

## Can Honey Help Cure Some Of Your Allergies?

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The sniffing and sneezing season is nearly done, and if it's kept you up at night with a stuffy nose, there's hope for next year. A new, non-invasive, chemical-free allergy treatment may already be on your pantry shelves.

It's local honey and it has advocates 'buzzing' about the purported health effects.

"My summer time was spent sneezing and watery eyes and I never went anywhere without a package of Kleenex," describes Annie VanElten.

But after a few years of eating the sweet stuff before those irritants normally act up, she now spends her springs sneeze-free.

"It's nice to know that you can actually ward them off with something natural," she beams.

The working theory is that by eating local honey produced near where you live, you're ingesting the same allergens that trouble you come April. And it's best if the honey is as unadulterated as possible, so you get a lot of the allegedly immune-boosting pollen .

"You would be preferenced to use raw honey, because raw honey is unfiltered and unpasteurized, so it would still contain bits of the pollen," confirms bee keeper Oliver Couto.

He recommends that you eat about a tablespoon of the stuff for the months leading up to allergy season, six weeks before your symptoms develop.

"It's a simpler, gentler way of combating your allergies," he claims.

Though it took some time for Vanelten's allergies to completely disappear, she couldn't be happier with the results.

"It's the most perfect food it really is," she affirms.

However, this is not a conventional method of treating allergies. In fact, if pollen triggers your symptoms, eating honey may make it worse. It's best to consult a doctor before beginning any new medical regimen, alternative or otherwise