

20 Ways To Reduce Allergies

USE UNSCENTED SOAP

Remove toxic cleaners

Avoid fragrant plants and flowers

Change sheets every two weeks

Use non-toxic nail polish

Take showers at night

Replace carpet with hard flooring

Dust a couple times a week

Don't sleep with animals

DON'T USE PERFUME OR HAIRSPRAY

Install air conditioning and close windows during pollen season

Wash Stuffed Animals In Hot Water

Wear sunglasses during pollen season

At dog groomer, ask for unscented shampoo

USE UNSCENTED DRYER SHEETS

Clean mirrors with vinegar

Remove clutter, clutter attracts dust

Ditch the books, switch to eBooks

Clean washer with white vinegar

Don't store anything under the bed