

How To Stop Allergy Symptoms ASAP, According To Top Health Experts

By [Crystal Fenton](#), Tech Times | April 21, 11:02 AM

[...]

Holistic Health Mix

Try a healthy cocktail from holistic health expert Susan Ciminelli: Mix 1/2 tablespoon of Bragg's Apple Cider Vinegar with 1/2 tablespoon of local honey into an extra large glass of water.

"Drink this concoction a couple of times a day to acclimate your body to the local pollen," says Ciminelli. "Make sure to rinse your mouth afterward to protect your tooth enamel. The earlier you start this in the season, the better it works for you."

The founder of [Susan Ciminelli Beauty Solution](#) in New York, New York also suggests her clients "apply my Toning Formula directly on the sinus areas of the face to open up the nasal passage and aid in easy breathing" and to provide even more relief, try bathing in the Susan Ciminelli Algae Fine Powder, which calms the body as it eliminates toxins.

