

Foods and plants that may help alleviate allergy problems

Summer is over and the fall season brings with it cooler weather, the changing colors of the leaves and often allergies. Over 40 million adults and young people suffer from autumn allergies. Many of those are under a physicians care and are on prescribed medication. Research has provided additional information on how certain fruits and plants can also offer relief.

Pineapples: Have been said to ease congestion. Pineapple is loaded with vitamin C which has been proved to dampen the body's response to allergens by more than 40 percent. Pineapple has bromelain, an enzyme that relieves sinus problems like congestion and irritation in as much as 85% of those that suffer from allergies. It's a natural anti-inflammatory that reduces nasal swelling.

Apples: In last weeks article we shared with you all that an apple has to offer to your health if you missed it please go back and refer to it. In addition, apples are good at protecting your lungs from irritants. It has been learned that just eating five apples a week will help improve your breathing and lung function by 400 percent. You must eat the apple skin since Quercetin is in the peel and is a flavonoid that actually makes cells resistant to allergens.

Houseplants: Studies have shown that 42 percent of allergies are actually from airborne toxins such as smoke, and chemicals. Researchers at NASA have learned that houseplants can remove up to 87 percent of these from the air in as little as 24 hours. Plants have filtration systems that attract hazardous particles and then neutralize them. So next time when you are shopping, buy a plant to not only decorate your home but to make it a healthier place for you and your family.

Candles: Beeswax candles have been found to clean the air, neutralizing pollen, dust, bacteria and other particles that trigger allergies. When the candle is burning negative ions are given off that pull up pollutants and draw them out of the air. Remember not all candles do this ONLY Beeswax.

About the Author

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