**Can you prevent/treat allergies naturally without medication?**

The website below suggests 7 natural remedies for allergy relief:

<https://huntforwellness.com/news/2017/3/4/7-natural-allergy-relief-remedies>

Is this website legit? Do a quick CRAAP test

1. Currency: can you see when it was published or updated?
2. Relevance: yes
3. Authority: can you tell who the author is? Contact info? Credentials?
4. Accuracy: where does the info come from? Is info supported by evidence? Can the info be verified by another source?
5. Purpose: Inform/persuade/entertain

Do you believe any of these claims will work? How can you find out? Devise a hypothetical experiment to test ONE of the claims in this article.

1. Pick one remedy you are interested in.
2. Briefly describe the remedy.
3. Write a Question or Purpose.
4. Write a hypothesis.
5. Identify the variables. What are you testing? What will you manipulate? What other factors must stay the same to make this a fair test?
6. Design your experiment. Include timing, dosage, preparation. THIS IS A HYPOTHETICAL EXPERIMENT. YOU WILL NOT ACTUALLY PERFORM THE EXPERIMENT.
7. How will you know if you have proven your hypothesis?
8. You may CHOOSE the outcome (remedy worked or didn’t work). And write a conclusion. Would you recommend this remedy? Why or why not? If someone was considering using this remedy, what cautions should you inform them about? (frequency, dose, sterility, possible side effects).

Here is a list of 7 suggested remedies:

1. Neti Pot - a container designed to rinse debris or mucus from your nasal cavity.
2. Apple cider Vinegar sinus flush.
3. Quercetin - Naturally found substance that stabilizes the release of histamine.
4. **Local Raw Honey (Bee Pollen)**
5. **Omega-3 fatty acids**
6. **Probiotics**
7. **Avoid Sugar**