



February 2012 Edition

Valentine's Day Allergies

This month, love is not the only thing in the air. From chocolates and flowers, to scented oils and stuffed toy animals, popular Valentine's gifts can be quite treacherous to those with allergies and sensitivities. This Valentine's Day, make sure that little tingle is a love reaction, not an allergic one.

Candy

Chocolate itself is a rare allergen, but few people want to eat raw cacao beans. Allergies to dairy, tree nuts, peanuts, wheat, corn, or fruits, however, are all potential roadblocks to giving your sweetheart traditional Valentine's Day candies.

Avoid: Buying assortments that include a mixture of safe and unsafe fillings. Even if they include a legend and ingredients, it's too easy to make a mistake.

Tip: Buying candy from a manufacturer that specializes in making allergy-safe products, such as nut-free and gluten-free chocolates.



Flowers

Although most floral pollen particles are too large in size to be able to become airborne and truly infiltrate the respiratory system, strong odours from the blooms can result in worsening nasal

allergy symptoms in people with allergic rhinitis.

Avoid: If creating a flower arrangement, be careful not to include almond, cherry, orange, or any other kind of tree blossom. Avoid heavily fragrant flowers.

Tip: One of the best kinds of flowers for allergy sufferers are orchids.

Toys



Stuffed animals are adorable, but are soon crawling with numerous dust mites and their droppings, which can trigger and aggravate allergy and asthma symptoms. Some toys have dyes, metal and resin parts that can result in a reaction upon contact.

Avoid: Old toys or items that have been sitting on a shelf or in a warehouse for a long time.

Tip: Choose stuffed animals that are washable. Use **Allergy Canada Acaryl Laundry Additive** to eliminate these microscopic pests.

Candles

Massage oils and candles may set the perfect mood for romance, but can contain



harsh fragrances and perfumes. Even natural essential oils may provoke severe allergic reactions.

Avoid: Oils derived from certain trees, nuts, citrus peel and spices, and artificially fragrancd oils

Tip: Check base ingredients, for more neutral carrier oils such as olive, jojoba and grapeseed.

Winter Special

Take 10% off
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*Offer valid until February 29, 2012 for phone or online orders.
Can not be combined with any other promotion.

Allergy Canada has an extensive line of skin-care, clothing apparel and dust mite proof bed encasings recommended by top allergists and dermatologists across Canada. For more information on allergies and allergy-related products, please visit us at www.allergycanada.com