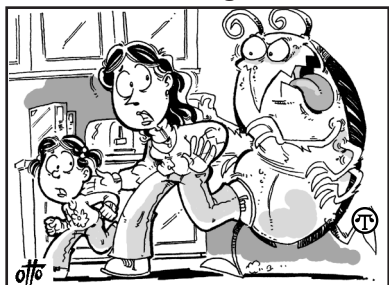


Fighting Airborne Allergies at Home

(NAPSA)—Don't let dust mites take a bite out of your health. Washing your sheets and vacuuming regularly may be hallmarks of clean living, but even the most spotless home can be infested with microscopic, spiderlike organisms known as dust mites. According to the National Institute of Environmental Health Sciences, 45 percent of American homes, or approximately 44 million, have bedding with dust mite allergens that can cause allergies.



Millions of dust mites thrive in mattresses, pillows, carpets and upholstery, where they feed on shed human skin and animal dander. To significantly reduce the number of allergy triggers, many allergists recommend the following tips:

- Wash bed linens weekly in hot water, above 130 degrees Fahrenheit.
- Vacuum regularly using HEPA filters.
- Treat mattresses and pillows with a safe and effective allergen denaturing spray.

A recent study presented at this year's annual American Academy of Allergy, Asthma and Immunology (AAAAI) meeting found that neem oil was a safe and effective treatment for controlling house dust mite allergens. The research, conducted by Dr. Heinz Rembold at the Max Planck Institute in Munich, Germany, provides evidence that sprays, specifically those containing a patented extract of neem found in the brand MITES OUT!, can have a significant long-term effect in controlling dust mite allergens, without the potential allergy-inducing side effects. To learn more, visit www.mitesout.com.