

## Welcome to the Allergies Guide!

If you or someone you know suffers from allergies, sensitivities or intolerances, the information and resources available on this site should help you reduce your exposure to allergy triggers and treat your symptoms.

For those with allergies, it seems the entire world is filled with obstacles -- indoors, outdoors, at home and at work. But with a little planning and effort, you can reduce your risk of an allergic reaction with the allergy prevention information on this site.

At AllergiesGuide.com you will also find information about:

- Allergy Symptoms
- Seasonal Allergies
- Children and Allergies
- Asthma
- Indoor Allergens
- Outdoor Allergens
- Skin Allergies
- Food Allergies

You will also find up-to-date information about:

- Allergy Treatment Options
- Allergy-Reducing Products

And there's more:

- Frequently Asked Questions
- Allergy News and Headlines

- Other Internet Resources

- Allergy Guide Newsletter