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Try All Natural Cures to Combat Allergies Instead of Pills or Shots

Allergies are a problem that many people suffer from in some form. The allergy can be a food allergy or an allergy you inhale. Some allergies are all the time and some are seasonal. You can get allergy shots or take medication every day, but there are [herbal remedies for allergies](#) that can help you beat the symptoms without medicines that may have nasty side effects or painful allergy shots.

Allergies are the immune systems abnormal response to a particular substance like food or a pet. The body basically deals with a common substance the same way it would a harmful germ by producing or overproducing histamine which is what responds to attacks on the immune system.

You can use herbal remedies for allergies in several different ways. Some remedies are designed to boost your immune system so it doesn't attack the allergen. Or you can use remedies that reduce the symptoms of your allergy attack after it happens.

Honey is one of the most common herbal or homeopathic remedies for allergies. Local honey is the best to use because it will have all the local allergens that are in your area.

Bitter orange is an ayurvedic remedy for respiratory allergies and asthma. This medicinal philosophy from India also recommends cleansing and detoxification to help prevent allergy attacks. There are many more [Ayurveda Remedies](#) that can help you.

You can find lots of other remedies that combat allergies including echinacea which may act like an antibiotic and boost the immune system and herbal drinks with ginseng powder in them which should reduce the chances of having an allergy attack.

For the record, I am not a physician and have never had any formal medical training. This article is presented for informational purposes only from my own personal experiences and research. Before starting any new diet or exercise program, you should check with your doctor. You should also pay attention to your body whenever you start something new and keep an eye out for side effects or allergies. Good luck on your health and fitness quest!

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