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**How To Weed Out Allergy Attacks While Gardening**

**By News Canada**

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(NC)–Did you know that gardening is the second most popular physical activity for Canadians?

According to the experts, all that pulling and digging makes your heart, lungs and muscles strong. Stretching and bending increases your flexibility. It's good for the soul. There's no better feeling than watching a seedling burst from a tiny seed.

Gardening can give you constant rewards such as fresh vegetables or beautiful flowers and a well cared for lawn is a great source of pride.

For gardening enthusiasts, the spring does not come soon enough. For those who suffer seasonal allergies, it comes too soon. Pollen from trees, grasses and weeds, as well as mould spores in warmer months cause sneezing, runny nose, itchy watery eyes and nasal congestion. In severe cases, sore throats and coughs can develop.

Here's a quick list of important pollen sources to be aware of when gardening:

Trees (oak, elm, birch, hickory, cottonwood, maple, ash)

Grasses (meadow fescue, Kentucky bluegrass, orchard, timothy, redtop, Bermuda)

Weeds (ragweed, cocklebur, marsh elder, sagebrush, mugwort, pigweed and tumbleweed).

You may be able to limit the numbers of allergy attacks you have by staying indoors and installing air purifiers in your home. But for Canadians who can't wait to get their hands dirty in the outdoors effective non-drowsy antihistamine medications like Claritin can help control your allergy symptoms and make you more comfortable without the drowsiness that accompanies other antihistamine treatments.

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The more you know about your allergy the better you can control it. For the most up to date forecast of seasonal allergy triggers in your area watch for the Claritin Pollen Report on the Weather Network. Using the latest meteorological data, the 60-second report provides pollen level estimates for the coming 24 hours – in addition to current tree, grass and ragweed pollen levels. You can catch the report 24 hours a day on the Weather Network at 28 minutes past the hour.

So if you love to watch the flowers bloom but hate allergies keep track of the pollen count and ask your pharmacist to help you dig up the treatment that's right for you.

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### **Duck Allergy, An Introduction**

**By Charlene J. Nuble**

There are some people who are fond of eating duck meat. Duck meat can be turned into several delectable delicacies and there are a rising number of countries around the world that are somehow turning into consuming such meat.

Admit it or not, though duck dishes are not as popular as their chicken, lamb or beef counterparts, many people prefer them because of the somehow good and appetizing aroma and the satisfying aftertaste that comes with it.

Chefs and food critics also claim that duck meats are undoubtedly more meaty than chicken, and flavors tend to stick more into duck meat than into any other form of animal meat.

Whatever argument you are taking regarding duck meat, you still can not change the fact that ducks meats are becoming popular, be it on exotic or regular menus.

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### Duck allergy

There are some setbacks, however, to eating duck meat. Because duck belongs to the family of chicken and turkey, there a number of people who have duck allergy.

People with duck allergy may or may not know about the condition until they have eaten duck meat and symptoms of duck allergy begin to manifest.

Because people eating duck is relatively and comparatively few in number compared to vegetarians and people consuming pork, beef, lamb and chicken, statistics show that there are only a few recorded and reported cases of duck allergy.

There are other people who have duck allergy and also develop allergy to duck eggs. Just like in the case for chicken allergy, some duck allergic people do not exhibit symptoms to duck egg allergy.

### Symptoms of duck allergy

Symptoms of duck allergy are somehow similar to symptoms of chicken allergy.

Duck allergy attacks are characterized by asthma attacks, eczema, unusual fatigue, insomnia, depression and chronic disturbance of the gastrointestinal system.

Unusual symptoms of duck allergy may also appear like bed-wetting and infections particularly in the bladder and in the ears. Migraine coming along with other symptoms may also be expected.

Sinusitis can also observed in people with duck allergy especially during duck allergy attacks.

Be aware that the manifestations of duck allergy attacks may occur and show up hours or even about one to days after taking in or eating duck meat.

### Treating and preventing duck allergy

As usual, antihistamines are prescribed to people exhibiting apparent indications or manifestations of duck meat allergy. It is important to note, however, that antihistamines should not be taken without proper prescription as it may lead to over dosage and other serious medical conditions.

Antihistamines contain substances and anti-allergic enzymes that can pose adverse and irreversible side effects to people who take inappropriate dosages.

People with duck allergy, above all things, should also eliminate duck meat in their daily diet. Duck allergic people should do so immediately if the symptoms of duck allergy are already exhibiting or showing up. Doing so would certainly stop the prevalence or occurrence of such manifestations.

To avoid the onset of duck allergy, it is also imperative that people with duck allergy permanently and religiously eliminate duck meat in their diet. The reason behind is very logical and practical, don't you

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think?

Donald Duck is so cute, and you may probably have loved him one time or another during your growing up years. But ducks around can never be always fun, especially when you want to eat them and you have duck allergy.

Charlene J. Nuble 2006. For answers to All your frequently asked questions about duck allergy, please go to:

or go to:

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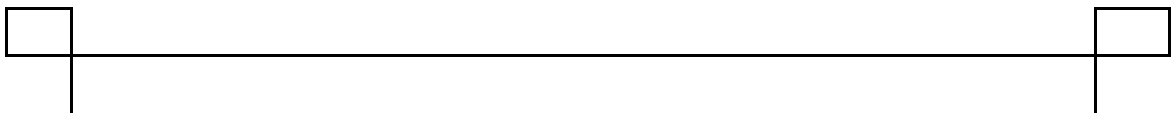
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