

## Allergy Relief: Your Relief Options Reviewed

Do you suffer from allergies or do you suspect that you may? If so, you may be looking for ways to seek relief from many common allergy symptoms. These allergy symptoms may include hives, a runny nose, sneezing, or postnasal drip. The good news about seeking relief from allergies is that you do have a number of different options. A few of these options are highlighted below for your convenience.

One of the best ways to seek relief from an allergy is to stay away from or limit your exposure to the source of your problems. For example, if you suffer from pet or mold allergies, limit the amount of close contact that you have with your pets and stay away from areas of your home where mold or mildew is present, like in the basement. For food allergies, it is always best to play it safe. Instead of just limiting the consumption of foods that you may be allergic to, you should completely eliminate them from your diet.

Another way to seek relief from allergy symptoms is by relying on natural remedies. Natural remedies, which are also sometimes referred to as home remedies, are nice. They are almost always safe, effective, and affordable. In fact, you may have many of the ingredients needed for a home remedy in your home already!

If you develop hives from an allergic reaction, did know that you can seek relief from oatmeal? You can. Many individuals recommend pouring one cup of boiling water over oatmeal, letting it set for around thirty minutes, and then straining. After you have made sure that the water has cooled, use a cloth or a cotton ball to apply to your hives. For other allergy symptoms, green tea is recommended. Green tea has natural antihistamines in it. Other teas are also a great way to stay calm, cool, and collected.

Although there are a number of natural ways that you can manage or treat your allergy symptoms, many individuals prefer the convenience that is often associated with prescription medications and over-the-counter products. If you are able to see a doctor, like if have health insurance, you may be able to get a prescription strength allergy medication. With that in mind, sometimes, severe symptoms must be present. If you are able to get a prescription from your doctor, just head down to your local pharmacy and get it filled.

Over-the-counter allergy relief medications and products are another great way to seek relief from allergies. What is nice about over-the-counter products is that you do not need to have a prescription. This is great if you are uninsured, as you may find it a more affordable way to seek relief, as opposed

to visiting a doctor. Over-the-counter allergy relief products are sold by drug stores, supermarkets, discount stores, and department stores.

As for which of the above mentioned approaches you should take to seek relief from your allergies, you will find that it all depends. Obviously, limiting your contact with or removing yourself from the source of your allergies is best. Next, many allergy sufferers recommend medicines, but they aren't always right for everyone. For example, some people experience painful and irritating side effects. In those instances, natural remedies are often the best way to go, as they are a much safer approach to take.

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