

Allergy Support Guidelines

Allergies occur when the body's immune system reacts to substances in the environment or diet that it perceives as irritants. These reactions may lead to inflammation and a variety of symptoms affecting the respiratory system, skin, and overall well-being.

Common Allergy Triggers

- Pollen and seasonal changes
 - Dust and dust mites
 - Mold exposure
 - Pet dander
 - Certain foods or additives
 - Fragrances and chemicals
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Common Symptoms

- Sneezing
 - Runny or stuffy nose
 - Itchy eyes, nose, or throat
 - Watery eyes
 - Post-nasal drip
 - Fatigue or brain fog
 - Skin irritation or rashes
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Natural Wellness Support Approaches

Some individuals choose to support the body's normal immune response and histamine balance through nutrition and natural compounds, such as:

- **Quercetin** – a plant compound found in foods like onions and apples that may help support normal histamine response
- **Fenugreek** – traditionally used in herbal wellness practices to support respiratory and immune balance
- Vitamin C–rich foods (such as citrus alternatives like berries and melons for sensitive individuals)
- Herbal teas such as ginger or chamomile (caffeine-free options)

Additional supportive habits may include:

- Reducing exposure to known triggers when possible
 - Staying well hydrated
 - Supporting gut health through whole foods
 - Keeping living spaces clean and well ventilated
 - Using steam or warm showers to support nasal comfort
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Lifestyle Awareness

Allergy symptoms may vary depending on environment, season, and overall immune balance. Paying attention to patterns can help you better understand your body's responses.

Important Note

This information is for educational and wellness support purposes only and is not intended to diagnose or treat any medical condition. Please consult a qualified healthcare provider before starting new supplements, especially if you have underlying health conditions.

Wellness Support

If you would like personalized wellness guidance or natural support strategies, please contact:

Wellness Solutions by Sonora
Creating Optimal Health Naturally