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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!

Cleaning Up For Hay Fever Allergies

By Ted Zajac, Jr.

Spring is coming and with it the pollen that is the primary cause of Hay Fever. Start getting ready today and you can reduce the watery eyes, runny nose, and low energy associated with Hay Fever allergies.

How do we reduce the symptoms of Hay Fever? Simply put, we reduce exposure to pollen. Let's look at a typical American home and understand how to achieve this reduction of pollen exposure.

First we need to make sure that we have air conditioning. While we all enjoy the breeze from an open window, that breeze will carry in the pollen that we want to keep out. Therefore we need air conditioning to keep the inside of our home pleasant. Since some pollen will get inside when door are opened and closed we need to make sure that the filter on is in good shape. Usually the air conditioning system uses the same filter as the furnace. Change to a high-end furnace filter available from 3M, WEB, and Purolator. These are much more effective than your bargain basement home improvement center filters. Next, change the filter monthly during the peak Hay Fever season. It is a small price to pay for a bit of cleaner air.

This next recommendation is simple and inexpensive. When you and your children come home after work or after play take a shower and put on freshly laundered clothes. Your hair, skin, and clothes are ideal places to harbor pollen so don't spend the evening in your own personal pollen cloud. Get clean! This extra pollen-free time will help you to recover from the day and helps your body get ready for a restful sleep.

Wear a dust mask when you are doing the house cleaning. Many of the dusting and vacuuming devices put almost as much dust and pollen back circulating in the air as they take out. A dust mask will help you from getting a "snoot full" of pollen as you are cleaning. Speaking of vacuum cleaners, you should really have a HEPA vacuum or at least one with a HEPA filter after the bag filter. This will reduce the pollen and other bad stuff that you put back into your home air space.

Now that everything is clean and tidy the job should be done. If you still have sneezing at home the next line of defense is a HEPA air purifier. Put a small one in each bedroom and run them on high

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during the day. This will create a clean air bubble in which your family can sleep restfully. If there is a family room or other common area put an air purifier there so that just before bedtime you get maximum clean air.

If your family still sneezes see your Doctor for medication to address Hay Fever allergies. There are a number of new drugs that will block the T-Cells which cause the runny nose due to pollen.

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<http://www.airpurifiers.com/>

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How To Treat Hay Fever

By A. Pruder

Many individuals suffer with seasonal allergies, including hay fever, that affects the nose and eyes. Commonly caused by dust, pollen and animal dander, many allergy sufferers often especially begin to feel the effects during the spring months as the trees and flowers begin to bloom. Watery, red and itchy eyes combined with a stuffy and/or runny nose are just a few of the symptoms relating to hay fever. In addition, frequent headaches, sneezing, wheezing and difficulty breathing may be warning symptoms of this seasonal nuisance.

The most simple treatment for hay fever is for sufferers to stay away from the cause of the allergies. But, if that isn't possible, a licensed physician can often prescribe medication that will aid in the relief of hay fever symptoms. The type of medication prescribed will entirely depend upon the nature of the hay fever and its severity, along with the health of the patient. Everything from nasal sprays to pills and herbal medicine may be recommended. Many sufferers look to commercial, over the counter products in hopes of relieving their hay fever without having to pay a visit to their local doctor. Other hay fever sufferers turn to air filtration units, which purify the air inside the home and is believed to remove many airborne allergens.

Before using any over the counter hay fever treatment products, the consumer should read the instructions carefully and follow any guidelines set forth by the manufacturer. Warning labels are an important part of any medication, including those used for hay fever. Most over the counter products carry their own side effects, which may include drowsiness. It is very important that individuals not drive or operate other machinery after taking any type of medicine, including over the counter products.

The appropriate hay fever treatment is an important part of helping to cure this ailment. If left untreated, hay fever can become severe and may be very dangerous to the sufferer. If symptoms do not lessen or if they grow even more severe, it is important for the sufferer to consult his/her physician for proper

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treatment. Allergies, because they are so common, can be difficult to treat and equally frustrating when trying to find the cause.

The information in this article is to be used for reference purposes only. It is not intended to be used in place of, or in conjunction with, professional medical advice. Any individual who develops hay fever, or begins to notice symptoms that may indicate the same, should consult a licensed physician for proper diagnosis and treatment.

To find out more about hay fever

<http://www.freeblogresources.com>

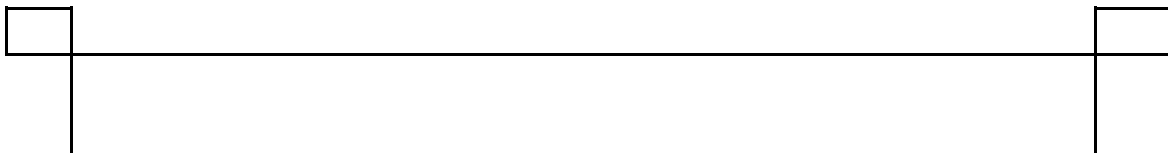
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. It contains tons of free hay fever articles, resources and tips.



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