

CHECKLIST

OF

Herbal Helpers

FOR ALLERGY SEASON

- ✓ **Nettle Leaf** – Natural antihistamine, reduces sneezing and inflammation
- ✓ **Plantain Leaf** – Soothes irritated tissues and calms the respiratory tract
- ✓ **Goldenrod** – Supports respiratory function and fights inflammation
- ✓ **Local Honey** – May help build tolerance to local pollen
- ✓ **Licorice Root** – Soothes irritated mucous membranes (use in moderation. Use a little to sweeten your tea.)
- ✓ **Ragweed Tincture** – Yes, seriously! Helps desensitize your body to allergens. Just 1 drop daily.