

ALLERGIES

- Allergies are very common and can cause itchy and runny eyes, cough and sinus congestion with subsequent infection
- Many times the allergies are seasonal or due to place you are working or living
- You may want to change the filters in the house and use air purifiers so there are less allergens floating around
- It is a step wise treatment and these are additive:
 - 1) Neti Pot
 - 2) Anti histamine such as Claritin or Zyrtec and anti histamine eye drops
 - 3) Anti histamine with decongestant such as Claritin-D or Zyrtec-D (use for short tem)
 - 4) Nasal steroids such as Flonase and Nasonex which are preventive and take a few days to be effective
 - 5) Singulair which is used for Asthma and can be helpful in allergies also preventive
 - 6) Going for allergy testing to an allergist. The physician will make a serum of all the thing that your skin is allergic to and give you a weekly shot to desensitize you
 - 7) Go to an ENT (Ear, nose and throat) physician for possible cleaning out the sinuses (temporary relief) or correct the anatomy for better drainage
 - 8) Move to another state or country where you may not have those allergens