



The allergy season is just around the corner - here is how to survive

According to the Australasian Society of Clinical Immunology and Allergy (ASCI), 1 in 5 people in Australia and New Zealand suffer from hay fever. Hay fever or other allergic reactions can affect people all year round due to a number of allergens including pollen, dust mites, mould, pet fur and grass seeds. Many people find that spring is when it is at its worst, when the air is full of microscopic pollen. Pollen also tends to aggravate asthmatic reactions, which makes this period very hard for people suffering from asthma, COPD and other respiratory diseases. Here are some good tips to help you through this season:

1. Firstly identify the severity and cause of your allergy, then reduce your exposure to it.
2. Build up your immune system by having a healthy diet with a wide range of fruit and vegetables, plenty of water and lots of sleep.
3. Protect airway linings from allergens by keeping them moist. Drink plenty of water and regular steam baths will also help.
4. Spring clean your house. Dust can act as an irritant and make your response to other allergens worse. Also, clean out your air conditioning filters at home and in your car.
5. Check for mould and treat affected areas. Mould thrives in damp and poorly ventilated conditions. This irritant is known to trigger allergies and asthma.
6. Use an air purifier to help you to a good nights sleep. Lightair Ionflow 50 air purifier will reduce the concentration of pollen and other allergens. For best results place the air purifier in you bedroom. One unit effectively removes up to 99.94% of particles in a room (up to 60sqm), including pollen, mould, dust, smoke, pet dander, bacteria, and airborne transmitted virus. Lightair Ionflow 50 air purifier is silent, ozone and filter free, energy efficient and easy to use with a modern clean design.

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