Don’t Let Spring Allergies Bring You Down

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffling and sneezing. What’s more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

Spring Allergy Alleviation Tips

To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Wear an inexpensive painter’s mask and gloves when cleaning, vacuuming or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

Treating Allergies

Treatment for most allergies is available both over-the-counter and by prescription. Talk to your doctor to find out what treatment method is right for you. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.
**Veggie Chow Mein**

6 ounces rice noodles
4 tsp. oil
1 onion (medium, finely chopped)
2 garlic cloves (finely chopped)
1 cup carrot (grated)
2 tsp. chicken bouillon
1 tsp. hot pepper sauce
1 cup broccoli (cut into small pieces)
1 cup celery (chopped)
1 cup bell pepper (finely chopped)
4 tsp. soy sauce

**Preparations**

1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in a skillet for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon and pepper sauce. Stir.
4. Add broccoli, celery and bell pepper and continue to stir.
5. Reduce heat to low, and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Makes: 6 servings

**Nutritional Information (per serving)**

- Total Calories: 163
- Total Fat: 4 g
- Protein: 2 g
- Carbohydrates: 30 g
- Dietary Fiber: 3 g
- Saturated Fat: 1 g
- Sodium: 399 mg
- Total Sugars: 3 g

Source: USDA