

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**That Annoying Canary Allergy**

**By Charlene J. Nuble**

Melissa was very excited because that Tuesday afternoon she was going to the zoo. She is very fond of animals, especially birds.

She doesn't tire looking, talking and playing around her favorite bird in that zoo—the canary. Canary is a small finch or kind of tiny bird that is a native to the Canary Islands.

Canary birds have a yellow to greenish color and has long been bred by people and bird collectors around the globe as cage birds.

Back to Melissa, happiness with Canary birds must not be a thing for her because after an hour, a strong discomfort was beginning to ruin her mood. She started coughing and itching until she could no longer take it.

Later, the physician who attended to her concluded that she has, yes, you have guessed it right, Canary allergy.

What is Canary allergy?

Canary allergy is no different from your usual bird allergy. It is brought about by the retaliation or defensive reaction of your body's immune system to allergens from birds or Canaries that gets through the system through feather dust or dander and through droppings or fecal matter.

Because Canary birds are cage birds that could not freely fly, expect that its feathers are very much loaded with these irritating dusts that may cause allergic reactions.

Exposure to Canary birds' dusts and allergens will bring about bird allergy symptoms within minutes, hours, or at very rare occasions days, which make diagnosing harder unless the patient volunteers the information.

Symptoms of Canary allergy

## That Annoying Canary Allergy

Like bird allergy, Canary allergy is also characterized by simple allergic reactions or symptoms including postnasal drip, stuffy nose, hives, coughing, itchy eyes, sneezing, watery or teary eyes and sore throat.

Canary bird allergies may not be that fatal but the onset of its symptoms will surely cause a great discomfort to the patient. Failure to address or address severe attacks or symptoms can also lead to serious complications which can be fatal or deadly if untreated or unattended.

In very sensitive individuals, Canary allergy is also accompanied by fever and chills.

### Treatment for Canary Allergy

Canary allergy is a chronic attack that can cease by its own even if you do not take in any medication.

Most often, the simple treatment recommended to people exhibiting canary allergy symptoms is to make that person get farther or away from Canary birds around.

It is a practical treatment because constant and continuous exposure to the bird that causes the allergy will surely keep the onset of the allergic reaction.

Doctors also prescribe little doses of antihistamines (drugs that treat simple allergies), decongestants (drugs that unblocks breathing areas or treat swollen nasal areas) and corticosteroids (anti-inflammatory drugs).

### Avoiding Canary allergy

Hygiene of course, is the most basic and effective measure to counter potential Canary allergy attacks. Always wash your hands even if you are not eating. Clean the surroundings and make sure there are no Canary bird feathers or droppings around especially if you have those birds at home.

If you are allergic to Canary birds, just like if you have allergies to other substances, be sure to always keep your room well-ventilated by opening windows or turning on air conditioners to an optimal temperature.

If you have Canary birds at home and there is no way you will be disposing them, there are measures that could help you avoid the onset of Canary allergy. First, make sure the Canaries' cage is clean and tidy.

Do not overcrowd the cage because that will cause the Canaries to fight and play around often, spreading their feathers around.

Make sure that area in the house where the Canary birds' cage is placed is properly ventilated. Buy an air purification system to make sure the air you breathe around your house is free from any allergen that may trigger another Canary allergy attack.

## That Annoying Canary Allergy

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

<http://canary-allergy.allergyanswers.net/>

### **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.

#### 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.

## That Annoying Canary Allergy

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 be 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 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:

<http://duck-allergy.allergyanswers.net/>

or go to:

<http://allergyanswers.net/>

<http://allergyanswers.blogspot.com/>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**