Hay Fever and Allergy Season 2013

Experts are saying that the 2013 allergy season is going to be really bad. They expect the season to start earlier than usual and end later than usual.

Unlike a cold that makes us feel miserable for a few days, allergy symptoms can last for weeks or months. An allergic person has an immune system that mistakenly identifies pollens and molds as harmful allergens. In response, the body releases histamine, which causes an inflammatory reaction. The sneezing, stuffiness, and watery eyes are the result of the body's effort to eliminate allergens. To make matters worse some persons have an allergic cross-reaction when eating certain raw foods that are related to allergy-causing pollens. Allergy season can start in the spring when trees release pollen, and continue in summer with the release of grass pollens, and in the fall by the abundant release of ragweed pollen. Offending house dust allergens and mold can be present year round.

The Melaleuca Wellness Guide advises, when possible, to avoid exposure to allergy-causing pollens and mold. Understanding how you are exposed to allergens can help you make a plan so that you are able to spend time outdoors and prevent a reaction. The highest pollen counts occur between 5am and 10am. If you are a gardener you may find that working with decaying leaves can stir up a mold allergy.

Before heading outdoors apply a tiny bit of MelaGel or Sunshades Lip Balm under your nose (not in your nose). This can act as a pollen and allergen barrier. Wearing a wide brimmed hat and sunglasses can also help keep allergens off your hair and eyes. When coming indoors you and your clothes might be covered with pollen. Taking a shower before bed and using a saline spray or nasal irrigation will help you sleep better.

When exposed to pollens try a few sprays of Cool Shot Breath Spray. The Melaleuca Wellness Guide recommends using a cold-mist humidifier with 1/2 cap of Sol-U-Mel. Using the humidifier at night will help improve breathing and reduce coughing. Some use as much as two capfuls of Sol-U-Mel combined with 10 drops of T36-C5 in the humidifier.

Indoors it is important to control dust, especially in the bedroom. Avoid line-drying bed linens and clothing. Avoid vacuuming in the evening, as it stirs up dust. Better yet, if possible, avoid having carpet in the bedroom. Regularly clean window sills, as they can be an overlooked source of dust and mold. Reduce allergy-causing dust by using Rustic Touch Furniture Polish.

Along with avoiding allergens, you can help your immune system and cool allergic inflammatory reactions by eating more fruits and vegetables, and eating fewer processed foods and the saturated fats found in some dairy and meat.
This well-researched article gives detailed information on allergies. It also notes that people with allergies may benefit from a diet rich in omega-3 fatty acids, and fruits and vegetables. Probiotics may also help reduce hay fever symptoms. Taking flavonoids is highly recommended. Vitality 6 contains research-recommended essentials including probiotics, omega-3s, plus flavonoid-rich ProvexCV. The grape flavonoids found in ProvexCV and ProVex-Plus have been shown to have antihistamine action.

Avoidance of hay fever causing allergens and improving your immune system can be your first line of defense. But for those times when allergens get the best of you, take CounterAct Allergy.

~ Richard M Barry

Hay Fever and Allergy Success Stories

I know it is allergy season when my nose runs, but I really know it when my eyes itch! I have found that all I need is one CounterAct Allergy tablet, and within 20 to 30 minutes my itching and dripping is done. About 26 hours later it starts again. I know I am supposed to take one every 24 hours, but no itch, no drip and I don't even think about it. CounterAct Allergy does the best job ever. The competition says it takes 2 hours to take effect. When I need relief, I don't want to wait that long! Thank you Melaleuca for such wonderful and dependable products.

~ Eileen

Many years ago, before Melaleuca, I would buy boxes of allergy medicines from the pharmacy. I would have to take them every 4 to 8 hours to get any relief. I now take the CounterAct Allergy from Melaleuca, and only when I know I am going to be around allergens that bother me: smoke, snow molds, dust etc. I only take one in a 24 hour period for total relief. They save me money because I buy the Pantry Pack (which is still cheaper than one box of the other brands). I always have them on hand, and no longer suffer from many of the allergies that had me sick all the time from spring to late fall. Thank-you Melaleuca.

~ Mildred

I used to take antihistamines every day and night during ragweed season. After I became a Melaleuca customer over 8 years ago, hay fever has become a rare reaction. I don't even keep antihistamines in the house. I take the Vitality 6 supplements. If the rare hay fever attack happens, I use a couple of shots of Cool Shot Breath Spray and, if possible, take an extra ProVex Plus. I avoid allergens and always jump in the shower as soon as I come in from gardening.

~ Anna