

## Spring Means Sunshine, Picnics... and Allergies

The weather is finally getting nicer in the Midwest. Are your seasonal allergies stopping you from enjoying it? The first step to better controlling your seasonal allergy symptoms is figuring out what causes them in the first place.

### What causes spring allergies?

Pollen is the main spring allergy trigger. Pollen consists of small particles that are released into the air by weeds, grasses and trees. Pollen can travel in the air for many miles. It gets into our noses as we breathe, but most of us will not notice it. However, if you are allergic, seasonal allergy symptoms can kick in and wreak havoc on your sinuses.

### How does the body react?

When you breathe in pollen and you're allergic to it, your body will try to fight it off like a germ or virus. Your immune system releases histamine into the body as a part of the defense process. Histamine is what causes your unpleasant allergy symptoms.

Common spring allergies include:

- Itchy, watery eyes
- Dark circles under your eyes
- Runny, itchy nose
- Sneezing
- Coughing

### How do you deal with allergies?

There are many products available to help you cope with seasonal allergy symptoms. You can buy over-the-counter remedies in a wide variety of strengths at your local CarePro Pharmacy. If you want to avoid grogginess or drowsiness, our pharmacists recommend [Natural D-HIST](#), an all-natural seasonal allergy remedy that stops allergy symptoms before they start.

Feel free to call or stop by your local [CarePro Pharmacy](#) for more information about seasonal allergy symptoms and how you can get back to enjoying the outdoors.