

Spring blooms bring many gloom

by John Climer
Managing Editor

For most, spring is a time of rebirth and beauty, but for allergy sufferers, spring means the beginning of a season of suffering. Suffering brought on by rebirth, beauty and pollen.

As Mother Nature flexes her muscles, making flowers bloom and buds blossom, an irritating by-product enters the air and agitates the sinuses of many.

Allergy sufferers take heart though; there are some simple ways to reduce your suffering. One good way to prevent allergens from irritating your sensitive sinuses is to avoid propping open windows and using window fans to cool your room, because that invites pollen into your indoor habitat. Also, keep your windows closed while driving to prevent allergens from clogging your car with bothersome pollen. And finally, mind the Weather Channel's advisement about pollen counts in our region and try to avoid being outside

excessively on days that pollen counts are predicted to be high.

If prevention fails, there are also some relatively simple and cheap ways to alleviate the pain caused by nature's nuisance. For instance, try using a Neti Pot. Neti Pots are specially designed containers that one can use to flush saline solution through the sinus cavity to clear the agitated area of pollen. They are relatively cheap and can be found at most drug stores and pharmacies.

If pouring water through your sinuses doesn't appeal to you, don't feel downtrodden. Another cheap and simple way to reduce

allergy related issues is to take Quercetin supplements. Quercetin is a natural antioxidant found in many vegetables and is available in supplement form at most health food stores.

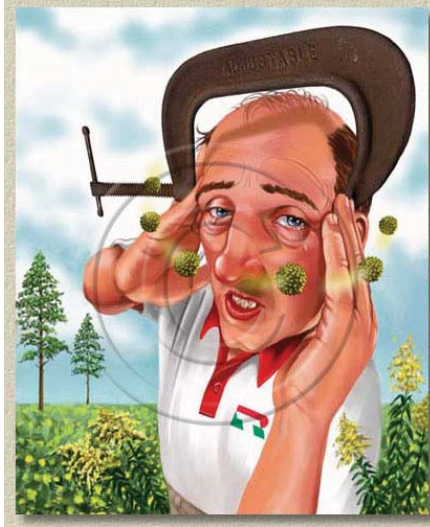
Another natural over the counter remedy is to take stinging nettle supplements. Stinging nettle is a plant that prevents the body from producing histamine,

thereby relieving allergy sufferers of their symptoms. Stinging nettle can also be found in supplement form at most health food stores.

Another natural histamine blocker that can be taken in supplemental form is butterbur. Although very effective in relieving allergy symptoms, butterbur is harder to find in the US because it is not native to our country and therefore has to be imported from Europe.

And finally, if all else fails, there's always the good old remedy of getting allergy shots. Although effective in ending your pain, these little needles of relief will cost you quite a bit more than the other alternatives, but often provide the best results for people that are in overwhelming misery.

So, if you're embracing the spring season, while simultaneously suffering because of it, remember that you have options to reduce your pain. And also, try to keep in mind that your pain won't last forever and also – no pain, no gain.



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Many children begin drinking as early as age 12. That's two years before they've tried geometry. Research indicates that children are less likely to drink when their parents are involved in their lives and when they report feeling close to their parents. So next time you complain about how fast they're growing up, consider that it might be in your power to slow them down.

For advice on talking with your children, visit stopalcoholabuse.gov or call 1-800-725-6686

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