

5 TIPS TO MANAGE OAK ALLERGIES

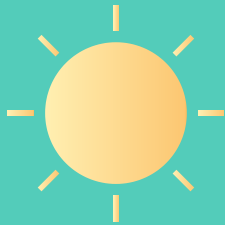


TAKE YOUR ALLERGY MEDICATION BEFORE THE DAY STARTS

- Medicine like antihistamines are quick forms of relief
- Take before you experience symptoms to get a head start

CHANGE CLOTHES AND WASH YOUR FACE AFTER BEING OUTSIDE

- Pollen sticks to clothes and skin
- By not washing or changing clothes, you're dragging pollen into your home



AVOID OUTDOOR EXERCISE IN THE MORNING

- Pollen is highest in the morning
- Save outside activities for the late afternoon and evening

KEEP WINDOWS CLOSED

- One of the best ways to reduce allergies is by reducing exposure to allergens



VISIT AN ALLERGY CLINIC AND TREAT ALLERGIES AT THE SOURCE

- Stop wasting hundreds of dollars masking your symptoms
- Immunotherapy will build up a true resistance to your allergies
- ExACT ImmunoplastySM gets you years of allergy relief in just 8 weeks