Leyla Weighs In: Honey Therapy—A Sweet Solution to Seasonal Allergies

written by Leyla Muedin MS, RD, CDN | February 28, 2025

Nutritionist Leyla Muedin discusses the potential benefits and considerations of using local raw honey as an immunotherapy for seasonal allergies and allergic rhinitis. Leyla explains how small amounts of local pollen in raw honey might help desensitize the immune system to allergens over time. She reviews various studies, highlighting both promising and inconclusive results, and cautions about the variability of pollen in honey and the risk of allergic reactions. Leyla also addresses the potential side effects of long-term antihistamine use, including an increased risk of dementia, and advocates for exploring natural alternatives. The episode is informative for individuals considering natural remedies and provides guidance on the safe use of honey for allergy relief.