

## Home Remedies for Allergies

Do you suffer from allergies? If you do, you may be looking for ways to seek relief. Although many individuals turn to over-the-counter allergy relief products or medicines that are prescribed by a doctor, many others are interested in learning more about more affordable and natural ways that they can seek relief from their allergies. If you are one of those individuals, please continue reading on, as a few home remedies for many types of allergies are outlined below.

Before focusing on a few home remedies that are a nice and affordable way to seek relief, it is important to note that sometimes medical attention is needed. For example, if you suffer from food allergies, you may be unable to rely on a large number of natural, home remedies, as many involve the use of food. Also, if you have severe symptoms, such as difficulty breathing or a loss of consciousness, it is important that you do not mess around; seek medical attention immediately.

As for a natural way that allergy symptoms can be relieved, vitamin B5 is recommended. It is known for providing many allergy sufferers with relief. Vitamin B5 supplements can and should be taken daily for around a month or two. There are others who recommend taking it on a daily basis for an undetermined amount of time, like until allergy symptoms significantly decrease or are no longer an issue.

Lime is another natural and easy way to treat allergies from home. When using this natural and home remedy, you will want to squeeze the juice of one lime or a half of a lime into a lukewarm glass of water. If needed, you can sweeten this mixture with about a teaspoon of honey. You will want to drink this lime mixture daily for a few months. Many recommend doing so in the morning. What is nice about this natural remedy for allergies is that it can also help to detoxify the body.

Bananas can also be used to help treat allergies naturally and at home. One or two bananas should be eaten for at least one month on a daily basis. This approach is ideal for all allergies; however, those who suffer from food allergies are advised to proceed with caution. In fact, bananas are not only the food that those suffering from food allergies should be cautious with. Those who have food allergies will want to avoid any natural remedies that contain foods that they may be allergic to. As for the bananas, they tend to help those who develop skin reactions from their allergies the most.

In keeping with the food that can help those suffering from allergies, it is

also important to examine the foods and drinks that should be avoided. Those who suffer from allergies are encouraged to avoid caffeine drinks, such as coffee and soda, as well as alcohol. This is because these items contain many additives. Additives make the body unnatural and impure. This is not how you want to be if you want to seek relief from your allergies.

The above mentioned natural remedies and home remedies for allergies are just a few of the many that you may want to try. For additional remedies that are convenient, affordable, and easy to implement at home, consider performing a standard internet search. There are a number of websites online that list home remedies for you to access, free of charge. With that being said, you may also want to invest in home remedy books or manuals that are designed for those who suffer from allergies.

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