

# Health Awareness



## New Technology Could Relieve Allergies

(NAPSA)—There may be promising news for the estimated 50 million Americans believed to suffer from symptoms related to allergies and other conditions such as IBS, acid reflux, ADD/ADHD and possibly even autism.

According to experts, the body's immune system can malfunction when exposed to high levels of stress. That malfunction might make symptoms from certain conditions worse or create new ones.

### Tips For Limiting Allergy Symptoms

- Shower before bed to wash off pollen and other allergens from the day.
- Vacuum and dust your home regularly.
- Use allergen-resistant bedding.
- Know and avoid your allergy triggers.
- Talk with your doctor about noninvasive treatments.



The stress can be both internal (from a psychological source or a lack of sleep, for instance) and external (exposure to a certain substance, for example) in nature. But the result could be an erroneous response by the body where it activates its natural defense mechanism in the form of frustrating symptoms.

A state-of-the-art laser technology used by trained practitioners at AllergiCare Relief Centers could help relieve the immune system of stressors and their associated symptoms.

Once the noninvasive treatment is successfully completed, patients can once again come in contact with substances that may have previously sparked attacks.

For more information, visit [www.allergicare.com](http://www.allergicare.com) or call (877) 9-SNEEZE (976-3393).