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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!

Take Control Of Your Allergies

By News Canada

Take Control Of Your Allergies

by: **News Canada**

Keep pets out of the bedroom or even outdoors if possible.

Replace your humidifier, vaccum cleaner and furnace filters often.

Wash bedding weekly, place zipped covers over mattresses, box springs and pillows.

Remove dust collectors, such as carpeting, old drapes and overstuffed furniture.

Avoid cigarette smoking in the house.

Remove house plants that may be a source of mould and dust mites.

During pollen season, close the windows of your home in late afternoon and on hot, dry, windy days.

Schedule outdoor activities for late afternoon or evening when pollen release is at its lowest.

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

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Food Allergies

By Steve Wilcott

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