



Homeopathic Remedies: 25 Incredibly Useful Natural Home Remedies for Treating Seasonal Allergies (homeopathic remedies, homeopathic remedies book, home remedies)

Monica Troy

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With more than 58 million seasonal allergy sufferers in America alone, it is no surprise that a lot more people are looking for natural home remedies to deal with the unpleasant symptoms of an allergy. From herbs to spices, to foods and drinks, there are a large number of remedies you can try. Of course, you do need to know how to use them, and that's where this book comes in handy.

There are chapters on flavonoids, herbal teas and probiotics, that not only explain what they are, but where to find them and how to use them. Not everyone will have access to some of the more obscure herbs and spices, so there are a good variety to choose from to combat each of the regular symptoms of seasonal allergies.

Chapter topics include:

- Nettles – what they are, how they work
- Essential Oils
- Vitamins C and D
- Onions and Garlic
- Probiotics
- Quercetin
- Neti Pot and Saline Rinse
- Apple Cider Vinegar
- Showers
- Spices

Read through to find out how to make a cinnamon tincture, or a vapor shower disk. What foods should you avoid, and what foods should you eat to boost your immunity? Find out and learn to use food to your allergy-fighting advantage.

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