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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Natural Remedies And Treatments For Allergies

By Gray Rollins

When allergies strike, most allergy sufferers head to the drugstore where they purchase an antihistamine. They take it, and soon their symptoms begin to subside. They're all set until the next outburst.

Over-the-counter antihistamines are effective but unfortunately, taking them often causes unpleasant side effects such as drowsiness and a feeling of lethargy. If you're tired of feeling tired when allergies strike, maybe it's time you reach for natural allergy remedies instead.

Natural allergy remedies come in all forms and are made from many different types of ingredients including herbs, plants, ground up honey bees, and other vitamins and nutrients. Most natural allergy remedies have been designed to either stop histamine outbursts from occurring in the first place, or they act to combat the individual symptoms that occur with the release of histamines. They accomplish these tasks naturally, which is why unpleasant side effects are non-existent.

Besides treating allergy symptoms with all-natural ingredients, the term "natural allergy remedies" has come to mean something more. In addition to being a natural and effective way to treat allergy symptoms after they develop, the term can be used to describe taking control of your surroundings so that you limit exposure to the allergens that cause you trouble. For example, if pet dander is a problem, don't keep pets. Or if you must, you've got to be vigilant about keeping pet dander under control. Likewise with dust mites. You need to protect your furnishings with casings that keep this type of problem under wraps.

Watching what you eat is important if you've got food allergies, so taking steps to control your diet can also be considered a natural allergy remedy. In addition to closely monitoring what you eat, there also are foods you can consume that are known to contain naturally-occurring histamine combatants. For example, Quercetin, a flavinoid found in onions and apples, is capable of blocking the release of histamines which cause the familiar allergy symptoms like runny nose, congestion, and itchy, watery eyes. Besides being effective against allergies, there are countless other health benefits of eating these and other types of fruits and vegetables, like lowering your risk of developing heart disease and keeping your blood sugar levels stable.

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If you're like a lot of people and find that monitoring what you eat is too much work, then consider taking a daily multi-vitamin. Many of the vitamins and minerals benefit the immune system which in turn helps keep the symptoms of allergies under control.

With so many natural allergy remedies being offered, understanding the ingredients as well as the actual benefits of each can be mind-boggling. Even though these types of products are available without a prescription, if you're confused, it might be advisable to speak with an allergist or someone who specializes in natural remedies. These specialists can help explain how each of the individual ingredients work and why they're thought to be effective. This type of information may help you decide whether natural allergy remedies are right for you.

Gray Rollins is a featured writer for WithAllergies. To learn more about allergy treatments and remedies, visit

<http://www.withallergies.com/b/>

and

<http://www.withallergies.com/naturalallergytreatment/>

New Allergy Treatment vs. Medical Treatment For Allergies

By Joe Goertz

Most often the summer is the time for the pollen count to increase which will increase the suffering for most allergy sufferers. For years people have been looking for effective treatment options for the allergies that they have. This has been a big problem for a lot of people and sadly there is not much that modern medicine is doing for it.

There are several medical practices, like medications on the market for treatment but many of these have horrible side effects. This is the biggest complaint that most people have when it comes to the medicine that is used to treat allergies. Overall the side effects are known to be worse than the allergy is to begin with. This is the reason why many people will not seek treatment for their allergies.

In many cases the symptoms that they have for the allergies are nothing more than bothersome to say the least. The most common are runny nose, itchy eyes and sneezing. These symptoms can continue until the end of the pollen season or they may come and go as time moves on. Whether or not the symptoms are relieved is not the real issue. The adverse effects that the allergies have on the person's body are the main issue. People start to find that they are not able to sleep or they are sleeping too much. This is also the main side effect that most of the allergy treatment medications have. They will cause the person to fall asleep at the wrong time which can mean a danger to the person and others around them.

Thankfully there are some new things that have come on the market to treat the many allergies that

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people have. The new treatments are considered to be better for people because they are all natural and therefore they do not have any side effects. If you have the natural cures or treatments you are more likely to have some relief without all the problems that come with the more accepted and modern medications.

In the area of treatments you will find that the natural treatments are a bit more expensive but they are also known to be far more effective for most of the people that use them. There are problems in most areas with this because of the fact that most of the natural health related treatments are not regulated by the government. So the medical community believes that there is nothing to stop the people from scamming those that are looking to find treatment.

For those that suffer with the seasonal allergies there is also the fact that you can avoid the high pollen areas, such as fields and forests, during the time of the year where it could irritate the allergy. This may be difficult for some who happen to enjoy the outdoors but you should give it serious consideration if you do not want the side effects that come with the medications on the market.

More from this author at:

<http://www.science-mag.com>



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