Spring is an especially poignant time to explore the Ayurvedic approach to allergies. We sincerely hope that these tips will help you and your loved ones find some much-deserved allergy relief.

- Take **TRIPHALA** for gentle cleansing.
- Prioritize proper **FOOD COMBINING**.
- Follow your **DOSHA-PACIFYING DIET**.
- Undertake a **DIETARY CLEANSE**.
- **CLEANSE** or **LUBRICATE** the nasal passages with Nasya Oil or a Neti Pot.
- Gargle with **SUPPORTIVE LIQUIDS**, like a mix of Turmeric powder, salt, and warm water.
- Apply **NEEM OIL** to sensitive skin.
- **MEDITATE** to reduce stress.
- Devote a few minutes each day to **PRANAYAMA**.
- Practice **YOGA** to balance your whole system.
- **AVOID** the allergen!