

Anyone who has suffered from allergies knows how much misery they can cause. Most sufferers have a seasonal form of allergy; they are only bothered at certain times of the year. Others have perennial (year round) problems. Some people have only nasal and sinus problems from their allergies. Others have eye problems and/or lung problems as well. The folks who probably suffer the worst have all of the above along with allergic asthma. This causes them to have tightness not only in the nose but also in the lungs. Those with the most severe cases can even die from their illness (although luckily, most are not this severe). The cornerstone to proper care of the allergic patient involves removing as many allergens as possible from the immediate environment. Mold (fungi), pollen, animal danders and household dust are the biggest offenders to the allergic patient. Mold is frequently worse after a period of heavy rain. Pollen peaks when certain plants are in bloom. An allergy sufferer may only be allergic to the pollen of one type of plant or grass. Symptoms are only bothersome when that particular plant is in bloom. Other patients are allergic to the pollen from numerous types of plant. Animal dander causes allergy in some but not all patients. As with plants, a patient may tolerate a certain dog but be allergic to cats. Some patients are allergic to virtually all forms of animal dander. Household dust frequently contains combinations of all of the above problematic agents. Dust doesn't have to be a problem however. Small amounts of dust in the carpet, draperies and on bedspreads can wreak havoc among sufferers, especially when that dust is disturbed and aerosolized by passing wind currents. It is obvious that allergies are caused by substances that are virtually everywhere around us. What can be done to protect us?

The sinuses can also easily be irrigated to flush the secretions loaded with histamine and allergens from them. The Nasaline nasal rinsing system is available @ NutritionWise 75 Indiantown Rd in Jupiter (561) 747-1818. Netti pot is a system that Oprah recommended the most. NutritionWise sells Nasaline salt packets for both systems

Ideally, the entire home should be thoroughly cleared of all of the offending agents. Most people are reluctant to do this.

The family pet is just that, part of the family. Few people are willing to exile the pet to the outdoors permanently, but this can be very helpful. At the very least, the pet(s) should be kept out of certain rooms of the house at ALL times. The bedrooms are especially important to be kept clean.

Removing dust by THOROUGH cleaning is very important. Thorough cleaning is just that; pictures need to be removed from the walls and the complete picture and frame needs to be cleaned. Draperies should be removed and laundered in hot soapy water, or ideally they could be replaced with vertical blinds (which need to be dusted periodically too). Avoid overstuffed furniture. Avoid inhaling dust when vacuuming (when possible). Closets need to be cleaned. Seasonal clothing can be encased in plastic. The tops of doors and door jambs need to be dusted as well as the areas behind the furniture; beds and dressers in the bedroom, sofa's, entertainment systems and other areas in the living areas and even the refrigerator in the kitchen. Carpets should be steam cleaned (or ideally replaced with linoleum or tile that is damp mopped every other day). Bedspreads

need to be routinely laundered as well. They collect a lot of dust that is not noticeable. Feather pillows may need to be replaced with synthetic hypoallergenic pillows. Cover mattresses with plastic covers. Bathrooms should be thoroughly cleaned to remove all traces of mold stains in the tile, shower curtains and other areas. Mold is prominent around live and dried plants, in basements, closets, bathrooms, garbage pails and upholstered furnishings. Even the air conditioning ducts may need to be steam cleaned to remove the mold spores that may form there. The tops of the paddle fans (as well as the rest of the blades) should be frequently cleaned as well. Avoid cigarette smoke at all times and prohibit smoking in the house.

Household cleaners can trigger allergies as well, here is a list of alternatives;

Ammonia is a good general purpose cleaner.

Baking soda is good for general cleaning/deodorizing.

Lemon oil, mineral oil and paste wax can be used to polish furniture

Nonchlorine bleach is a good household and laundry cleaner.

Club soda is a good spot remover.

Salt works well as a kitchen cleanser and loosens burned-on foods.

Air conditioning is very helpful as well. It works especially well if the filters are changed frequently. Once per month may not be often enough. Additionally air filtration systems can be placed in the bedrooms. These systems really help cut down on the load of pollen and mold spores especially those from outside.

These chores may seem like a lot of work, but all of your medications won't bring relief if your immune system is being overwhelmed every day by agents that are uniquely toxic to you (although they may not bother anybody else in the home).

Prevention of the problem must be used as well as medication!

Good Luck!

<http://nasonex.pollen.com/>

Has a pollen-forecaster that helps predict pollen counts