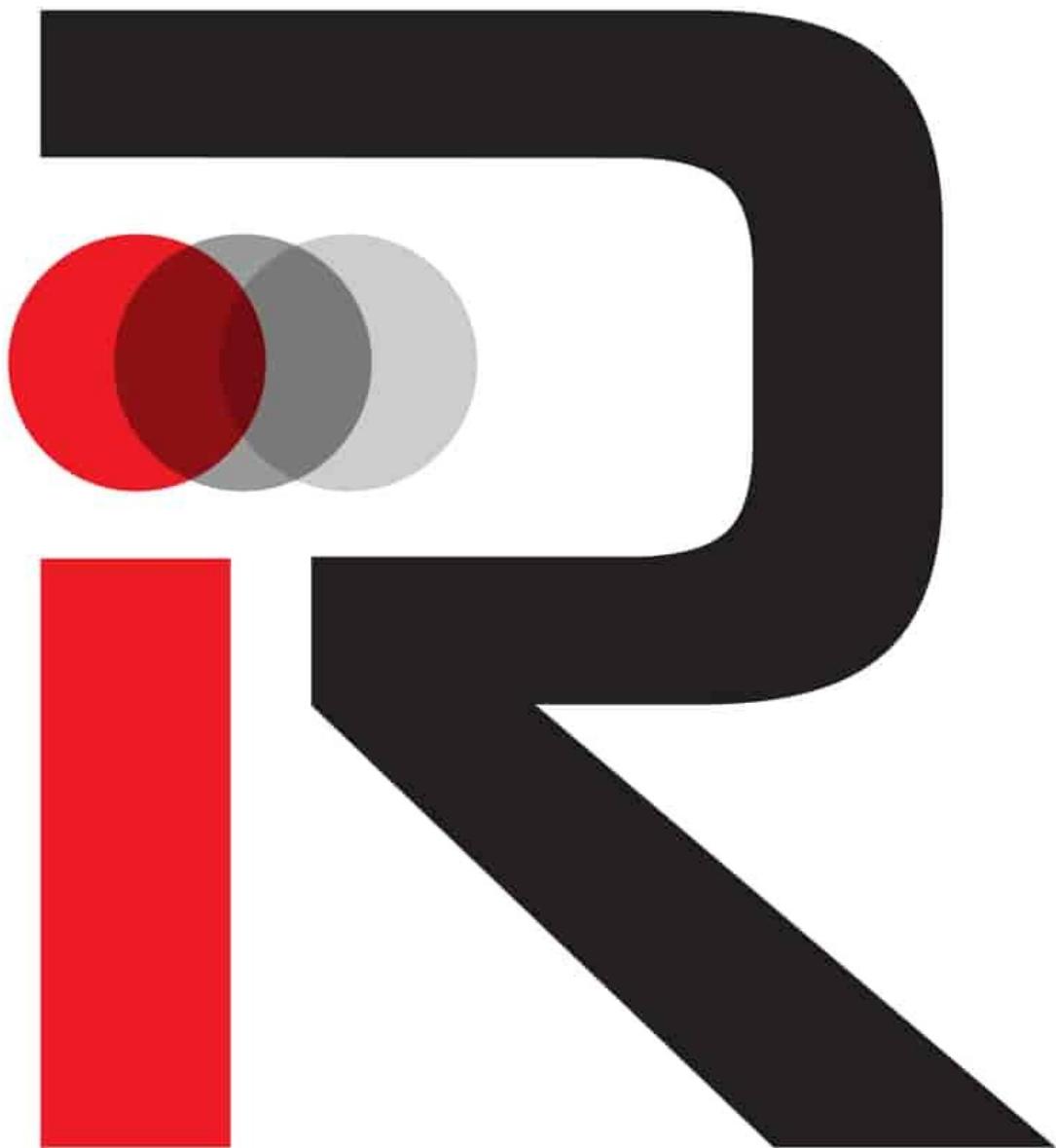
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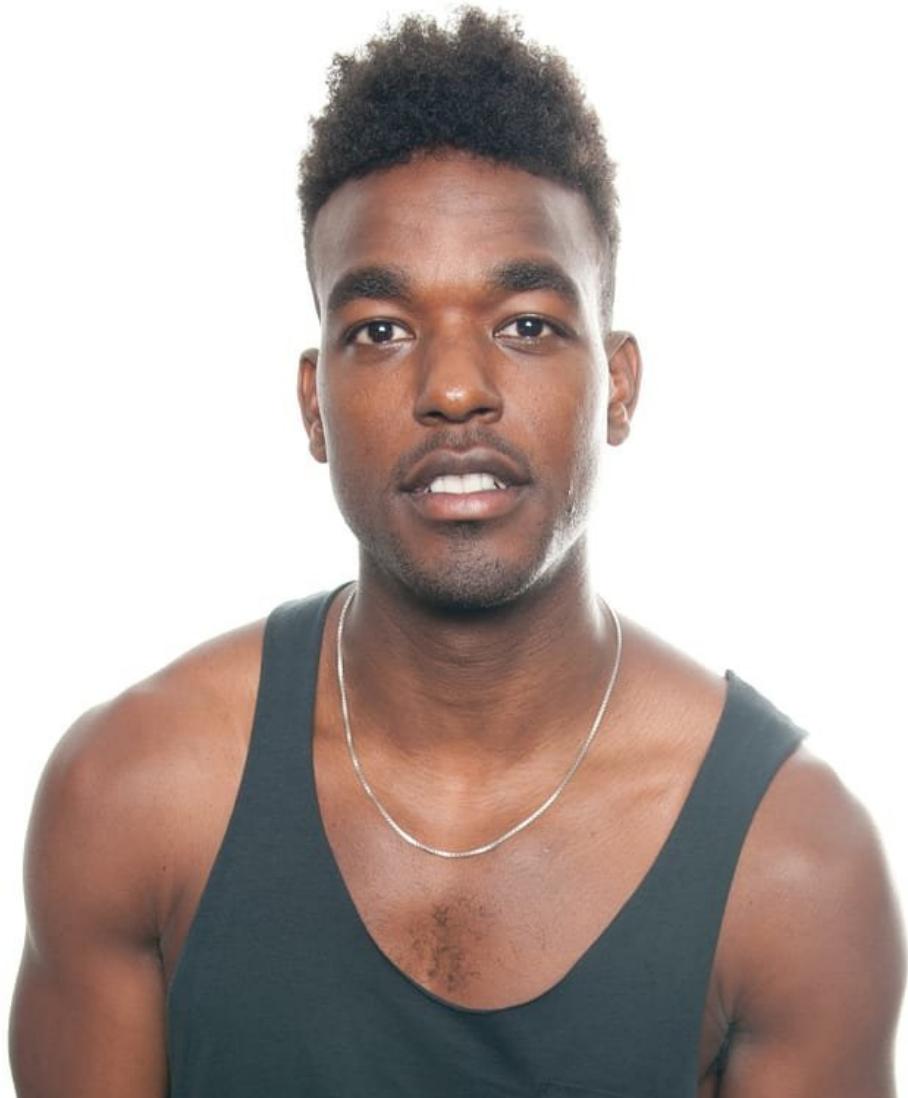
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