

Pollen Seasons

The pollinating season of plants does not vary greatly from year to year. However, the pollinating season starts later in the spring the farther north you travel. The exact timing for the allergy season depends on where you live, the type of plant, and weather conditions. Below is a general breakdown of peak pollen seasons for the United States.

Trees Grasses Weeds

Month	Trees	Grasses	Weeds
January			
February	✓		
March	✓		
April	✓		
May	✓	✓	
June		✓	
July		✓	✓
August			✓
September			✓
October			✓
November			
December			

Healthy Tips to Avoid Pollen

- Minimize early morning activity
- Keep windows closed - use air conditioning
- Take shoes off before entering house
- Keep house plants to a minimum
- Do not hang bedding or clothes out to dry
- Remove contact lenses
- Maintain indoor humidity below 45%
- Avoid parking cars under trees
- Shower and shampoo at night
- Avoid rubbing eyes and touching your nose
- Avoid smoking and alcohol
- Stay indoors on humid and windy days
- Wash hands after gardening or handling animals

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Something is in the Air

Allergy Season Symptoms

Sneezing

**Runny
or Clogged
Nose**

**Watering
and Puffy eyes**

Fatigue

Mouth Breathing

**Itching
Eyes, Nose and
Throat**

Headaches

**Dark Circles Under
the Eyes**

**Asthma
(Wheezing and
Coughing)**

Muscle Cramps

Each spring, summer, and fall, plants release pollen -

tiny, powdery granules necessary for plant fertilization. These pollen granules, which are transported by wind, enter human noses and throats, triggering seasonal allergic reactions for millions of people.

The most common pollen producers

are plain-looking plants - trees, grasses, and weeds. Most people have very little contact with the large, heavy, waxy pollen grains of many flowering plants because this type of pollen is carried by insects, not by wind.

When you breathe in pollen,

your immune system, which serves as the body's defense mechanism against foreign substances, treats the allergen as an invader and generates large

amounts of antibodies (also called immunoglobulins) to it. These antibodies are generated by mast cells located in your nose, eyes, throat, and lungs. An allergic reaction starts when allergen molecules come into contact with these mast cell antibodies. The cells then release inflammatory chemicals, such as histamine, that cause many of the symptoms associated with seasonal allergies.

