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Preventing Allergies

There are more than ten million Americans who have an allergy to pollen alone, this is about one in every five people in the United States. Allergy sufferers have a disorder in their immune system, this is what makes the symptoms. Many people are allergic to dust, pollen, nuts, and bumble bees and they are so sensitive to these allergies that the allergy could become life threatening and turn into an anaphylactic reaction if it doesn't get treated immediately.

There are less allergens that are found in the air of hotter dryer climates, and in humid and cooler climates there are considerably more allergens. In the spring and early summer is another time that there are a lot of allergens in the air this is because the plants and the trees are budding and this helps out the pollen.

There are some medical treatments that could help ward off the unpleasantness of [allergies](#) such as antihistamines, decongestants, and nasal steroids. However an expert in the allergy field may insist that to treat an allergy is to stay away from it altogether. Inside of your home you should look into using an air cleaner that has a HEPA filter. Filters that are HEPA eliminate just about all dust, and pollen out of the air. If you happen to be allergic to smoke, look into an activated carbon filter, they work awesome.

Ask anybody you know with an allergy how many different symptoms that they have, they will have a long list. New products are now available to aid on allergy problems. In the United States there are an increasing amount of people that have [allergies](#), when people get tested over fifty percent have at least one allergen. If you suffer from any type of allergy you should be able to find somebody else that has the exact same allergy.

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