



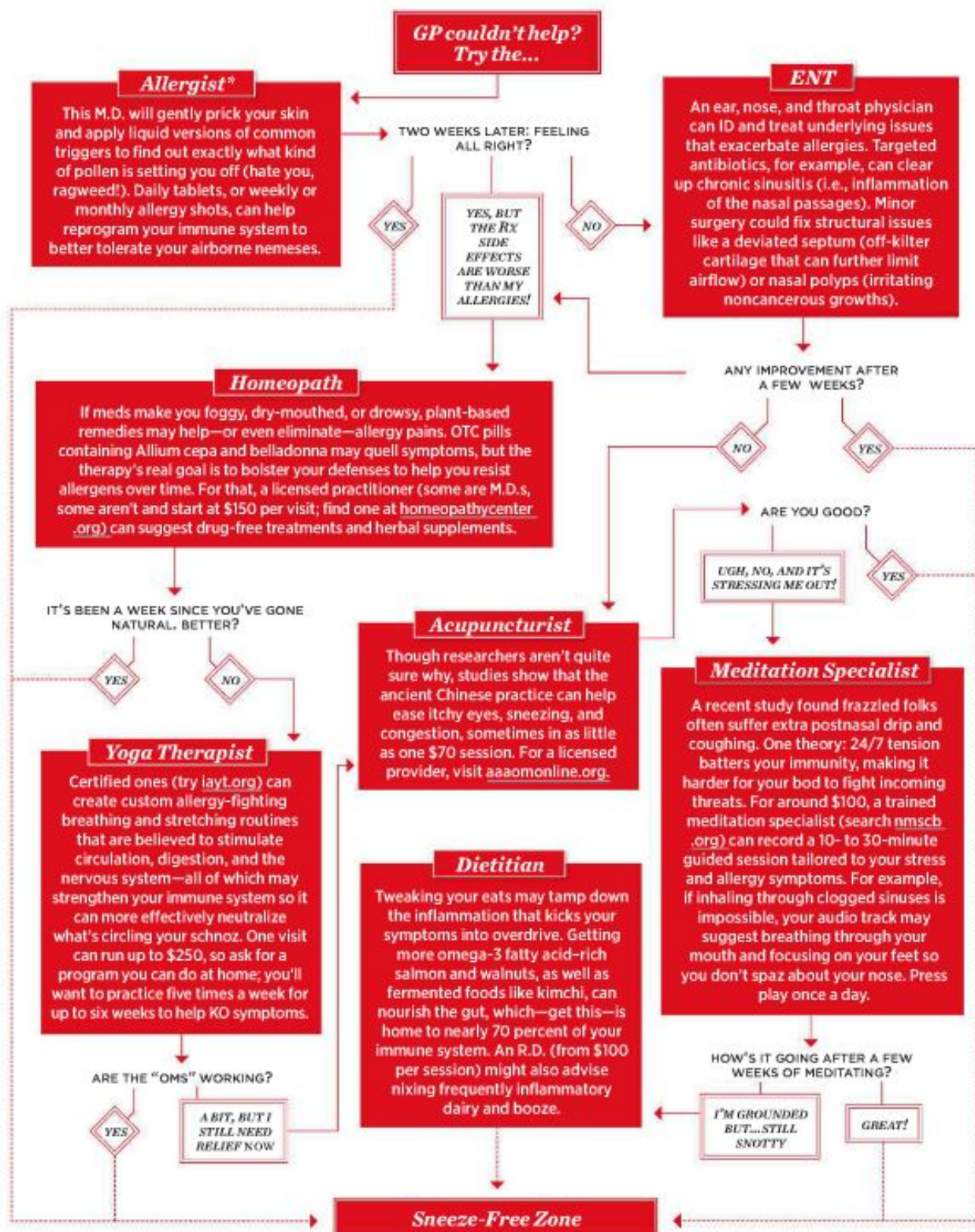
## Need. More. Tissues!

If you've crushed multiple boxes, might be time to bring in an allergy pro. Just not necessarily the one you think. Use our flowchart to find your match, then give sniffles the kiss-off.

*By Carrie Anton*

We live in a DIY era—from blinged-out sneaks and Pinterest-inspired tablescape to at-home allergy fixes like neti pots and apple cider vinegar drinks. But such hit-or-miss “cures” don’t always stop the mucus flow, so we’re bringing long-term relief with a legit anti-sneeze squad.

First stop? Your general practitioner, who can confirm whether your discomfort is actually caused by an allergy—rather than an infection—and dole out OTC or Rx meds (e.g., antihistamines to tame irritated eyes, a steroid nasal spray to reduce congestion-causing inflammation). If, 10 days later, you’re still feeling miz, it’s time for reinforcements...



Sources: Robert L. Wergin, M.D., American Academy of Family Physicians; Neeta Ogden, M.D., allergist in Englewood, New Jersey; Allis H. Cho, M.D., ENT in Arlington, Texas; Elena Klimenko, M.D., integrative medicine specialist in New York City; Indu Arora, Ayurveda and yoga therapist in Downers Grove, Illinois; Yoko Hagiwara, L.Ac., D.O. Acupuncture in New York City; Heather Hayward, clinical hypnotherapist in Los Angeles; Beth Warren, R.D., author of *Living a Real Life with Real Food*

\*Typically, only M.D.s are covered by insurance.