



# Natural ways to cope with allergies

The runny eyes and nose, the sore throat, the sneezing, the itchiness and the overall yucky feeling that comes with allergies can hit like a ton of bricks. Stimulation from flora, fauna and pets triggers a reaction that starts in your immune system. Limiting exposure to allergens can help reduce symptoms.<sup>1,2</sup> Why not add a one-two punch by supporting your immune system with items found in nature?

## Support your immune system by adding:<sup>3</sup>

**Beta-carotene and lycopene:** Antioxidants with anti-inflammatory benefits. Try sweet potatoes, spinach, carrots, mangos, grapes, peaches and more.

**Vitamin C:** Strong antioxidant and anti-inflammatory properties. Eat citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



**Allergy season is here!**

Read on to learn how you can fight back.

**Vitamin D:** Helps your body absorb calcium. Also helps fight inflammation and support immune system function. Eat fatty fish, eggs and fortified cow's milk.

**Zinc:** Helps maintain your immune system. Deficiency can elevate the inflammatory response. Try beef, seafood, wheat germ, beans, nuts and tofu.

**Probiotics:** Restrict excessive inflammation and maintain immune balance. Include cultured dairy products like yogurt and kefir, fermented foods like sauerkraut, kimchi, miso and tempeh.

**Protein:** Supports anti-inflammatory processes. Find it in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

## Try these healthy drinks that combine natural ingredients.

They could help you feel better during allergy season and are delicious.



Makes 4 servings | Prep: 10 min

### Fresh fruit and herb tonic

No matter what time of year, this will add a spot of feel-better-brightness<sup>4</sup> to your day.

#### Ingredients

- 8 ounces fresh strawberries, hulled, or other berries
- 1 cup cubed ripe melon (cantaloupe, crenshaw, honeydew, watermelon)
- 2 cups ice-cold water
- ¼ cup fresh lemon juice
- 2 Tbsp finely chopped fresh basil or mint leaves
- 2 Tbsp sugar, or to taste (optional)
- Ice cubes
- 8 ounces club soda
- Lemon slices, for garnish
- Basil or mint sprigs, for garnish

#### Preparation

Combine the fruit, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)

To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces club soda. Garnish each glass with lemon slices and basil or mint. Serve immediately. Pureed fruit may settle.

#### Nutrition information | Serving size: 10 oz.



Calories: 35 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 20 mg | Cholesterol: 0 mg  
Total carbs: 9 g | Fiber: 2 g | Sugars: 6 g | Protein: 1 g | Potassium: 102 mg

Makes 6 servings | Prep: 30 min



## Citrus and herb tonic

This drink<sup>5</sup> may not cure all your allergy woes, but you may feel better after just one sip of this vitamin C-packed sipper.

### Ingredients

- 2 whole limes, scrubbed
- 1 whole lemon, scrubbed
- 1 whole orange, scrubbed
- 8 cups water
- 1 teaspoon ground turmeric
- 1 lemongrass stalk, approximately 8 inches long, cut into 2-inch pieces
- 2-inch piece of ginger, scrubbed and thinly sliced
- 5 fresh oregano sprigs
- Hot water, for serving
- Honey, for serving

### Preparation

Slice the limes, lemon and orange into ¼-inch-thick rounds, leaving the skin on. Place the citrus slices in a medium pot and fill with 8 cups of water. Crush lemongrass pieces between 2 pieces of parchment paper with a rolling pin. Stir in the turmeric and add the lemongrass pieces. Bring to a boil over high heat. Lower to a simmer and cook for 5 minutes. Remove from heat, add the sliced ginger and fresh oregano. Cover and allow to steep for 10 minutes. Strain through a mesh sieve. Pour 1 to 2 ounces of hot mixture into mug. Dilute to taste by adding hot water and sweeten with a drizzle of honey. Tonic can be cooled and stored refrigerated in an airtight container for up to 2 weeks. To reheat, portion the cold tonic into mugs and top with boiling water.

### Nutrition information | Serving size: 2 ounces tonic, plus water to taste



Calories: 44 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 4 mg | Cholesterol: 0 mg  
Total carbs: 12 g | Fiber: 2 g | Sugars: 5 g | Protein: 1 g | Potassium: 175 mg

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<sup>1</sup>[https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-\(hay-fever\)](https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-(hay-fever))

<sup>2</sup><https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/outdoor-allergens-ttr>

<sup>3</sup><https://www.eatright.org/health/wellness/healthful-habits/how-to-keep-your-immune-system-healthy>

<sup>4</sup><https://www.eatright.org/recipes/beverages/fresh-fruit-and-herb-sparkling-water-recipe>

<sup>5</sup><https://cooking.nytimes.com/recipes/1022860-citrus-and-herb-tonic>

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