

# Why Your Allergies Keep Getting Worse



(AND WHAT TO DO ABOUT IT NATURALLY)

## A ROOT CAUSE GUIDE TO SEASONAL ALLERGY RELIEF

If your allergies feel like they are getting worse every year, or medications only help temporarily, you're not alone.

Allergies are often not just about pollen.

They are a sign that the immune system is becoming more reactive over time influenced by gut health, inflammation, and environmental load



# WHATS REALLY GOING ON

## 1. ITS NOT JUST POLLEN



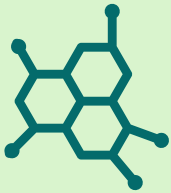
Pollen is often a trigger, but not the root cause. The real issue is an overactive immune response, meaning your body is reacting more strongly than it should be!

## 2. GUT HEALTH PLAYS A MAJOR ROLE



A large portion of our immune system lives in the gut. When the gut is imbalanced, it can lead to increased inflammation and higher sensitivity to allergens.

## 3. HISTAMINE OVERLOAD



Histamine is a natural chemical involved in our immune responses. When levels build up or aren't broken down efficiently, it can lead to congestion, itchiness, headaches, and feeling puffy or inflamed.

## 4. DAILY STRESSORS



Our modern lifestyles increase immune burden through poor sleep, processed foods, chronic stress, and environmental exposures (mold, dust, chemicals). Overtime this lowers the body's tolerance threshold

# WHAT SUPPORTS THE BODY NATURALLY

## Nutrition Foundations

These foundational steps can lower overall inflammation

### FOCUS ON:

- Whole, anti-inflammatory foods.
- Adequate protein and healthy fats
- Hydration with minerals
- Omega 3 rich foods

### REDUCE

- Processed foods
- Excess sugar
- Dairy/ gluten
- Alcohol
- High histamine foods

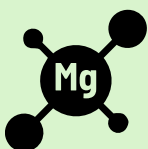
## Nutrient & Supplement Support



**Vitamin C-** supports histamine balance and immune support



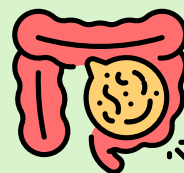
**Quercetin-** A natural plant compound that helps stabilize immune response



**Magnesium-** Supports stress response, relaxation, and inflammation regulation

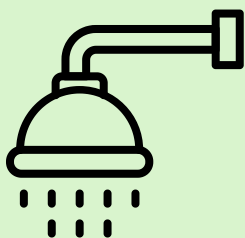


**Omega 3 Fatty Acids -** Help modulate immune activity and reduce inflammation

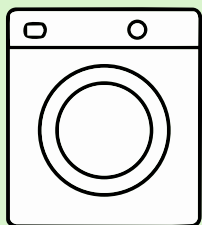


**Probiotics-** Support gut health and immune system support

# DAILY HABITS THAT MATTER



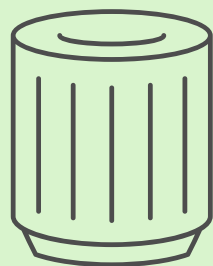
Shower after being outdoors during allergy season



Wash bedding regularly



Nasal saline rinses before and after spending time outdoors



Use HEPA air filtration when possible



Support regular bowel movements



Prioritize sleep and nervous system regulation