

# *Toxin Free Guide*

## SEASONAL ALLERGIES



Here are some of my favorite  
clean products to help you  
holistically manage seasonal  
allergies!

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FRESH BEGINNINGS

# Hi There! I am here to help!

If you are reading through this guide, then I am guessing you or someone you know is suffering from seasonal allergies. I personally know what you are going through and want to help! Remember that I am not a certified practitioner, so everything I recommended is purely based off of my personal research and experiences. If you are experiencing severe allergy symptoms or any other health concerns reach out to your trusted health professional. As ALWAYS, before using any new product or supplement, it is imperative to do your own research and ensure it is right for you!



## *Did you know?*

Seasonal allergic rhinitis (hay fever) is an immune response? In 2021, approximately 81 million people in the U.S. were diagnosed with seasonal allergies. This equals around 26% (67 million) of adults and 19% (14 million) of children.

I never suffered from seasonal allergies until I entered my 20s. When I first experienced the awful itchy eyes, nose, sneezing, and just absolute misery (not to be dramatic), I turned to the conventional over the counter options like Zyrtec and Flonase, and even prescribed Singular (which literally caused me to feel worse and caused psychological effects). However, although most of these products were effective in alleviating my symptoms so I could enjoy the spring and summer, I did not like the side effects and potential long-term effects it had on my body. This led me to research holistic remedies to help combat my allergies in a healthier way!

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## 5 Quick Tips to help manage seasonal allergies

1. Keep your gut health on point! Prioritizing fermented foods in your diet and taking a robust probiotic is key! Reduce your intake of inflammatory foods (fried, processed foods). Focus on foods that are rich in Vitamin C, Omega-3, and Quercetin.
2. Purify your indoor air to remove any extra allergens! Also keep up on your vacuuming!
3. Reduce your allergen load by ditching toxic household products (laundry detergent, perfumes, candles, plug-ins). Instead, diffuse peppermint, eucalyptus, lavender, and lemon (be cautious if you have pets).
4. Clean your feet often if you go barefoot outside, remove shoes when in the house, wash your sheets at least 1x a week, and take showers at the end of the day to remove allergens before crawling into bed!
5. Complete a nasal rinse throughout the day or at the end of the day to clear out the allergens from the nasal cavity (neti pot, nose sprays).

Let's take back the control and enjoy the spring and summer!

Below are my recommended remedies with links!

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## Product Recommendations

1.

### **Over-the-Counter Medication Alternatives**

- [Spring Defense Tonic by Organic Olivia](#): made with stinging nettle leaf (I swear by this stuff)
- [MaryRuth Organics Quercetin Vitamin Liquid Drop](#)
- [Genexa Allergy Relief](#)
- [Hyland's Naturals](#)
- [Oregon's Wild Harvest Nettle Quercetin](#)
- [CYMBIOTIKA Allergy Defense](#)

2.

### **Probiotics**

*\*Not all probiotics are created equally, so here are some great clean options from trusted companies!*

- [Ora](#) (what I currently use)
- [Needed](#)
- [Klaire labs](#)
- [Organic Olivia](#)

3.

### **Homeopathics**

- [Hyland's Naturals](#) (what I currently use)
- [Histaminum](#)

4.

### **Nose and Eye Relief**

- [Earthly Sinus Saver](#) (use CHOOSENATURAL for 10% off): Great for congestion and relief from itchy nose
- [Xlear Nasal Spray](#)
- [Eyeganics Organic Tears](#)
- [Neti Pot](#)

Did you know that more than 80% of your immune system is located in your gut. This is why our gut health is directly related to allergies!



# My routine

## Morning

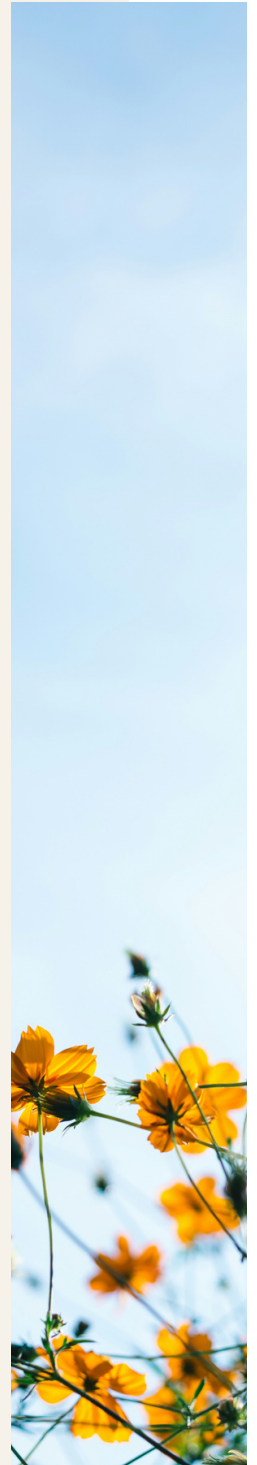
- Organic Olivia Spring Defense
- Hyland's Naturals (homeopathic)
- MaryRuth Organics Quercetin Vitamin Liquid Drop
- Cup of chamomile tea with local honey
- Ora's Trust Your Gut Pre/Probiotic
- Two spoonfuls of sauerkraut

## Afternoon

- Hydrate throughout the day (including Re-Lyte electrolyte)
- Protein smoothie with Acerola Powder (Vitamin C)
- Air purifiers running in different rooms
- Focus on whole foods that will not cause inflammation
- Take digestive bitters and enzymes before big meals
- Complete nasal rinse with Neti Pot if needed
- Diffuse combination of lemon, lavender, peppermint
- \*Make sure you do your own research on finding good quality essential oils and determine which ones are toxic to pets, if you plan to diffuse around them!*

## Evening

- Shower to rinse off all the allergens (Don't have to use soap every time just rinse with water). I especially wash my face--rinsing my nose and eyes
- Complete a nasal rinse with the Neti Pot
- \*Make sure you are using distilled or boiled (cool down) when using Neti Pot!*
- Sinus Saver from Earthly
- Cup of peppermint tea
- Filter air with Dyson fan



## **Thank you for taking the time to invest in your health!**

I hope this helps you enjoy the spring & summer time without feeling so miserable!

It can be overwhelming to know where to begin when choosing holistic options, so my goal is to give you a boost of confidence!

If you have any questions or need more recommendations, please do not hesitate to reach out.

We are in this together!



*Thank you!*

Do you need help starting your toxin-free journey? I would love to support you along the way! Reach out and we can get started.

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