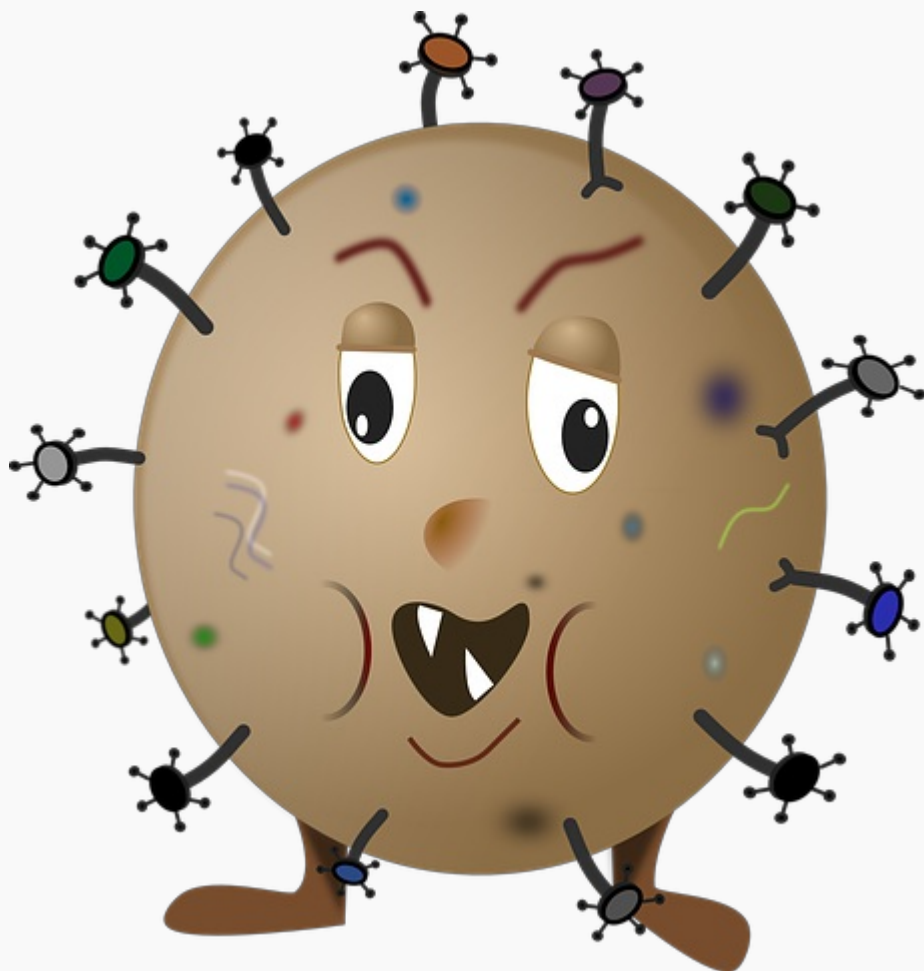


ALL ABOUT ALLERGIES

SYMPTOMS, TREATMENT AND MORE



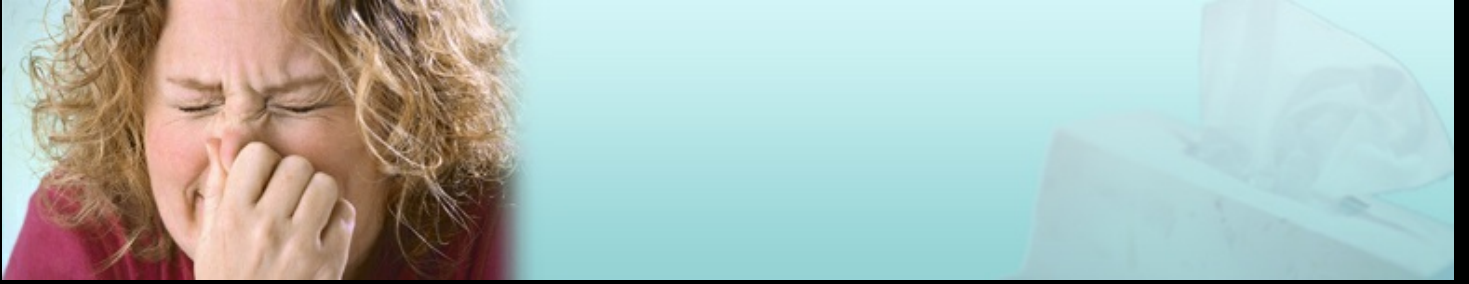


TABLE OF CONTENTS

01	Allergy
02	Allergy Symptoms
04	Allergy Testing
06	Allergy Research
08	Allergy Report
10	Allergy Season
12	Allergy Relief
14	Allergy Treatment
16	Allergy Medication
18	Allergy Shots

Allergy

What is an Allergy?



An allergy is an abnormal response that the body has to something foreign that it comes in contact with. While the substance may not cause harm to the body, it affects the immune system and causes a reaction. This reaction can trigger a variety of symptoms that may cause some discomfort to the person involved. The body reacts to the invading substance and tries to protect itself by releasing chemicals to cope with what is happening.

Just because someone has an adverse response to a substance that they are not used to, does not mean that the person is allergic to the substance and will have to deal with the same symptoms every time they come in contact with it. For example, many medications have potential side effects. If a person suffers from a side effect from medication they are taking this does not automatically mean that they are allergic to it. In turn an allergy is something that a person can grow out of or something that they may suffer from once or twice and never again.

Common symptoms of an allergy include itchy and watery eyes, a runny nose, and a rash on the skin. An allergy is an exaggerated response to a substance it is not familiar with. Allergies serve to further cause irritation to what you see, smell, taste and touch. An allergy can be extremely serious if it is not kept in check, and in the most extreme cases can cause fatalities. If you experience any of the symptoms listed it is wise to go to your doctor or medical center as soon as possible for treatment.

An allergy can take many forms. Some of the most common types of allergies include nasal allergies and hay fever, skin allergies, drug and medicine allergies, food allergies and insect allergies. Nasal allergies and hay fever are allergies that are usually seasonal in nature and get worse during the spring months due to the pollen that is on the grass and trees and often floats freely through the air, irritating nasal passages.