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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!**

**How To Protect Allergy Sufferers In Your Home**

**By News Canada**

**How To Protect Allergy Sufferers In Your Home**

by: **News Canada**

Wash curtains, drapes, bedding and children's stuffed animals in hot water to eliminate dust.

Keep pets and their animal danders out of bedrooms.

Get rid of house plants. They are a major source of mould and dust.

Remove carpets and replace them with tiled or wooden floors.

For more information on coping with allergies contact 1-800-665-1507 or visit

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

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## **Allergic To Your Dog Or Cat?**

**By Samuel Murray**

With the use of the above methods you'll be able to live a long and healthy life with your pet!

This article courtesy of

<http://www.allergies-facts.com>

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