

THE instant we start to have a runny nose, blocked nose or sneeze in the evenings or early mornings, we promptly determine that we are allergic to dust mites or the air condition in our environment. Some of us don't know for sure if we are indeed suffering from allergy or the common cold. So when one starts to sneeze, he immediately reaches for his antihistamine, thinking it is an allergy.

The symptoms of an allergy may be akin to that of the common cold, for they both display a runny nose, blocked nose and sneezing. The difference between allergy and common cold is the cause. The former is due to an allergen such as dust mites, whereas the cold is brought about by a weakened immune system.

A blocked nose can affect your sleep in the night and mar your productivity in the day. Nobody enjoys going through mornings where you're dragging your feet along because of the sniffles and a head that's seemingly become twice its normal size. The continuing ailment impacts heavily upon your quality of life, and when it comes to finding the remedy for it, you're completely at sea. Now you can find out once and for all if your sleep-depriving symptoms stem from an allergy or the common cold.

German doctors have found this cold medication relief from a unique formulation that has already been in use for more than 50 years, and was recently introduced in Malaysia. While this new product is very effective and fast acting on a common cold, it has no effect on an allergy.

The two main ingredients of this herbal combination are *Thuja Occidentalis* and *Baptista*, both of which are said to greatly help the suffer-

er to overcome the common cold.

Unlike other forms of formulations that encourage the user to consume on a frequent basis during an illness and even long after recovery, this natural prescription only needs the user to take as and when needed.

If you are suffering from allergy, the following points will help reduce dust mite allergies and in turn provide an improved quality of life:

- Use allergen protectors such as zippered dust-proof covers for your pillows and mattresses.

- Wash all bedding often (pillow cases, mattress cover, sheets and blankets) in hot water that is at least 130°F.

- Take down any wall hangings made of fabric because they can easily gather dust mites, mold and mildew.

- Ensure that children's toys are fully machine washable, and launder them regularly

- Use plastic blinds that can be easily cleaned, instead of drapes or curtains.

- Use throw rugs instead of whole carpets and launder them regularly. Another alternative would be to change your flooring to tile or wooden floors.

- Wash the casing of upholstered furniture and pad covers often, because they harbour allergens.

- Purify the air in your home with a HEPA vacuum once or twice a week and toss vacuum bags regularly to ensure that dust mites cannot get out.