



Allergies relief in pregnancy

- Aller-Max <https://www.countrylifevitamins.com/product/aller-max/variation-50-capsule/>
- Hista Block
<https://www.amazon.com/NATURES-SUNSHINE-Histablock-Supplements-Count/dp/B000PJFTL6?th=1>
- Nettles tea or tincture or in capsules.
https://www.amazon.com/dp/B0019LVL9I?ref=cm_sw_r_cp_ud_dp_R4NGF2N2CBCAA7CB3TW3
- Nature's Sunshine Seasonal Allergy (labeled for allergies but helps with respiratory issues in general)
<https://www.naturessunshine.com/product/seasonal-allergy/>
- Standard Process Allerplex
https://www.amazon.com/dp/B0055KS6JM?ref=cm_sw_r_cp_ud_dp_FEA8JK81DK0SS9S84M1D
- Quercetin with bromelain, I typically use NOW foods brand but any would work. 500mg up to 3x daily
- Local bee pollen, propolis, and raw honey
- Essential oils, diffused, apply diluted topically: lavender, eucalyptus or pine, Idaho balsam fir, frankincense, Breathe or Raven blends. Diffuse lavender, R.C., and eucalyptus radiata for 20-30 minutes twice per day or as needed.
- Topically apply diluted lavender, lemon, and peppermint behind the ears, around the neck and back, and on the bottom of the feet. This can be put in a roll on or simply diluted in a carrier oil each application.
- Hyland's homeopathic allergy relief
https://www.amazon.com/dp/B000SJPUJE?ref=cm_sw_r_cp_ud_dp_D2ZEC5G32EDVN2HVWVMAP

Safe Medications if necessary

- Allegra
- Benadryl (diphenhydramine)
- Zyrtec (cetirizine)
- Claritin
- Fluticasone (Flonase®)