3 Real & Effective Remedies For Seasonal Allergies

It's that time of year again, when the harsh grasp of winter gives way to the blossoms of spring. While budding flowers and lush greenery begin to encompass the world around you, a more sinister formation begins to develop – allergies. Seasonal allergies have a way of ruining this beautiful time of year, and if you're one of the millions of sufferers, there's only one goal in your mind – eliminating allergies as quickly as possible. Although there is a myriad of allergy relief pills and medicines on the market, what if you wish to treat allergies without the use of synthetic medicines? Allergies are caused by nature, therefore, shouldn't nature also provide some level of relief? Here at Knowledge Weighs Nothing, we believe it can.

Update: Seasonal allergies can cause post nasal drip symptoms; check out our new post 8 post nasal drip remedies.

Apple Cider Vinegar to Aid in Mucous Removal

One of the biggest – and stickiest – symptoms of seasonal allergies is excess mucus production.
As your body responds to the allergens, its first line of defence is amping mucus production to help block allergens from making their way into your respiratory system. Unfortunately, this natural reaction leads to clogged noses and rough mornings filled with coughing up some rather unfortunate looking phlegm.

Apple cider vinegar is believed by many alternative health proponents as an effective remedy to cut the production of mucus while simultaneously eliminating stored mucus throughout your nasal passages and airways. Some believe its unique properties stimulate the flow of your lymphatic system, which may help eliminate allergens from inside your body.

To utilize this remedy, pour 2 teaspoons of unfiltered/raw apple cider vinegar into an 8 ounce glass of room-temperature water. For many, the taste of vinegar is too strong to enjoy. Therefore, add 1 tablespoon of raw/local honey, which features its own allergy fighting capabilities.

**Saline Rinse for Clear Breathing**

As stated above, your body naturally responds to allergies by increase the amount of mucus in your nasal passages, which attributes to the “clogged” feeling many experience during the height of allergy season. One of the most effective – and recommended – natural remedies for this condition is a saline rinse through a Neti pot. By simply flushing out your nasal passages, you remove excess mucus as well as allergen irritants. This remedy is so effective it's only of the only natural remedies recommended by Western physicians.

Save some money by making your own saline solution. Dissolve 1 teaspoon of Himalayan salt into 1 quart of boiled distilled water. Allow the solution to cool to room temperature and put it in a Neti pot.

**Take the Sting Out of Allergies – Stinging Nettle Allergy Relief**

The compounds within Nettle leaves are known to have powerful antihistamine qualities, which means it’s able to work in a similar manner as many over-the-counter antihistamine medicines. By blocking the production of histamine, you'll experience immediate allergy symptom relief. While you can utilize this remedy via a tea, many research studies and alternative health proponents suggest taking a Nettle leaf extract in capsule form. Not only does this provide near-instant allergy relief, but it’s quick and easy – something all allergy sufferers find beneficial.