

14 Easy Allergy-Relieving Tips For You And Your Pets!

There's no doubt about it: allergy symptoms are literally a real pain. Whether it's the itching and scratching, the red and watery eyes or the constant nasal drip, the suffering is constant. One can only feel sorry for the animals with atopic allergies. They're fully dependent on humans to give them something to relieve their distress. The only recourse they have is to scratch and bite at themselves.

With both humans and animals, a secondary problem to the actual allergy symptom is the risk of infection caused by scratching to the point of bleeding. Not only are you then dealing with medications to suppress the allergy symptoms, but you're also taking antibiotics to kill the infection.

That's hard on the organs which try to clear toxins from the body – namely your kidneys and liver. Not to mention that it's a hassle to have to take pills or antihistamines constantly. Even if you're using herbal remedies, you're still always chained to a schedule ... because if you miss a dose, you'll soon be feeling miserable again.

The ideal solution is of course to eliminate the source of your allergy symptoms – or at least reduce the irritants as much as is humanly possible. The following is a list of **14 all-natural, easy-to-follow suggestions** which will help keep the allergens to a minimum and keep *you* feeling better.

1. Create an allergy-free zone - preferably the bedrooms -and strictly prohibit your pet's access to them.
2. Wash your hands after touching your pet and before touching your eyes and face.
3. Vacuum and dust; wipe-down the walls, clean the furniture. Evaluate your home with an eye for where allergens may accumulate. Fabric and soft surfaces like bedding, curtains, and carpeting all harbor allergens: try to remove as many fabric items as possible from the allergy-free zone, if not the house in general. This includes canopy-type drapes, curtains, extra pillows, blankets and throws. Also remove extra clothing: only store items that you actually wear regularly in the bedroom closet. Purchase storage containers for extra clothes and bedding and store these outside your allergy-free zone.
4. Vacuum daily to get rid of pet fur; wear a dust mask when you vacuum, and use a vacuum-cleaner with a high efficiency particulate air hepa filter.
5. Remove carpeting if possible or use small washable rugs. If you want to keep carpeting, treat them with Nano Encapsulation. This may seem costly at first glance, but you may have some other options here. Check to see what is under the carpet now. If it is hardwood, tile or vinyl, you can simply pull up the carpet and discard it. Then clean the floor with "green" cleaning products. Old hardwood can be sanded and sealed. Old vinyl can be painted with a no-VOC's paint, and tile can simply be cleaned. If you discover concrete, it can be painted to look very modern. You can cover plywood with vinyl flooring or tile very affordably.
6. Consider shades, vertical or wooded blinds, or washable curtains.
7. Add some plants to your "zone" or throughout the house. Many plants actually help clean the air!
8. Buy covers for your mattress, box springs and pillows. These are available at local bed-and-bath stores and are relatively inexpensive. They keep dust mites away from you.
9. Take fabrics items outside regularly on sunny, breezy days to air them out.
10. Invest in a high-quality, accurate humidity gauge so you know when to activate tip #12.
11. Run a dehumidifier or air conditioner if the humidity is above 50%, which is a perfect level for bacteria to multiply.
12. Install vent filters to reduce the impurities circulating around your house.

13. Use MERV 11 or 12 Filters to reduce dust coming out of the vents. Filters with higher MERV ratings trap pet dander. Don't forget to change them regularly to maximize their efficiency!
14. Invest in a high-quality air purification system.

That final tip is probably your best defense in creating an allergy-free zone. When choosing a model, be sure to check that it does more than simply run the air through a simple filter. A model that will truly reduce the micro-particles floating around your home will use **a germicidal emitter** to kill mold, bacteria and viruses, **a carbon filter**, a **high-efficiency particulate filter** to capture dust, pet dander and pollen, and a **variable-speed fan** that moves the air up to at least **225CFM** or more.

Here are some extra allergen-reducing tips:

- Wash sheets, pillowcases, blankets and mattress pads (if used) in hot water every 2 weeks!
- Remove dust-catching clutter and keep clothes in the closet with the door closed.
- Keep windows closed during pollen and rag weed season.

While you may not be able to beat your allergy symptoms completely, you can reduce the amount you suffer from them by limiting your exposure to the triggers. Even those with seasonal allergies will find great relief coming home to an allergy-free zone.

For people with pets, creating such a zone offers you a workable alternative to giving up your beloved furry friend. And for pets experiencing allergies, reducing the number of irritants in the house will help them immensely.

It **is** possible to have allergies and still find relief and comfort (aside from taking medication) if you take proactive steps to make some changes in your environment.

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