

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

THE MAMALILIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through the joint interest of our land, language, and culture



Vaccine Registration Contact Information by Health Authority

- Fraser Health Authority**
1-855-755-2455 www.fraserhealth.ca/vaccine
- Interior Health Authority**
1-877-740-7747 www.interiorhealth.ca
- Northern Health Authority**
1-844-255-7555 www.northernhealth.ca
- Vancouver Coastal Health Authority**
1-877-587-5767 www.vch.ca
- Vancouver Island Health Authority**
1-833-348-4787 www.islandhealth.ca/covid19vaccine

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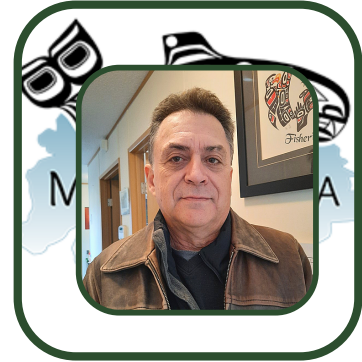
Phase 1 Dec 2020-Feb 2021	Phase 2 Feb-April 2021	Phase 3 April-June 2021	Phase 4 July-Sept 2021
High-risk population		General population	
<ul style="list-style-type: none"> • Residents, staff, and essential visitors to long-term care and assisted living • Individuals assessed for/awaiting long-term care • Hospital health care workers who may provide care for COVID-19 patients • Remote and isolated Indigenous communities 	<ul style="list-style-type: none"> • Seniors aged 80+ who are not yet immunized • Indigenous peoples aged 65+, Elders, and additional communities not yet immunized • Hospital staff, community GPs and medical specialists not yet immunized • Vulnerable populations in select congregated settings • Staff in community home support and nurses caring for seniors 	<p>People aged 79 to 60, in five-year increments:</p> <ul style="list-style-type: none"> • 79 to 75 • 74 to 70 • 69 to 65 • 64 to 60 <p>• Indigenous peoples aged 64 to 45</p> <p>• People aged 69 to 16 who are clinically extremely vulnerable</p>	<p>People aged 59 to 18, in five-year increments:</p> <ul style="list-style-type: none"> • 59 to 55 • 54 to 50 • 49 to 45 • 44 to 40 • 39 to 35 • 34 to 30 • 29 to 25 • 24 to 18 <p>• Indigenous peoples aged 44 to 18</p>
<p>○ Complete*</p>		<p>○ Almost complete</p>	
		<p>○ In-progress</p>	
		<p>○ Begins in March</p>	

Once more vaccines are approved/available, people 64 to 18 yrs who are front-line essential workers or work in specific workplaces or industries may be included later in Phase 3.

A WORD FROM THE CHIEF

Dear band members

I hope everyone is doing well and safe during this trying time of COVID-19. It has been a challenging year for everyone, but hopefully, with continued safe practices and vaccines, we will soon get to a new normal; my condolences to those who have lost loved ones.



This month I have news of a decision I have made. After long and careful consideration, I have decided to resign from my position as Chief Councillor of the nation. I served notice to the council of my intent to resign in May through a letter at our Feb. 26th/20 council meeting.

I have enjoyed being your Chief, and this decision was not made easily. I have been very proud to have represented and served our nation these past five years.

It has been the most challenging and satisfying experience of my life. I want to thank all of you for the opportunity. I have learned a lot and have made many lifelong friends along the way. I will miss everyone and the work we do in advancing our nation. Thanks to everyone I have worked with internally and externally.

I would like to clarify before speculation and rumours start as to why I am stepping down. There is no strife, disagreements, money or legal issues, unhappiness, discord with the council, staff, or others in making this decision.

It is quite simple; I will be 65 soon, and I want to move on to the next chapter of my life. It has been a hectic and stressful five years, and I would like to relax more and somewhat retire. I am worried about my overall health and happiness and feel the time is right to start taking life a little easier. I would like to have a personal life, and being at home with my partner Jan, spending more time with my granddaughter Emrys and getting my knives into some wood is a priority. I have many other hobbies and interests I would like to pursue, and I am sure I will be busier than ever.

Thank you for understanding my making this decision and the support you have given me over the years; I am truly grateful!

There will be an election in May to fill the remaining two years of my term, and due to COVID-19, it will be a mail-in vote election. More details will be upcoming real soon.

I will have further comments and thanks before my time is done here; now, the work continues.

Respectfully,

Richard Sumner



FORESTRY UPDATE

Here is a brief update on the Mamalilikulla First Nation Forestry department.

We are currently advertising our Timber sale on Village Island. This Timber sale we are partners in with British Columbia Timber Sales (BCTS) will be our third. Our first sale was on Tournier Island, which is now complete. The second sale is in Hoya Sound, which is ongoing and expected done this summer. Our third sale on Village Island got scheduled for completion in early 2022.

Our barge camp has now located in Hoya Sound. We will be getting the barge certified next week by the Maine Surveyor. Once it is authorized, the three Nations, Mamalilikulla, Kwiksutaineuk, and Namgis First Nations, will be working from the barge. Each Nation has three crew members. Their mandate is to monitor the Fish farms currently operating in each Traditional Territory. They will also do stream classification work and determine how to enhance the streams to bring back the wild salmon to their original numbers.

VILLAGE ISLAND BUNDLED SALE TST

ADVERTISING

DETAILS

Location - British Columbia

Purchase Type - Not Stated

DATES

Publication:

2021/02/10 10:05:00 AM EST

Closing Date:

2021/03/09 04:30:00 PM EST

CONTACT INFORMATION

Gibson, Angela 250-956-5119

TST.TimberAuctions@gov.bc.ca

DESCRIPTION

TSL TA0556, TA1305 and

TS1741

Village Island



Mamalilikulla First Nation

1441 B 16th Avenue, Campbell River BC V9W 2E4

(ph) 250-287-2955 (fax) 250-287-4655 toll free 1-888-287-2955

admin@mamalilikulla.ca

MFN MEMBERSHIP CODE

This notice is a friendly reminder to members that it has been 4 months since the final draft of the Membership Code was mailed out for members to review (it was included with the AGM mailout package in November). The band office has not received any feedback in writing from the membership. Chief and council would like to hear from you by April 1st to address your concerns. If they don't hear from the members, the Band Council will move forward to adopt the Membership Code and will proceed with establishing the Membership Code Committee to address the numerous requests for membership in the MFN.

Our council members are available to connect with our band members to answer any questions, concerns or to clarify any sections of the Membership Code.

Their contact information is as follows:

Bert Boucher – bert@dmfisheries.ca or boucherbert@gmail.com or 250-203-8732

John Powell – johnpowell@kdcadmin.com or 778-348-1539

Brad Puglas – brad@mamalilikulla.ca or 250-203-6942

Edna Puglas – edna@mamalilikulla.ca or 250-203-6882

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the Mamalilikulla First Nation will be held in the Youth and Elders room at the KDC Health Office at 1400 Drake Road, Campbell River on Tuesday, the 13th day of April 2021, between the hours of 4:00 pm -- 7:00 pm. This is to nominate candidates for the by-election to fill the positions of Chief and one Councillor. The by-election will be held on Tuesday, the 25th day of May 2021.

Please note that a voter may only nominate or second one candidate for each position. The forms for mail-in nomination and the required voter declaration have been sent out to all electors who have supplied their latest addresses to the office. You can either hand-deliver or mail in a written nomination form and a completed, signed and witnessed nomination declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate or second a candidate in person at the nomination meeting. Mailed forms not received by the electoral officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

If you wish to have your name and address released to any candidate for the purpose of them sending you campaign literature, please mail or email your approval to the Electoral Officer.

A copy of the custom election code may be obtained at the office and a copy of the voter list will be posted there at 1441B 16th Avenue Campbell River, BC.

Given under my hand at Victoria this 14th day of March 2021.



Blair MacKenzie,
Mamalilikulla Electoral Officer
Box 35058 – Hillside,
Victoria, BC V8T 5G2
250-480-1433 blair.mack@shaw.ca

CLEANING TIPS AND TRICKS

BY MOLLI CARLSON

[HTTPS://MAKESPACE.COM/BLOG/POSTS/SPRING-CLEANING-TIPS-TRICKS/](https://makespace.com/blog/posts/spring-cleaning-tips-tricks/)

PREP

1. Disinfect your sponge in the microwave (we're not kidding).

Quickly clean your sponge and eliminate bacteria by trying this hack from Maids by Trade: Fill the sponge with water, set it on a microwavable plate, and nuke it for two minutes. Voilà: 99% of bacteria, gone.

2. Clean your vacuum and its attachments with a damp cloth and mild detergent.

According to domestic demigod Martha Stewart, you should already be cleaning your vacuum monthly. We mere mortals can use a damp cloth and mild detergent to wipe any dirt from the unplugged device.

Cori Morenberg of Ms. Green-Clean recommends cleaning specialty attachments with warm water and a bit of dish soap. Air dry all the attachments, except the rug piece.

For the rug piece, use a white cotton utility cloth "to wipe and scrub the brush and superficial underside," instructs Morenberg. Then dry carefully with a clean towel.

And don't forget to change any full bags!

3. Sanitize your mop with vinegar.

Start by rinsing the mop until the water runs clear, instructs Julie Bradshaw from Super Maids. Then, place the mop into a bucket filled with 1-2 gallons of water, followed by a cup of vinegar. After letting it soak for 15 minutes, rinse with water again and air dry.

4. Bang out your broom.

Maids by Trade suggests cleaning your broom by thoroughly whacking it against a tree. Which, as a bonus, is pretty therapeutic.

Afterward, soak the broom in a bucket loaded with warm, soapy water for 30 minutes. Then rinse it off and dry with a cloth, or place it bristles-up in the shower.

5. Go for a reusable, eco-friendly wipe.

Merry Maids swears by these mighty little cloths from e-cloth. Use them to remove dirt, dust, grease, oil, grime, and over 99% of bacteria from any hard surface.

Bonus: They last up to 300 machine washes, making them an environmentally-friendly alternative to paper towels.

KITCHEN

6. Refresh your garbage disposal with ice and citrus.

Bradshaw from Super Maids recommends tossing a couple of ice cubes down the drain while the disposal is on. This will also help clean the unit. Next, add a handful of lemon or orange peels (while the disposal is on) to eliminate any smells. Pro Tip: Cleaning your drain Start by pouring a pot of boiling water into the drain. Pour the baking soda into the drain and let it sit. Finish with two cups of vinegar and one cup of hot water. Close/plug the drain and let sit for at least 20 minutes. Flush with another pot of boiling water. Let the mixture sit for 15-20 minutes, and then flush the drain with another pot of hot to finish the job. Ta-da! Your drain is clear.

7. Make sure your dishwasher is running up to snuff.

To revamp your dishwasher, Molly Maid suggests filling a mug with vinegar or baking soda. Or you can do one of each. Place the mug(s) right side up in the top rack without other dishes, then run it for a normal cycle. If there's a funky smell permeating your plates, run a normal cycle with detergent plus two cups of vinegar added to the base.

8. Freshen up your fridge with a natural mix.

Martha Stewart recommends combining two tablespoons of baking soda with one quart of hot water. Dip a sponge in the mix, and wipe your fridge's interior. Wipe the surfaces again with a separate damp cloth and dry with a towel. Warning: Steer clear of soap and detergents, which leave odours that food might absorb. Odd smells emanating from old food? Scatter fresh coffee grounds on a tray and leave it inside your fridge until the odour dissipates.

9. Defrost your freezer in a flash by turning it into a sauna.

Unplug your fridge or freezer unit and remove all frozen foods. Line the bottom of the freezer with paper towels. Fill a bowl or two with boiling water, and place them on top of the paper towels. Close the freezer door. The steam from the bowls will melt the frost. And in case you're wondering, the paper towels will absorb the wetness. Wipe the freezer down with a sponge and some all-purpose cleaner.

10. Use an eco-friendly alternative to your oven's self-cleaning mode.

Whip up Molly Maid's non-toxic paste of vinegar and baking soda. Apply it to any spills, let it sit for at least an hour (preferably overnight), and wipe it down with elbow grease. If your racks are wrecked, Molly Maid has another idea: Place them in your tub and cover them with hot water. Add a half-cup of vinegar and $\frac{3}{4}$ cup of dish wash, let the racks soak for two hours, and then rinse them off. Scrub any remaining bits with a brush.

11. Sprinkle this one ingredient to clean your stovetop

Unplug cooled coils and wipe them down with a wet cloth or sponge, says Maids by Trade. To get rid of grease buildup, coat with baking soda and wipe with a wet cloth. I wish there were an easy way to keep drip pans clean for future use? Cover them snugly with aluminum foil.



12. Rejuvenate your cabinets with simple ingredients you already own.

Since cabinet and pantry materials vary, Merry Maids recommends keeping the cabinet cleaning process simple: Use hot water and a disposable cloth or paper towel to spot clean.

To remove grease, Frugally Blonde mixes a paste of 1 tablespoon baking soda, ½ tablespoon dish soap, and ½ tablespoon water.

To clean smudges from glass-front enclosures, wipe them with a microfiber cloth and Windex.

13. The secret to getting gunk out of your coffeemaker is.

According to Saudia Davis, founder and CEO of Greenhouse Eco-Cleaning, here's the secret combo for clearing out any oily residue or hard-water deposits your coffeemaker has accumulated over the years: A 50/50 mixture of water and white vinegar. Yep, that's it. "Halfway through the cycle, turn it off for at least 30 minutes — allowing the mixture to steam-clean your machine — before turning it back on to finish," she says. Finish with two or three cycles of only water.

LIVING ROOM

14. Use this everyday product to revive your rugs.

Spill booze on your Berber?

Resist the urge to scrub, warns Joseph from Maid Sailors. "The best way to get out a stain in any rug, especially when it's fresh, is to simply dab it," he says. This pulls up any excess material that hasn't yet settled.

Then apply your secret weapon: Shaving cream. Apply the cream directly to the stain, let it sit for 30 minutes, then do another dab. Spray the stain with a 50/50 mix of vinegar and water. Finally, wipe it dry.

15. Clear windows with this Windex alternative.

Wash your windows on a cloudy day to avoid streaking. And forget traditional glass cleaner — NYC and Chicago cleaning service MyClean recommends mixing 8 parts water to 1 part vinegar for a DIY solution. Then wipe the panes down with a coffee filter or newspaper.

16. Quickly wipe your blinds dry.

Since most of what you'll find on blinds is dust, Merry Maids advises keeping the cleaning process dry.

Use your handy microfiber cloth to wipe the convex side of your blinds from top to bottom. Then turn the rod and repeat on the other side.

Or, cut your cleaning time in half by attaching a clean rag to tongs, à la A Cultivated Nest. Clamp the tongs on a blind to clean both sides of it at the same time.

Last but not least, vacuum any spilled dust.

17. Take proper care of your hardwood floors.

First, you'll need to vacuum, or dust says TIDY. Next, fill a bucket with warm water and add ¼ cup of either white vinegar or all-purpose cleaner. Dip your microfiber towel in the solution, wring it out, and attach it to a mop handle.

Important: Take special care not to get your floor too wet while cleaning. And be sure to wipe away any excess water when you're done.

18. Freshen up your carpet's look — and smell.

No carpet powder? No problem. According to King of Maids, you can sprinkle baking soda on the carpet and vacuum after at least 30 minutes. Add a few drops of your favourite essential oil for an extra fresh touch.

For particularly stubborn stains, blot the area with club soda on a cloth, then spray it with a 1:1 mix of water and white vinegar. Rinse with just water, and use your hands to readjust the carpet hairs in their natural direction. Dry with a paper towel.

BEDROOM

19. Your pillow type will determine how you wash it, says Merry Maids.

Put down- and fibre pillows in the wash on a warm, gentle cycle. Follow with an extra rinse to get all the detergent out, and tumble dry low with clean tennis balls to restore your pillows' fluffiness.

Heads up: Foam pillows require gentle hand washing with mild detergent.

20. Sprinkle this white powder on your mattress.

In addition to stepping up your mattress game and flipping it every six months, Maid Brigade has this simple mattress deodorizing hack: Sift baking soda on the surface, let it sit for a few hours, then vacuum it up.

BATHROOM

21. Obliterate soap scum with these eco-safe grime fighters.

The Maids recommends coating the shower surface with a 1:1 mix of baking soda and water, then spraying with a 1:1 combo of vinegar and water before wiping it down.

22. Use vinegar to spruce up your shower curtains.

Merry Maids advises pretreating new plastic shower curtains in the wash on a warm rinse cycle with distilled white vinegar.

On the other hand, an older shower curtain requires more TLC. Hand wash it under warm water with a microfiber cloth and baking soda. You can also put it in the wash with either vinegar, baking soda, or a gentle detergent.

Emphasis on the "or," unless you want your washing machine to erupt like a volcano.

23. Try this crazy simple hack to unclog your shower head.

Your showerhead works hard to keep you so fresh and so clean. Return the favour.

Kim from A Real-Life Housewife pours distilled white vinegar in a plastic bag and fastens it to the showerhead with a rubber band. She advises letting it soak for an hour before wiping clean with a wet cloth.

24. Citrify your bathtub.

For the ultimate green clean, Davis of Greenhouse Eco Cleaning suggests pairing grapefruit with salt.

"After wetting down your tub," she instructs, "slice the grapefruit in half, sprinkle with salt [Davis recommends coarse kosher salt], and scrub the grapefruit around your tub."

25. Bon Ami + Dish Soap = Immaculate Toilet

If you scrub your toilet regularly, just some all-purpose cleaner will suffice, according to King of Maids.

Got a bit of buildup?

Morenberg of Ms. Green-Clean recommends a "little dish cleaning liquid," alongside a dash of non-abrasive, eco-friendly cleaner like Bon Ami.

26. Safely clean grout with these two kitchen staples.

Joseph from Maid Sailors shares his trusty, five-step process for cleaning grout like a boss:

Sprinkle some baking soda on the grout, taking care to cover all affected areas.

Wipe away excess powder.

Fill a spray bottle with white vinegar, and spritz the powdered part of the grout.

Let the mixture bubble for a few minutes, but not for too long, or else the grime will settle back in.

Scrub with an old toothbrush. "It'll get messy,"

warns Joseph, so have some water on hand. But not too much water since you want the solution to stay gritty for easy scrubbing.

Wipe up, vacuum any leftover powder, and clean the area as usual.

27. Clean mould the same way you clean cuts.

"Mix one teaspoon of hydrogen peroxide with one cup of water," says Davis of Greenhouse Eco Cleaning. (Bonus: Add a few drops of castile soap to make it a multipurpose cleaner as well.)

"Wipe the mixture on mould, let it sit for at least 10 minutes, scrub the area to remove all mould and stains, and wipe down the surface." Now that the mould is gone, how do you prevent it from growing in the future?

Easy: Spray the surface with a mixture of 1-2 tablespoons of baking soda and 2 cups of water

28. Eliminate musty mildew funk with your favourite natural face wash

Joseph from Maid Sailors shared a natural anti-odour solution: Simply mix one teaspoon of tea tree oil with one cup of water, pour it in a spray bottle, spray the affected area, and let it dry. After a few days, the smell will vanish.

LAUNDRY ROOM

29. Revamp your washing machine with a little TLC.

Tend to the door of the machine first, instructs Martha Stewart. Put some rubber gloves on and make a solution that's one cup of chlorine bleach to two cups of warm water. Wipe down the door's seal, especially the lower portion, using your mix and a soft cloth.

Then move on to cleaning the inside. All you have to do is fill the bleach dispenser with bleach and run the machine on the hot-water cycle.

Can't stand the smell of bleach and/or prefer a natural alternative?

Use, you guessed it, vinegar. But only vinegar! Because mixing vinegar and bleach creates toxic fumes.

30. De-lint the dryer in a flash with this cheap tool.

According to Ms. Stewart, you can easily eliminate residual dust and lint in your dryer with just one cheap tool: a vacuum crevice tool or dryer vent brush, like this one from Home Depot.

31. Clean your iron like Salt Bae.

Unplug and make sure the iron is totally cooled, warns Maids by Trade. Then, place wax paper or a paper towel on a flat surface and sprinkle a tablespoon of coarse salt on top.

Turn the iron on and crank it to the highest setting, but turn off the steam. Lightly press the iron down on the salted paper, moving it back and forth a few times until the soleplate is clean.

Unplug and let cool.

HOME OFFICE

32. Spot-check your desk for rings.

Keep an eye out for coffee and beverage rings, advises David Salsone, director of operations for the office-cleaning experts at Managed by Q. Wipe those spots down with an all-purpose cleaning solution and a rag.

34. Use a DIY solution to clean your computer screen.

Remember the magic mix you used on your coffee cleaner? The one that was just water and white vinegar?

It turns out it works for cleaning your computer, too. Spray and wipe down with your microfiber BFF for a streak-free shine.



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DIY AN ALL-PURPOSE CLEANER

BY LAUREN SMITH MCDONOUGH

1. Scented All-Purpose Cleaner

What you'll need:

One part white vinegar

One part water

Lemon rind

Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the homemade all-purpose cleaner to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Besides a fresh scent, the lemon rind may help boost cleaning power. Caution: Do not use acidic cleaners on granite, as they will etch the stone.

2. Kitchen Cleaner and Deodorizer

What you'll need:

4 tablespoons baking soda

1-quart warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda. "It makes a great deodorizer and can be used to shine stainless steel sinks and appliances," says Carolyn Forte, director of the Good Housekeeping Institute Cleaning Lab. To deodorize surfaces, use the homemade cleaner with baking soda solution above or pour baking soda straight from the box and into your drain or garbage disposal to remove odours. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.

3. DIY Glass Cleaner

What you'll need:

2 cups water

1/2 cup white or cider vinegar

1/4 cup rubbing alcohol 70% concentration

1 to 2 drops of orange essential oil for smell (optional)

The next time you need to wash your windows and mirrors, combine these ingredients and pour them in a spray bottle to make a homemade cleaner with vinegar. Hint: Don't clean windows on a hot, sunny day because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

4. Homemade Brass Cleaner

What you'll need:

White vinegar or lemon juice

Table salt

To clean non-lacquered cabinet pulls, bathroom appointments, and more, dampen a sponge with vinegar or lemon juice, then sprinkle on salt. Lightly rub over the surface. Rinse thoroughly with water, then immediately dry with a clean, soft cloth.

5. Natural Heavy-Duty Scrub

What you'll need:

1/2 lemon

1/2 cup borax powder

Rust stains on porcelain or enamel sinks and tubs are no match for this cleaner. Dip the lemon into the borax and scrub the surface, then rinse. (This is not safe for marble or granite.) Tip: You can find borax, a laundry booster, in the detergent aisle or order it on Amazon.

6. DIY Grease Cleaner

What you'll need:

1/2 cup sudsy ammonia

Scant 1 gallon of water

Sudsy ammonia contains detergent that helps remove tough grime—Mix 1/2 cup with enough water to fill a one-gallon container. Then clean your oven racks, stove hood, and grill by dipping a sponge into the solution and wiping over the surface before rinsing with clear water. You can also soak oven racks and grill grates in the mixture directly, with a little extra ammonia if they're particularly dirty.

7. Last-Resort Clothing Stain Remover

What you'll need:

1-gallon hot water

1 cup powdered dishwasher detergent

1 cup regular liquid chlorine bleach, not ultra or concentrate Treat badly stained but washable white clothing by mixing the above ingredients into stainless steel, plastic, or enamel bowl (not aluminum). Soak garment for 15-20 minutes. If the stain is still there, let it soak a bit longer, then wash the item as usual.

8. Natural Marble Cleaner

What you'll need: 2 drops mild dishwashing liquid 2 cups warm water

Mix dishwashing detergent and water the next time you want to clean natural stone countertops. Sponge over marble and rinse completely to remove any soap residue. Buff with a soft cloth; do not let the marble air-dry. Caution: Never use vinegar, lemon, or any other acidic cleaner on marble or granite surfaces; it will eat into the stone.



9 NATURAL REMEDIES TO BEAT SPRING ALLERGIES

BY KATHLEEN WONG

1. Take some butterbur.

No, not butterbeer. Butterbur is a plant whose name originates from its usage to wrap butter in its large leaves.

But now, its extracts are used for headaches, fever and nasal allergies, and it blocks the chemicals that can cause swelling in the nasal passages. In a 2002 study of 125 patients, butterbur had similar effects to an antihistamine, but without the drowsiness. You can buy butterbur tablets in health stores or drink it as a tea.

2. Consume some stinging nettle leaf.

This plant's root usage can be traced back to medieval times as a diuretic, according to the University of Maryland Medical Center. But now its capsules are used for those afflicted by hay fever; it is believed to reduce the amount of histamines in the body. But if you don't have problems with urination, stick to the leaves, not the root.

3. Sip some apple cider vinegar.

Drink this to increase your potassium, which will help eliminate runny noses. Apple cider vinegar helps to break up mucus in the body, letting you breathe again. But don't drink it straight; try diluting it in water or with lemon juice.

4. Eat some probiotics.

One parfait, coming up. Although mostly recognized for its use in balancing our gut bacteria, probiotics (found in yogurt) have been shown to support the immune systems of children who suffer from allergic rhinitis.

5. Flush your nose with nasal irrigation.

Nasal irrigation is the draining of saline from one nostril through another in order to flush out the mucus, using things such as Neti pots, which look like small teapots, or bulb syringes. A 2006 study showed that it was beneficial to patients suffering from hay fever.

6. Take a hot shower.

Not only will the steam help temporarily clear your sinuses, but the American Academy of Allergy Asthma & Immunology recommends you take a shower once you enter your home to cleanse yourself of all the outdoor pollen.

7. Breathe in some eucalyptus oil.

The dried leaves of this plant make a scented oil that is commonly used for allergy relief due to its ability to reduce inflammation. A 2010 study found it to be beneficial for respiratory problems such as asthma.

Putting some in a small bowl at your work desk or rubbing about three drops on your chest could help you breathe easier.

8. Eat spicy food.

Chowing down on some hot food spiced with cayenne pepper, onion and garlic, or hot ginger will help thin out your mucus. This is a great excuse to order in some Korean food right now.

9. Try some acupuncture.

Chinese medicine's traditional practice that involves thin needles poking you in strategic places may have most people freaked. Still, studies show it has been effective in patients with allergic rhinitis.

