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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Allergy Relief - A Lease Of Life

By NamSing Then

Allergies despite not being diseases can severely affect your health for weeks. As allergy is defined as hypersensitivity reaction to a particular allergen; symptoms vary greatly in intensity with types of allergies.

Before we get on with exploring available allergy relief, it becomes important to know the types of allergies that commonly affect us.

Types of Allergies

Broadly speaking, there are only three types of allergies, which affect us commonly. These include:

- Food allergies - Adults are mainly vulnerable to shellfish including crayfish, shrimp, and lobster; sometimes eating peanuts which manifest in the form of severe anaphylaxis (sudden drop of blood pressure,) which if not taken care off, could lead to loss of life. Adults can't get rid of allergies. Children are differently affected by food and eggs, milk and chocolates are the common allergens that affect them.
- Inhalant allergies - Pets, dust mites, outdoor air pollutants like pollens are the chief allergens. Formaldehydes, molds, occupational allergies etc fall under this category. The most common manifestation is bronchitis and asthma. Symptoms include inflammation, sputum secretion and contraction of respiratory system resulting in loss of breath.
- Contact allergies - Chemicals and fumes, insect bites, allergic contact eczema, leather are the triggers. Symptoms include redness, itchy, deep blisters, scaly patches and weepy skin.

Allergy Relief

Allergy relief is both by preventive and medication methods. Of course one finds resorting to medication provides fast relief but preventive relief is always a preferred choice.

Preventive Allergy Relief

Parents of allergic children and adult allergic patients must find out the allergens that trigger the symptoms. Physicians can guide you locate them exactly. Preventing the allergens like foods for which you have a fetish can be too tough in comparison to avoiding dust which is to bronchitis.

Here are some useful quick tips

Food allergies

- Medical examination is critical for pinpointing the exact allergen · Maintain a diary of eating habits and your symptoms · Get clarified what food intolerances and poisoning are to avoid problems · Scrutinize food ingredients' labels before using

Inhalant allergies

- Avoid or minimize carpets and upholstered furnitures · Keep home neat and tidy to avoid dust; a vacuum cleaner helps best · Woolen blankets, pets, window grills, slots and cluttered corners are dust attractants take good care of them · Using damp mops to floor cleaning prevents dust from flying · Use air purifiers like HEPA filters, germicidal UV lights, activated carbon or electrostatic air filters which remove allergens to a finest degree.

Medication for allergy relief must be administered by doctors depending on the severity of symptoms.

NamSing Then is a regular article contributor on many topics. Be sure to visit his other websites

<http://www.allergy-foryou.info>

,

<http://www.diet-foryou.info>

and

<http://www.researcher-hub.info>

Is your Allergic Child Safe in School?

By Nadine O'Reilly

A severe allergic reaction to milk, peanuts, wheat, shellfish, latex and other types of triggers can keep a youngster from fully enjoying childhood. And that's not right.

Allergy Relief – A Lease Of Life

We know how challenging and frightening it is to send a child with a severe allergy out into the world. A simple birthday party becomes a potentially deadly obstacle course for a child with a severe food allergy or latex allergy. You can't stop your mind from questioning everything; did the hostess remember to make sure no peanut oil (or wheat, or milk) was used in the cake? Will the festive balloons trigger your precious one's latex allergy? Whatever the cause of your child's severe allergic reaction—wheat allergy, shellfish allergy, peanut allergy, milk allergy, etc.—you know it is out there.

When children go to school, the stakes and stress rise. Parents of a child with a severe allergic reaction face the dilemma of knowing most school staff may not be aware of how dangerous everyday objects and foods can be. It is important to be prepared to advocate for your child by working with school officials.

Have you ever heard of Section 504?

Section 504 is a little-known federal program that will protect your child from exposure to allergy triggers at school. For example, did you know that once you create a plan with your child's school authorities, a case manager will be assigned to over see his or her well being? They are your "extra set of eyes" who will make sure your child isn't in the presence of allergenic substances, and make sure medication is administered properly and in a timely manner if exposure should occur.

Your child's school must comply with this Federal requirement, and you'll find they're glad to do so if you approach them with a comprehensive plan. A school psychologist is going to be your biggest ally during this process, so prepare yourself for a brush with relief once you meet with him or her.

Once you have a 504 Plan in place for your allergic child to guide them past potential dangers, it will also foster your confidence in helping your child live life to the fullest, safely. Working together with school officials, we can help your child safely access and enjoy more of the wonderful world in which we are blessed to live.

Need more relief? Any 504 plan you develop applies across the country, to every school environment, so even if you move to another city from the one in which you now live, your child's Plan goes with you.

Yours in health,
Nadine O'Reilly, M.A.

Nadine O'Reilly, M.A. is a doctoral-level school psychologist and Coordinator of Special Services in northern New Jersey. She is the author of "Peter Can't Eat Peanuts" and the Empowered Toddler series of books. Nadine's son, Brendan, has a potentially fatal peanut allergy, and is asthmatic.

<http://www.access4allergickids.com>



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