Itchy nose, eyes and roof of the mouth:
- Watery eyes
- Runny nose
- Increase.

Tenth of allergies continues to hit each year, and the inci- 
dence of allergies continues to increase.

For the Index

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.

Symptoms of allergies include:
- Itchy, watery eyes
- Red, sore, itchy and inflamed nose and mouth
- Sneezing
- Post-nasal drip
- Chest tightness and coughing

Sneezing is a symptom of particular allergy problems. Post-nasal drip activities also should be limited in the morning, and can be effective.

Clothing and linen should not be dry cleaned because they can collect pollen.

Sometimes, hay fever sufferers find it difficult to determine what the specific allergens are.

Spring brings allergies season, reason to take precautions

BY BRIANNA KISER

The onset of spring is also the start of allergies for more than 50 million Americans. Allergies occur when the body reacts abnormally to things that do not cause problems for many people, such as pollen, dust, animals and foods.

In the United States, the health-care system an estimated $18 billion each year, and the inci-
dence of allergies continues to increase.