

**MAY 2010**

**Seasonal Allergies**

**Farmer's Market Guide**



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## **Seasonal Allergies**

Spring is here, and along with it comes sneezing, itchy eyes, running noses and sore throats, caused by seasonal allergies, or “hay fever”. Hay fever is a hyper-reaction of our immune systems to air-borne pollen from blooming plants and trees.

“Hay fever season” is highly variable. People who are sensitive to tree pollen may suffer in the early spring when trees are producing pollen. In the late spring and early summer, hay fever sufferers are often affected by grass pollen. From midsummer to late fall, ragweed causes the most hay fever. Because some people react to more than one type of pollen, their “season” can be from early spring until the first frost. Others suffer from allergic reactions to dust and dust mites, mold and fungus, pet dander, chemicals and airborne substances that attack their weakened immune systems year-round.



### **Treat the Cause, Not the Symptoms**

Conventional therapies, such as antihistamines, decongestants, steroids, sprays, inhalers, and allergy injections just treat the symptoms and may have unpleasant side effects.

A combination of natural remedies and alternative treatments such as chiropractic and using a neti pot may be all you need to and treat the underlying imbalances that cause hay fever or other allergies. Since hay fever is tied to a dysfunction in the immune system, chiropractic is a great place to start. By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively-something all allergy sufferers need.



### **Neti Pots**

A neti pot is a container designed to rinse the nasal cavity and can be used to treat nasal allergies, sinus problems or colds. Some neti pot users report that regular use of a neti pot is more effective for nasal allergy and sinus symptoms than are over-the-counter medications.

Typically, to use the Neti pot you mix about 16 ounces (1 pint) of lukewarm water with 1 teaspoon of salt. (Add 1/2 tsp. baking soda to buffer the solution and make it gentler).

Fill the Neti pot, then tilt your head over the sink at a 45-degree angle. Place the spout into your top nostril, and gently pour the saline solution into that nostril. The fluid will flow through your nasal cavity and into the other nostril. If any runs into your throat, just spit it out. Blow your nose, refill the Neti pot and repeat the process on the other side.

If you have severe symptoms, you may want to use a Neti pot daily. \*Check with your doctor first.

### Seattle and Puget Sound Farmers Markets



Area farmers markets offering locally-grown food with outstanding freshness, quality, flavor, and variety are open for business! When you shop at a local market, you know exactly where your food comes from and how it was grown. By supporting our sustainable regional farmer's markets you help small family farms stay in business, protect land from development, and provide your family with fresh, local food. Every market has its own style and atmosphere, so be adventurous and try out some new markets this year.

**Broadway** (Sundays, 11am - 3pm, May 9 through Dec 19, 2010)

10th Ave E and E Thomas, behind the Broadway B of A on Capitol Hill

**Columbia City** (Wednesdays, 3pm - 7pm, April 28 through Oct 20, 2010)

4801 Rainier Ave S, at S Edmunds

**Fremont Farmers Market** (Sundays, year round)

400 N. 34th St., Seattle

**Issaquah Farmers Market** (Saturdays, mid-April through mid-October)

Pickering Barn, 1730 10th Ave. N.W., Issaquah

**Kent Farmers Market** (Saturdays, June through September)

Town Square Plaza (next to library) in downtown Kent

**Kirkland Wednesday Market** (Wednesdays, May through mid-October)

25 Lakeshore Drive, downtown Kirkland

**Lake City** (Thursdays, 3pm - 7pm, June 3 through Oct 7, 2010)

NE 125th and 28th NE, next to the Library off Lake City Way

**Magnolia** (Saturdays, 10am - 2pm, June 5 through Sept 25, 2010)

Next to the Magnolia Community Center at 2550 34th Ave W

**Phinney** (Fridays, 3pm - 7pm, May 28 through October 1, 2010)

67th and Phinney Ave N, in the lower lot of the Phinney Neighborhood Center

**Pike Place Market** (Year Round)

First Avenue and Pike Street, Seattle

**Redmond Saturday Market** (Saturdays, May through October)

7730 Leary Way, Redmond

**Renton Farmers Market** (Tuesdays, mid-June through mid-September)

The Piazza, Third Street South between Burnett and Logan avenues, Renton

**Snohomish Farmers Market** (Thursdays evenings, May through September)

First Street and Cedar, Snohomish

**Tacoma - Proctor Farmers Market** (Saturdays, 9am - 2pm, April through September)

North 27th Street and North Proctor Street, Tacoma

**Tacoma Farmers Market (Broadway)** Thursdays, June through October  
Broadway between 9th and 11th street, Tacoma

**University District** (Saturdays, 9am - 2pm, Year-round)  
Corner of 50th and University Way NE, in the University Heights lot

**West Seattle** (Sundays, 10am - 2pm, Year-round)  
California Ave SW & SW Alaska, in the heart of the Junction