

BUILDING YOUR VERY OWN ALLERGY SURVIVAL KIT

At the **Glatz Group** we want to help you survive the allergy season. To do so, we've designed this allergy survival kit to help you find relief. Check it out below! **You'll be Glatz You Did!**

The Basics



- Antihistamines / Allergy Medication
- Antimicrobial Wipes
- Cough Drops
- Decongestant Eye Drops



- Hydrocortisone Cream
- Lip Balm (Mouth-breathing causes cracked lips).
- Nasal Spray/ Saline Spray
- Tissues



Natural Support



APPLE CIDER VINEGAR Boosts the immune system.



BONE BROTH Provides nutrients, minerals, and amino acids that improve the immune system.



GREEN TEA A powerful anti-inflammatory.



LOCALLY-PRODUCED HONEY Helps your body build up tolerance to local pollen and other allergens.



NETI POT Delivers a saline solution through the nasal cavity to flush out mucus, pollen, & other allergens.



PROBIOTICS Supports the immune system



QUERCETIN An antioxidant found in apples and onions that has antihistamine qualities.

A Few Additional Tips to Follow

1. Don't forget to **wash your bedding** and your clothes **once a week**.
2. Before you go to bed, take a shower to remove pollen or allergens on your skin or hair.
3. **Wipe down any pets** that come in and out of the house.
4. Check for days that have high amounts of pollen in the air and limit exposure.
5. Keep the **windows shut** to keep pollen and other allergens **out of the house**.
6. Come see **Dr. Frank R. Glatz** —our board-certified ear, nose, and throat doctor — for sinus relief solutions.