

Tips To Reduce Allergy Symptoms

Clairpointe Family Chiropractic



Get Adjusted

The immune and respiratory systems both rely on proper communication between the brain and the spinal cord to manage their functions. The immune system can be affected if the communication system is interrupted, such as by misalignment in the spine.



Supplements

The doctors suggest taking Buffered Powdered Vitamin C, Sinatrol, or Natural D-hist from Ortho Molecular Products to help manage your sinus symptoms.



Humidifier

Breathe in warm steam from a bowl of water, a hot shower, or a humidifier to help ease sinus pain and open your nasal passages.



Hydrate

Drink lots of water to help thin your mucus. Avoid caffeinated or alcoholic beverages, which can cause dehydration.



Flush

Use a Neti pot to flush your nasal passages. Remember to use distilled or sterile water.



Rest

Get plenty of rest to help your body fight infection and speed up recovery.



Reduce Dairy

Some people may experience excess thick mucus in their throat after eating or drinking dairy products.



Clean Filter

A high-quality air filter will help to keep allergens from circulating throughout your home, giving you relief from your symptoms.