



SPRING ALLERGIES • 9 KEY TAKEAWAYS

Simple ways to understand symptoms and support seasonal wellness

1. Allergies are an immune-system response.

Spring allergies occur when the immune system overreacts to substances such as pollen. Trees, grasses and weeds release pollen into the air, and the body can mistake those particles for harmful invaders.

2. Spring symptoms can look different from person to person.

Common symptoms discussed include sneezing, runny or watery nose, congestion, cough, sore throat and watery or itchy eyes. Fatigue, brain fog, joint aches, rashes, hives and mood changes may also occur.

3. Know the difference between a cold and allergies.

A cold typically runs its course over several days, while allergy symptoms can continue as long as the triggering exposure remains. Paying attention to symptoms such as fever and body aches can help you recognize patterns, but talk with a healthcare professional when you are unsure.

4. Reduce your exposure to pollen.

Check daily pollen counts, keep windows closed when pollen is high, change clothes after spending time outdoors, and use a high-quality air filter to help reduce pollen in your environment.

5. Support your immune system with the basics.

The presentation emphasizes hydration, nutrient-rich foods and reducing inflammation as ways to support the body's ability to respond effectively.

6. Poor diet, chronic stress and lack of sleep can work against you.

A diet high in processed foods and sugar may provide fewer nutrients. Chronic stress can affect immune response, and inadequate sleep can reduce the body's ability to fight infections. The presentation recommends a consistent bedtime routine and 7–9 hours of sleep.

7. Your gut is part of your immune-health story.

The presentation highlights probiotics as supporting digestive and immune health and connects overall wellness with caring for the gut.

8. Think about your environment, too.

Allergen and irritant exposure isn't limited to pollen. The presentation also points to air pollution and household chemicals as everyday environmental exposures worth considering, along with using cleaner household products.

9. A whole-person approach matters.

Hydration, nutrition, sleep, stress management, environmental awareness and appropriate immune-support strategies can all be part of managing seasonal wellness. The goal is to support your body—not to promise a cure for allergies.

REMEMBER: Seasonal allergies can be frustrating, but small daily habits can help you reduce exposure and support overall wellness.



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