

5 Natural Treatment Options for Seasonal Allergies

1. **Essential Oils:** Essential oils such as *lavender, peppermint, and tea tree oil* contain anti-inflammatory and antihistamine properties.
2. **Local Raw Honey:** Local honey contains bee pollen from your area which can help build an immunity to local seasonal allergens. Take a tablespoon of local raw honey each day.
3. **Herbal Remedies:** *Quercetin* and *Butterbur* are herbs that have antihistamine properties.
4. **Apple Cider Vinegar:** Put 1-2 tablespoons of apple cider vinegar in a glass of water with lemon juice for relief from allergy symptoms.
5. **Chiropractic Adjustment:** Chiropractic adjustment boosts the immune system and helps the body fight allergens.

To schedule a chiropractic appointment with East Valley Chiropractic, call us at 952-423-5050.



**EAST VALLEY
CHIROPRACTIC**

14050 Pilot Knob Rd,
Apple Valley, MN 55124
(952) 423-5050

<https://eastvalleychiro.com/>