



Natural ways to cope with allergies

The runny eyes and nose, the sore throat, the sneezing, the itchiness and the overall yucky feeling that comes with allergies can hit like a ton of bricks. Stimulation from flora, fauna and pets triggers a reaction that starts in your immune system. Limiting exposure to allergens can help reduce symptoms.^{1,2} Why not add a one-two punch by supporting your immune system with items found in nature?

Support your immune system by adding:³

Beta-carotene and lycopene: Antioxidants with anti-inflammatory benefits. Try sweet potatoes, spinach, carrots, mangos, grapes, peaches and more.

Vitamin C: Strong antioxidant and anti-inflammatory properties. Eat citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



**Allergy season
is here!**

Read on to learn how
you can fight back.

Vitamin D: Helps your body absorb calcium. Also helps fight inflammation and support immune system function. Eat fatty fish, eggs and fortified cow's milk.

Zinc: Helps maintain your immune system. Deficiency can elevate the inflammatory response. Try beef, seafood, wheat germ, beans, nuts and tofu.

Probiotics: Restrict excessive inflammation and maintain immune balance. Include cultured dairy products like yogurt and kefir, fermented foods like sauerkraut, kimchi, miso and tempeh.

Protein: Supports anti-inflammatory processes. Find it in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Try these healthy drinks that combine natural ingredients.

They could help you feel better during allergy season and are delicious.



Makes 4 servings | Prep: 10 min

Fresh fruit and herb tonic

No matter what time of year, this will add a spot of feel-better-brightness⁴ to your day.

Ingredients

- 8 ounces fresh strawberries, hulled, or other berries
- 1 cup cubed ripe melon (cantaloupe, crenshaw, honeydew, watermelon)
- 2 cups ice-cold water
- ¼ cup fresh lemon juice
- 2 Tbsp finely chopped fresh basil or mint leaves
- 2 Tbsp sugar, or to taste (optional)
- Ice cubes
- 8 ounces club soda
- Lemon slices, for garnish
- Basil or mint sprigs, for garnish

Preparation

Combine the fruit, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)

To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces club soda. Garnish each glass with lemon slices and basil or mint. Serve immediately. Pureed fruit may settle.

Nutrition information | Serving size: 10 oz.



Calories: 35 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 20 mg | Cholesterol: 0 mg
Total carbs: 9 g | Fiber: 2 g | Sugars: 6 g | Protein: 1 g | Potassium: 102 mg

Makes 6 servings | Prep: 30 min



Citrus and herb tonic

This drink⁵ may not cure all your allergy woes, but you may feel better after just one sip of this vitamin C-packed sipper.

Ingredients

- 2 whole limes, scrubbed
- 1 whole lemon, scrubbed
- 1 whole orange, scrubbed
- 8 cups water
- 1 teaspoon ground turmeric
- 1 lemongrass stalk, approximately 8 inches long, cut into 2-inch pieces
- 2-inch piece of ginger, scrubbed and thinly sliced
- 5 fresh oregano sprigs
- Hot water, for serving
- Honey, for serving

Preparation

Slice the limes, lemon and orange into ¼-inch-thick rounds, leaving the skin on. Place the citrus slices in a medium pot and fill with 8 cups of water. Crush lemongrass pieces between 2 pieces of parchment paper with a rolling pin. Stir in the turmeric and add the lemongrass pieces. Bring to a boil over high heat. Lower to a simmer and cook for 5 minutes. Remove from heat, add the sliced ginger and fresh oregano. Cover and allow to steep for 10 minutes. Strain through a mesh sieve. Pour 1 to 2 ounces of hot mixture into mug. Dilute to taste by adding hot water and sweeten with a drizzle of honey. Tonic can be cooled and stored refrigerated in an airtight container for up to 2 weeks. To reheat, portion the cold tonic into mugs and top with boiling water.

Nutrition information | Serving size: 2 ounces tonic, plus water to taste



Calories: 44 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 4 mg | Cholesterol: 0 mg
Total carbs: 12 g | Fiber: 2 g | Sugars: 5 g | Protein: 1 g | Potassium: 175 mg

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¹[https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-\(hay-fever\)](https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/rhinitis-(hay-fever))
²<https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/outdoor-allergens-ttr>
³<https://www.eatright.org/health/wellness/healthful-habits/how-to-keep-your-immune-system-healthy>
⁴<https://www.eatright.org/recipes/beverages/fresh-fruit-and-herb-sparkling-water-recipe>
⁵<https://cooking.nytimes.com/recipes/1022860-citrus-and-herb-tonic>

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