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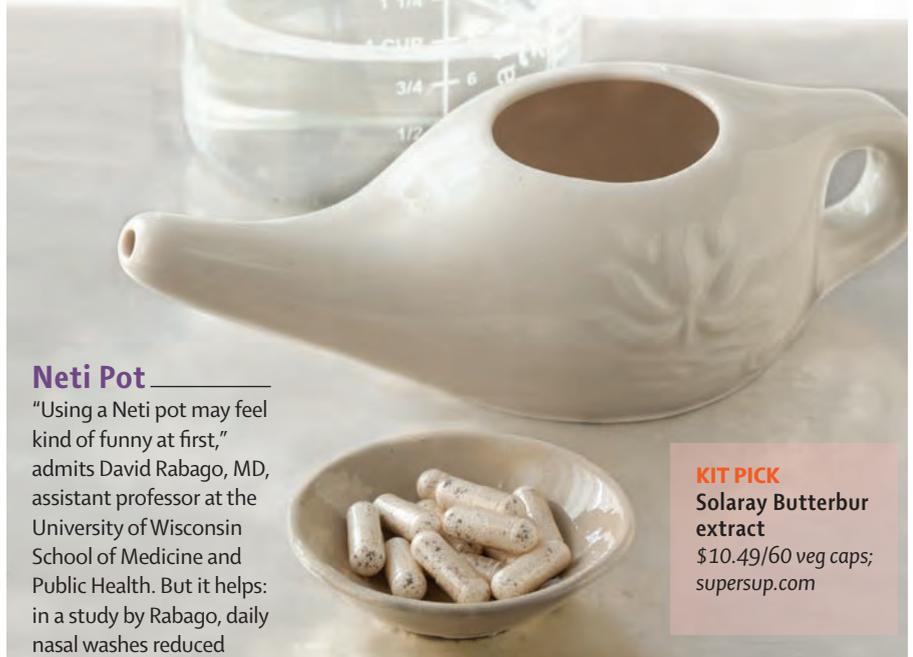
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# THIS JUST IN | NATURAL Rx KIT

## seasonal allergy relievers

Spring has sprung—grab a tissue! More than 35 million Americans contend with the itchy, watery eyes, runny nose, and scratchy throat of seasonal allergies, brought on by a sudden surge of pollen and mold. Before sneezing strikes, give these pharmaceutical-free remedies a try.



### Neti Pot

"Using a Neti pot may feel kind of funny at first," admits David Rabago, MD, assistant professor at the University of Wisconsin School of Medicine and Public Health. But it helps: in a study by Rabago, daily nasal washes reduced seasonal rhinitis symptoms. Add 1 pint of warm distilled water containing 1 teaspoon of salt and ½ teaspoon of baking soda to the Neti pot; tilt your head 45 degrees, pour the solution into the upper nostril, and allow to drain from the lower nostril.

**KIT PICK**  
**Himalayan Institute Ceramic Neti Pot**  
 \$16.95;  
[himalayaninstitute.org](http://himalayaninstitute.org)

**KIT PICK**  
**Solaray Butterbur extract**  
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[supersup.com](http://supersup.com)

### Butterbur

A study published in the *British Medical Journal* found butterbur extract as effective in combating hay fever symptoms as cetirizine, the active ingredient in the over-the-counter anti-histamine Zyrtec—without the drowsiness.

Peter Bongiorno, ND, comedical director of Inner Source Health in New York, suggests taking 50 milligrams of butterbur, containing 7.5 milligrams of the naturally inflammation-inhibiting compound petasin, three times a day.

### HEPA Vacuum

Vacuums with HEPA filters are an important part of your anti-allergy arsenal, says James L. Sublett, MD, clinical professor at the University

of Louisville School of Medicine in Kentucky. While regular vacuums blow tiny allergens back into the air, HEPA vacuums can capture 99.7 percent of sneeze-inducing particles as tiny as 0.3 micron wide. Look for a vacuum with a HEPA filter at the exhaust end.



**KIT PICK**  
**Electrolux Jet Maxx**  
 \$499.99;  
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—RACHEL DOWD

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