



FALL ALLERGIES: 10 TAKEAWAYS

Why am I sneezing again?

- 1. Fall allergies can involve different triggers than spring allergies.** Spring allergies are often associated with trees and grasses, while fall commonly brings ragweed and other weeds to the forefront. Symptoms can look very similar even when the triggers change.
- 2. Ragweed is a major fall allergy trigger.** The transcript notes that ragweed typically begins releasing pollen in August, with levels often peaking in early to mid-September and continuing into November.
- 3. Don't overlook mold in the fall.** Moisture, humidity and decaying vegetation can create conditions for mold. Mold spores can be found outdoors and indoors and may cause allergy-like symptoms.
- 4. Allergies are an immune response—not an infection.** For someone with an allergy, the immune system reacts to a normally harmless substance and releases histamine and other mediators, producing symptoms such as sneezing, congestion and itchy or watery eyes.
- 5. Itching can help distinguish allergies from a cold.** The transcript notes that itchy eyes and nose are more characteristic of allergies, while fever and body aches are more suggestive of an infection. Persistent, severe or unusual symptoms warrant professional guidance.
- 6. Weather and environmental conditions can change symptoms from day to day.** Warm, windy conditions can move pollen; moisture and humidity can encourage mold growth; and pollen levels can rise again after rain.
- 7. Reduce what you bring indoors.** Pollen can hitch a ride on clothes, hair, shoes and pets. Changing clothes after significant outdoor exposure and showering before bed can help reduce what comes inside.
- 8. Be strategic about exposure instead of trying to avoid everything.** Check pollen and mold forecasts, close windows when levels are high, and take precautions during yard work—especially around damp leaves and mold.
- 9. Know when to get professional help.** An allergist can help identify specific triggers and develop an individualized treatment plan. Wheezing, shortness of breath or chest tightness should not simply be assumed to be seasonal allergies.
- 10. Remember the FALL formula.** F = Find your triggers. A = Avoid unnecessary exposure. L = Limit what you bring indoors. L = Listen to your body when symptoms affect sleep, energy, exercise or quality of life.

— Practical reminder —

When you understand what you're dealing with, you can make some simple changes to reduce your exposure and enjoy more of the fall season.



Ferna Majewicz, Shaklee Wellness Advisor

Website: <https://meetfern:majewicz.com>

YouTube: <https://www.youtube.com/@fern:majewiczdecadesofhealth>

*The statements made about these products have not been evaluated by the U.S. Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.*