

TE HEALTH TODAY



TIPS FOR REDUCING ENVIRONMENTAL ALLERGEN EXPOSURE

•Mold •Pet Dander •Dust Mites •Pollens from Grass, Weeds & Trees •Toxins

SUPPLEMENTS CAN HELP TAME YOUR BODY'S RESPONSE TO ALLERGENS, BUT THE BEST FIRST STEP IS TO TAKE MEASURES TO MINIMIZE YOUR EXPOSURE.

Tips for Allergy-Proofing Your Body:

- Shower before bed to wash pollen, animal dander and other allergens from your hair and skin.
- When you are experiencing greater allergy symptoms, reduce your consumption of animal products (eat Vegan) in order to help inhibit your body's production of leukotrienes.
- Use a neti pot to unclog your sinuses, rinse allergens from your nasal passages, and soothe irritated membranes.
- Use natural personal care products that are free of toxins and allergens.

Support and Strengthen Your Immune System:

- Eat more fruits, vegetables and complex carbohydrates. Do not eat an excess of dairy products, wheat and animal protein.
- Drink 6 to 8 glasses of water daily to help thin mucus and cleanse membranes.
- Take a multi-vitamin and get a rich supply of antioxidants. [Select from Allergy Essentials, Mineral pH, Fruit & Vegetable Essentials, Lung Cleanser, and so on.]

Tips for Allergy-Proofing Your Home:

- Mop floors often and wash bedding frequently using hot water.
- Clean or remove from your home dust catchers such as feather pillows and duvets, drapes and wall-to-wall carpet. Replace carpet with hard surface flooring, such as hardwood, tile and sheet vinyl. Dust mites live in bedding, mattresses and box springs, carpeting, drapes, and upholstered furniture.
- Clean or replace your home's air filters regularly and use HEPA (High Efficiency Particulate Air) filters if possible.
- Dust and Vacuum regularly. Vacuum window coverings and soft upholstery as well as flooring. Use a whole-house vacuum or a vacuum that uses a HEPA filter.
- Control home air quality, keeping humidity to 50% or less, and keeping the temperature set to 70°F.
- Encase mattresses, box springs and pillows with in allergy-guard covers.
- Prevent mold growth. Assure proper ventilation in dark and damp-prone areas. Clean shower curtains, tub/shower areas, trash cans and window moldings.
- Bathe your pets frequently.

Tips for Avoiding Allergens:

- Minimize contact with animals you are allergic to.
- Limit time outdoors when pollen or mold spore counts are high, and keep windows and doors shut as much as possible.
- Avoid leaf raking; stay away from hay, compost piles, rotting logs, and mulch.