

GOODBYE GESUNDHEIT!

From sneezing to wheezing, allergies and asthma affect one in four Americans,¹ taking a physical and financial toll. Take steps to control your condition today.

Track Your Triggers

Anything from dust mites to perfume to certain medications can trigger an allergy or asthma attack. Know what triggers you, so you can keep your allergy and asthma in check.

Get Some Sun and Sweat

Sunshine (vitamin D) and regular exercise just might help your asthma.² Consult your doctor.

Ask an Allergist

Consider seeing an **allergist** or **immunologist**. Visit our website to find one in your area.

Log On and Learn

- aaaai.org – American Academy of Allergy, Asthma and Immunology
- aafa.org – Asthma and Allergy Foundation of America

¹ CDC Fast Facts A-Z. Vital Health Statistics, 2003

² articles.mercola.com/sites/articles/archive/2009/04/04/Sure-Fire-Strategies-to-Help-Asthma-Naturally.aspx



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