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## **Allergies May Run In Families**

**By Charles Anderson**

Allergies are not a laughing matter for anyone. They can make you feel terrible and weak. Scientists have determined that allergies might be genetic. It is not yet proven, but studies are being done to find support for this theory. Scientists believe that a child may inherit asthma or allergies in their genes.

A thorough examination of the symptoms is needed in order to determine the difference between allergies and asthma attacks. If your problems are asthma-related, you will have difficulty breathing at times and your chest seems to tighten. If you have allergies, you may present with the similar symptoms to asthma, but, additionally, you might develop rashes and have sinus problems. Hay fever is also typically caused by allergy attacks.

If both you and your significant other have asthma, you might want to watch closely your children's symptoms and behavior as they grow up. Asthma develops as early as the toddler stage. You will want to be aware of how they play as well as how easily they seem winded. Typically, a young child should not get winded very quickly (as compared to other similarly-aged children), though they commonly do much faster than older child or teen.

As for allergies, you might have to simply wait to see if your child develops allergies as well. However, if either you or your significant other has any type of food allergy, you may want to have the child tested prior to introducing them to such foods. You should pay careful attention to make sure that they do not display any signs of an allergy upon introduction to new foods. Generally, if milk allergies are present, babies will show indications of lactose intolerance during the first year. It may then be necessary to feed them a soy-based formula.

You may want to speak to your doctor about any concerns that you may have pertaining to your family and allergies. Your doctor should be able to address your concerns, inform you about alternatives and give you testing information. You may also want to ask your pediatrician to look for any signs of asthma while they are having their check-ups. They will also suggest signs that you should look for that might indicate asthma in your child. If you are a parent, it is important to keep yourself informed about both allergies and asthma.

Charles Anderson writes for several web sites, including <http://getyd.com> and <http://lotib.com>

## Air Purifiers For Allergies Can Help Reduce The Allergic Reaction

By Ann Marier

Air purifiers for allergies are great solutions to some of the serious problems. These purifiers are not going to solve all allergy problems, but the air purifiers will solve some difficult problems. Some allergies are provoked by injections or topical applications of certain substances, and air purifiers for allergies are not going to solve these problems.

There are other allergy problems that are caused because the allergens are present in the air, and air purifiers for allergies can solve these problems satisfactorily. There are certain allergies that cause people serious problems in their homes and with their families. Air purifiers can make a big difference to these people.

Some people have pet allergies, and they also have pets that are dear to them or their family members. Often the pet allergies are caused because the dander from the pets fills the air. These people get the allergic reactions when the pets are in the home. These people do not want to get rid of their dear pets. An air purifier for allergies can clean the air in the home. This should eliminate the problem of the allergic reactions of some family member. An air purifier for allergies will allow the person with allergies to live in comfort while the pet is in the home.

### Air Purifiers For Allergies Allow For A More Comfortable Life

Although pets can be problems to people with allergies, there are other allergens that move through the air to cause people discomfort. Often pollen in the air triggers an allergic reaction. People with allergies will feel awful because of this pollen. At times during the year, there will be little pollen in the air to trigger allergic symptoms. At other times, the pollen will make these people miserable. Air purifiers for allergies will make a significant difference for these people. They will keep the atmosphere in a home free from these allergens.

These air purifiers are relatively inexpensive and readily available to help people with allergies. These air purifiers are specifically designed to help people with allergies and will clear the air of all pollutants. The air purifiers have special filters that are made to rid the air of allergens. These machines have been improved so they work quietly in the home.

Ann Marier writes informative articles about family life and general health issues, Her latest are about losing weight . Click on <http://foodallergies.ultimatehealthinfo.com> to read her articles on allergies. Click on <http://www.ultimatehealthinfo.com> for other articles on general health issues

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