



ALLERGY SELF-HELP GUIDE

ALLERGY TREATMENT

This Guidebook was written with one goal in mind: to help you help yourself. It is our belief that the first line of defense against allergy is environmental control. Scientific studies over the last several years have shown which environmental control measures are effective and which are not. The advice given in this guidebook is based on those studies. By following our simple plan, you can significantly decrease your exposure to allergy-causing substances, and significantly improve your health.



See our latest catalog beginning on Page 9.

Substances capable of provoking allergic reactions are called allergens. Allergies to airborne allergens—such as house dust mites, mold, pollen and animal dander—affect over 50 million people in America today. Although widespread, allergies are treatable and the symptoms are controllable. Depending upon your individual situation, your allergist will recommend one, two or all three of the following treatments:



Electron Micrograph of Dust Mite

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1. ALLERGEN AVOIDANCE:

Eliminating or decreasing your exposure to the substance to which you are allergic. The less of the allergy-causing material you breathe in, the more comfortable you will be, and the less medication you will require.

2. MEDICATION:

Using pharmaceuticals in various forms to block the symptoms of allergy. Although this does not do anything to eliminate the specific allergy causing those symptoms, it is at times a necessary part of treatment, especially in asthma or severe nasal allergy.

3. IMMUNOTHERAPY (ALLERGY INJECTIONS):

Injecting the actual substances to which you are allergic, in order to produce a degree of tolerance to them. The allergist at first injects very minute amounts of the allergens, and then very slowly and gradually increases the dose over time, thereby decreasing your degree of sensitivity.

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