



Home Remedies for Sinus Allergy Relief

As the seasons change and plant life transitions, there tends to be an increase in the amount of pollen and other allergens in the air. This, along with changes in weather, can play a role in increasing allergy symptoms including sinusitis.

The following nutrients may be helpful for sinusitis and other allergy symptoms:

- **Vitamin C** – Vitamin C is a powerful antioxidant that also functions as a natural antihistamine. Taking 1,000 to 3,000 mg daily may help to reduce histamine levels in the body, thereby reducing the tendency toward allergies.
- **Quercetin** – Quercetin is an anti-inflammatory bioflavonoid found in apples, onions, and tea. Taking 200 to 500 mg twice daily may help to calm down allergies.
- **Bromelain** – Bromelain is an enzyme found in pineapple that is naturally anti-inflammatory. Taking a supplement containing 3,000 MCU of this enzyme three times daily may be helpful to relieve sinusitis.

Many times, sinus symptoms are caused by irritation due to pollen or excessively dry air. Irrigation helps to flush out irritants and hydrates the mucus membranes in your sinuses. Instructions for sinus irrigation are below.

Instructions:

- Dissolve 1 heaping teaspoon of sea salt in 1 cup of warm purified water. Allow this mixture to cool to a comfortable temperature (room temperature or slightly higher).
- While leaning forward over a sink or the bath tub, use a Neti pot* or a small teapot to pour the salt water mixture into one nostril, allowing the water to flow out of the other nostril. This may create a burning sensation at first, but as your sinuses become hydrated the sensation will decrease and may actually feel good! If your sinuses are too congested to allow the water to flow through, pour as much as you can into one nostril and then blow it out through the same nostril.
- Blow any remaining water out of your nose and repeat the above step using the opposite nostril.
- You can repeat this as needed, as much as once every half hour until you achieve relief.
- For increased effectiveness, try dissolving a drop of peppermint or eucalyptus essential oil in the saltwater mix (shake well until the oil is emulsified).

*A Neti pot is a ceramic device used for nasal irrigation. Neti pots can be purchased in most health food stores.

Please talk with your healthcare practitioner before making any changes to your diet or lifestyle.