

Allergies - AAahhhhhhhh Chhoooooo!!

By Belinda Harvy

What is an allergy?

The term Allergy can mean many different things, but for most, it's the seasonal type that causes sneezing fits, watering itchy and red eyes, and a nose that just drips like a tap.

What can you do?

First it's important to recognize what triggers your allergies. Where am I? What am I doing? What is around me? How severe is the attack? Are there any common patterns or times? It is a good idea to keep an allergy journal to keep track of such information, which may help solve your dilemma.



What can you take to relieve symptoms?

Vitamins and Supplements beneficial for allergies include:

- Vitamins B6, C, E and A
- Amino Acid Methionine
- Fish Oils, Flax seed Oil, EPO and Shark Liver Oil
- Wheat Grass and Spirulina
- Olive Leaf, Siberian Ginseng, Ginkgo Biloba, Aloe Vera
- Coenzyme Q10 and Thymus Gland Extract
- Zinc, Germanium, and Selenium

It may be a process to find what works for you, so consulting your natural health practitioner for more guidance may be of help.



Product Recommendation

Instead of being glad to see spring arrive do you dread the sneezes, stuffy heads and sinus pain of hayfever? Here's an product that just might help. *Microgenics Mega Hayfever Relief* is a high potency natural formula containing horseradish, thyme, garlic, vitamin C and histidine to help relieve symptoms of hayfever, allergies and sinusitis.

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