

How to Avoid the 5 Surprising Allergy, Asthma Triggers that Can Spoil Summer

1 SUNSCREEN

While sunscreen is extremely important to protect your skin from the damaging rays of the sun, certain types may cause an allergic reaction. If you get an eczema-type rash after slathering up, ***you may be having a photoallergic reaction to ingredients like Oxybenzone or Vitamin A*** (Retinyl Palmitate) that are common in many big-brand sunscreens. Look for lotions that are mineral based and include Zinc Oxide and Titanium Dioxide.



SUMMER FRUITS & VEGGIES

2

People with grass allergies can suffer from this condition due to similar proteins in certain summer fruits and vegetables (stone-fruits, melon, tomato, celery or oranges) – ***causing the immune system to have a similar reaction that would occur when coming in contact with an allergy-causing pollen.***



3 CHANGES IN THE WEATHER

Be it stifling humidity or a refreshing cool breeze, ***sudden changes in the weather can trigger an asthma attack.*** High heat and humidity - especially in urban areas where the production of ozone is already increased - tends to trap pollutant and other particles resulting in poor air quality.



CAMPFIRE SMOKE

4

Smoke is a common asthma trigger, ***especially when combined with the pollen in the wood being burned,*** such as mesquite.



5 STINGING INSECTS

Even if you've only had a minor reaction to any kind of stinging insect bite before (bees, wasps, hornets and fire ants), ***over time you can develop life-threatening allergic reactions to bites and stings*** (and they hurt too!).

