



STOP THE PAIN: Acupressure can relieve allergy symptoms.



Can honey be used to heal cuts and scrapes?

YES. But it has to be medical-grade, which means it is filtered and sterilized. Honey contains an enzyme that produces disinfecting hydrogen peroxide when it comes in contact with blood. It also reduces swelling and forms a protective barrier over wounds to speed up healing. More than 500 clinical trials confirm honey's healing properties and its unlikelihood of causing an allergic reaction.

Try: DR. NORDYKE'S WOUND HONEY (\$20; woundhoney.com or 866-519-9191) is safe to use on superficial wounds. It can run, so it's best to apply it to a bandage first.

—Jeanette Jacknin, M.D., board-certified dermatologist in Scottsdale, Ariz.

Curb spring allergies

TRY THESE NATURAL STRATEGIES to prevent or soothe symptoms of seasonal allergies. —Daniel Mazori

► **ACUPRESSURE** may help to relieve a runny nose and red, itchy eyes by increasing blood flow to the face, says Harry Hong, Ph.D., L.Ac., a TCM practitioner and member of chicagohealers.com.

Try: Massage the inner and outer ends of each eyebrow, plus the acupoint between the nose and inner corner of each eye (shown here), for 30 seconds each, three times a day.

► **PROBIOTICS** help the immune system break down allergens like pollen, says Sezelle Gereau Haddon, M.D., of The Continuum Center for Health & Healing in New York City.

Try: New Chapter Probiotic Immune Support capsules (\$30; newchapter.com for stores).

► **NASAL RINSES** with sea salt and distilled water are good for flushing allergens and mucus, says Haddon.

Try: Afrin PureSea Hydrating Nasal Rinse (\$15; drugstore.com).

► **HERBS** like goldenseal, peppermint, and echinacea decongest sinuses, improve circulation, and support the immune and lymphatic systems, says Paul Bergner, director of the North American Institute of Medical Herbalism.

Try: New Chapter Sinus and Respiratory softgels (\$25; newchapter.com for stores).


► **HEPA PURIFIERS** filter indoor air of irritants that can exacerbate hay fever, explains Haddon. Showering and changing clothes after being outside also keeps allergens at bay.

Try: IQAir room air purifiers (\$789 to \$939; iqair.us for stores).

 **WIN FREE STUFF!** Enter to win New Chapter Probiotic Immune Support or Sinus and Respiratory supplements, Afrin PureSea Hydrating Nasal Rinse, and a tube of Dr. Nordyke's Wound Honey at naturalhealthmag.com/promotions.

CONSCIOUS CHOICE WINNER Safeway's O Organics supplements

Supermarket chain Safeway has added 12 USDA-certified organic supplements (all between \$13 and \$17.50 per 30 to 120 tablets) to its store brand, O Organics. These food-based supplements (including calcium from eggshells and vitamin C from acerola fruit extract) are now available in other chains like Albertsons and Brookshire's. (Go to o-organics.com to find stores in your area.) O Organics has also teamed up with CBS and EcoZone for the Green My School Contest: Three winners will be awarded \$250,000 green makeovers—including an organic cafeteria—by the end of this school year. —D.M.

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