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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Allergy Season Alert: How To Avoid Seasonal Allergy Triggers**

By News Canada

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Here are some helpful tips on avoiding these allergy triggers from the experts at Claritin:

Rely on air conditioners for clean air, and change the filter regularly.

If you enjoy gardening or doing yard work consider using a filter mask.

Keep your home as allergy free as possible so it provides a haven in which to recover.

If you already have pets wash them regularly and never allow them in the bedroom.

For more information on how to control allergies this season call 1-800-665-1507 or visit

[www.claritin.ca](http://www.claritin.ca)

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## Allergy Season Alert: How To Avoid Seasonal Allergy Triggers

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and learn more about

the NC services.

### **Facts About Allergies For Parents**

#### **By News Canada**

A runny or stuffy nose and constant sneezing

Breathing through the mouth or snoring, due to a stuffy nose

Itchy nose, eyes, or skin

Rubbing the nose upward with the palm of the hand (also known as the "allergy salute")

Watery eyes or dark circles under the eyes

Headaches, earaches, or hearing problems

Changes in behavior; children may be irritable or hyperactive

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