**Title**: 7 Natural Remedies For Seasonal Allergies | Microcare ENT Hospitals

**Meta Description**: Every year, millions of people suffer from seasonal allergies. While these are common, there is no reason to let them disrupt your life and daily activities for weeks on end! Here are some natural remedies that will keep you allergy-free this season

**Blog Article:**

Seasonal allergies are a common problem for many people, especially during certain times of the year when pollen levels are high. These allergies are often caused by pollen from trees, grasses, and weeds, as well as mold and other outdoor allergens. Symptoms of seasonal allergies can include sneezing, runny nose, congestion, itchy and watery eyes, and scratchy throat. These symptoms can be uncomfortable and can interfere with daily activities.

There are several ways to help manage and treat seasonal allergies. One of the most effective methods is to avoid exposure to allergens as much as possible. This can include staying indoors on days when pollen levels are high, using air conditioning, and closing windows and doors to keep pollen out of the house. Wearing a mask outdoors and showering and changing clothes after spending time outdoors can also help reduce exposure to allergens.

There are several natural remedies that may help alleviate symptoms of seasonal allergies.

**Here are a few to consider:**

**Nasal irrigation:** Using a saline solution to rinse the nose can help remove allergens and reduce inflammation in the nasal passages.

**Local honey:** Consuming local honey may help your body build up a tolerance to the pollen in your area.

**Butterbur:** This herb has been shown to be effective in reducing symptoms of hay fever, such as sneezing and itchy eyes.

**Quercetin**: This natural compound has anti-inflammatory and antioxidant properties, and may help reduce allergy symptoms.

**Probiotics:** Some research has suggested that taking probiotics may help reduce the severity of allergic reactions.

**Saline nasal spray**: Rinsing the nasal passages with a saline solution can help remove pollen and other irritants from the nose and sinuses.

**Herbal tea:** Drinking herbal teas, such as chamomile or peppermint, can help reduce inflammation and soothe allergy symptoms

It's always a good idea to talk to your doctor before trying any new treatment, especially if you have a history of allergies or asthma. Your doctor can help you determine the best course of action for your specific situation.  
  
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