

# Foods to help with Allergies

## 1. Introduction:

- Allergies are caused by the immune system reacting to allergens, such as pollen, dust, or certain foods. While medications are often used to manage symptoms, some foods can help reduce the severity of allergic reactions by supporting the immune system and reducing inflammation.

## 2. Key Nutrients to Focus On:

- **Quercetin:** A natural antihistamine that may help reduce allergy symptoms.
- **Vitamin C:** Helps lower histamine levels and supports the immune system.
- **Omega-3 Fatty Acids:** Reduce inflammation that can worsen allergic reactions.
- **Probiotics:** Support gut health, which plays a key role in immune responses.

## 3. Top Foods:

### Fruits & Veggies

- **Citrus Fruits (e.g., oranges, lemons, grapefruits):** High in vitamin C, which helps to lower histamine levels and reduce allergy symptoms.
- **Apples:** Rich in quercetin, a natural antihistamine that may help alleviate allergic reactions.
- **Green Leafy Vegetables (e.g., spinach, kale):** Contain antioxidants and nutrients that support the immune system and reduce inflammation.

### Proteins:

- **Fatty Fish (e.g., salmon, mackerel):** Packed with omega-3 fatty acids, which reduce inflammation and may ease allergic symptoms.
- **Kefir and Yogurt:** High in probiotics, which can improve gut health and potentially reduce allergy symptoms by regulating immune responses.
- **Spices- Turmeric:** Contains curcumin, which has strong anti-inflammatory effects that can help manage allergy symptoms.

## 4. Scientific Backing:

- Research published in the American Journal of Clinical Nutrition highlights that vitamin C can help reduce the duration and severity of allergic reactions by lowering histamine levels.
- A study from the Journal of Allergy and Clinical Immunology suggests that omega-3 fatty acids found in fish oil may reduce airway inflammation and improve respiratory health in those with allergies.
- Link: <https://www.healthline.com/health/seasonal-allergies-best-foods>

## 5. Fun Fact/Tip:

- **Fun Fact:** Did you know that honey may help reduce seasonal allergies? Some people believe consuming local honey introduces small amounts of pollen into the body, potentially building a natural tolerance.
- **Tip:** Add more quercetin-rich foods like apples and onions to your diet during allergy season for natural antihistamine benefits.

## 6. Related Lifestyle Changes:

- In addition to eating allergy-relief foods, using air purifiers, washing bedding regularly, and reducing exposure to common allergens can help manage symptoms.

## 7. External Links & References:

- WebMD: [Read this! Foods that help curb allergies](#)

**CTA: Read now: Ways to curb allergies**