

NMD_NEWSLTR_FREE_Fall Seasonal Allergies_Send: 08.19.23

SUBJECT LINES:

1. Dr. Stork's Top Picks for Fall Allergy Relief!
2. If you've sneezed in the last hour, you've **got** to read this

PREHEADER:

- You'd never believe what this can do for you...
- Barely survived last fall? Here's how to thrive!

BODY:

Fall has always been a time of beauty,
{{first_name|default:'friend'}}.

Blazing yellow red and orange trees out in crisp,
cool air...

Harvest-themed decor...

Warm pumpkin-spice drinks with family and
friends...

**But if you're affected by seasonal
allergies...these are the last things you're
thinking about.**

Because your **nose** is running like a faucet,

your **eyes** are itchy and puffed up,

and you're **sneezing** so much that you *can't seem
to enjoy any* of the fall beauty.

I know I used to stay inside as much as possible to avoid seasonal allergy symptoms.

(And missed out on my favorite activities, like hiking and mountain biking.)

But I've picked up **several natural remedies** that I've used to eliminate fall woes almost entirely!

My hope is that you get **such great results** from these tips that you can relish this beautiful time of year in all the ways you love.

What causes all the puffiness and sneezing?

In the fall, **ragweed pollen** is the most common offender, followed closely by mold spores from damp leaves.

These are what trigger the itchy throat and sinus issues that drive us crazy.

Some may also react to dust mites that increase indoors as we close up our homes for cooler weather.

These allergens can make what should be a delightful season feel more like a months-long cold.

But don't worry, there are **natural ways** you can cope and I'm here to share them with you.

The first approach is a bit of a long game,

But it pays dividends:

Enhancing gut health.

A strong gut not only helps digestion but also **strengthens the immune system** —

Which regulates your body's response to fall allergens.

Not many people know this...

But approximately 70% of your immune system resides in the gut.

That's why maintaining a healthy gut biome can keep your immune system from overreacting during allergy season.

So what's the best way to boost your gut health?

The answer lies in a diet rich in **probiotics** – think fermented foods like yogurt and kefir – and whole foods.

Don't forget the **prebiotic fiber**, though...

Prebiotics help your good bacteria to produce nutrients that seal the gut lining.

Another natural remedy that may be effective in dealing with fall allergies is bee pollen.

Bee pollen might seem fringe, but it's fascinating how it works...

See, each pollen grain contains *infinitesimal amounts* of different pollen strains.

By consuming them, you're essentially giving your body a '**natural vaccine**' by exposing your immune system to the allergens.

This way you can adapt without being overwhelmed.

There's just one thing:

It's essential to use local bee pollen, since pollen types vary by region.

Try putting just a few pollen grains in a glass of water to get started.

Don't forget to shower and change clothes frequently.

I know, you're not sweating as much as you did during the summer.

But the cool weather means you're probably having fun and relaxing outdoors more often –

And getting tons of allergen exposure.

You can help reduce itchiness and sneezing by **showering and changing clothes** when you've been outside for a while.

At the very least, try **washing your hands and face** regularly. This can go a long way in minimizing your exposure to allergens.

Another place these allergens like to hide?

Your sinuses.

Let's say you've showered before bed and *think* you're all set for a sound night's sleep.

You lie down...but all you can do is rub your eyes and clear your throat.

For sensitive types, the small amounts of pollen/mold spores **trapped in their sinuses** can cause major allergy symptoms.

That's why I'm a big fan of nightly **nasal irrigation**.

All you have to do is use a **Neti pot** or saline spray to rinse the allergens out of your sinuses.

You'll be *shocked* at how effective it can be,

Even after just one use.

Lastly, using a dehumidifier and stepping up your cleaning game can keep allergens in check.

Lower humidity levels inhibit mold and dust mite growth, so dehumidifiers are a must-have.

And by regularly washing linens, vacuuming, and dusting, you can dramatically reduce indoor allergens.

Try setting up a schedule where you do these things **at least once a week.**

If you're too busy, don't hesitate to hire a cleaning service.

It's that important!

I'm so eager to see what these allergy prevention tips can do for your enjoyment of this wonderful season.

But don't feel the need to throw the kitchen sink and do all at once...

Pick one or two to start as a foundation, and build up from there!

Let's get healthier one day at a time,

Dr. Travis Stork