

Allergy Season Worse This Year?

(NAPSA)—With the increased allergens resulting from a season of rain and cooler weather, people from coast to coast are coping with scratchy throats, itchy eyes and stuffy heads.



Increased mold spores and ragweed are leading allergy sufferers to consider several alternatives in treating their symptoms:

- For yard work, skip it or wear a protective mask while mowing the lawn or working in the garden.
- Plan outdoor activity later in the day, when pollen counts are lower.
- Shower after outside activity and wash those allergens out of nasal passages with a saline nasal mist.

For example, Ayr Saline Nasal Mist was designed with input from ear, nose and throat doctors to flush the mucus and allergens that can build up and lead to nasal congestion or, worse, a sinus infection.

The soothing, non-irritating saline solution restores moisture to dry nasal passages affected by allergens, climate, respiratory infections, air travel, oxygen therapy and overuse of nasal decongestants.

For more information, visit www.bfascher.com.