

The allergens

The allergens come into contact with the body primarily through breathing the air. The most common and best known are the pollen of plants and herbs in the air by mid-January to end September. Let's see what are the periods of their appearance in the air. HAZELNUTS: from January to late March. ELM: from mid-February to April. Poplars and SALICE: March to late May. Pellitory from May to September (especially on the coasts to the south of Italy) BETULLA: from April to mid June. OAK, BEECH, PLATINUM, PINO: mid-May to mid August. Plantains, ACETOSA from May to August. Grasses: From mid-May to mid September. Dandelion: from May to June. Nettle from May to September sent. Even if you do not belong to seasonal allergies is important to mention the "allergens at home, of course, present throughout the year but which give the same symptoms of seasonal and are: Products that are on the scaling of the skin of animals in our homes such as dogs, cats, birds, rabbits, guinea pigs. Faecal products of a mite, the dermatofagoide, who lives in dusty and wet environments, especially in the mattresses of wool in carpets and carpet. Allergies: What are the symptoms Nasal symptoms: sneezing repeatedly, watery nasal discharge, stuffy nose, itching. Ocular symptoms: itching, redness, swelling, tearing, discomfort to light. Respiratory symptoms: a sense of lack of air, the source irritative cough, wheezing and shortened. Frequent symptom in all the fatigue el'irritabilità. All the symptoms may occur singly or variously associated in the most serious cases, especially in people who have seasonal allergies for many years may be a complication asthmatic.

About the Author

s

Source: http://air_purification_systems_guide.my-online-store.net/