



FOODS WHICH HELP TO BEAT SEASONAL ALLERGIES:

- ✚ Foods rich in ***Quercetin*** such as ***Apple*** & ***Broccoli*** offer protection against both allergies and asthma.

One research has found that ***Broccoli*** has potent biological effects in stimulating an antioxidant response.

- ✚ ***Fish***, especially those high in ***Omega-3 fatty acids***, can be beneficial when it comes to seasonal allergy relief. A 2007 study found that women who consumed apples and fish during their pregnancy lowered the risk of asthma and allergies for their children.

✚ **Garlic** is a natural **antibiotic** that is known to ward off infections, viruses, and even allergies. This vegetable is packed with quercetin and can also strengthen your immune system.

✚ **Walnuts and Flaxseeds** contain **Omega-3 Fatty acids** and have anti-inflammatory properties.

✚ **Turmeric** contains anti-inflammatory properties too.

✚ The **probiotics** found in **Yogurt** are believed to reduce allergic reactions to pollen. Probiotics help to promote a healthy digestive system.



Vitamin C helps to control allergy symptoms.

It helps to improve your immune system.

Oranges, Strawberry, Peppers are some of the examples of Vitamin C rich foods.