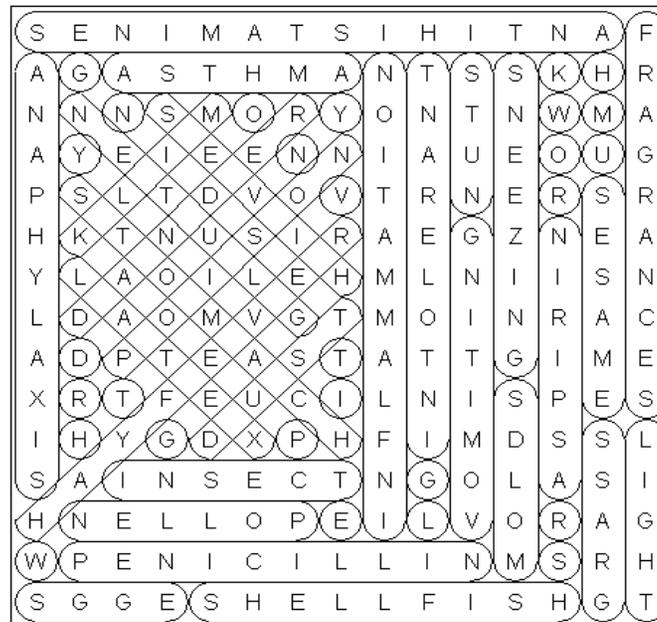


ALLERGIES!

Household ___ mites frequently cause irritation
 ___ can be poached, scrambled, fried or avoided altogether
 People who are lactose intolerant shouldn't drink ___ or eat cheese
 Some foods are labeled "May contain ___" as an allergy warning
 Freshly mowed ___ can cause many allergy symptoms
 ___ are a usually harmless rash caused by an allergic reaction
 Some people cannot wear or use ___ gloves
 Some medicines cause photosensitivity, or a reaction to ___
 Different ___, whether black or green, can trigger asthma problems
 People with ___ are more susceptible to allergy problems
 Dog, cat and other animal ___ can irritate your sinuses
 People who can't eat wheat products are considered ___ intolerant
 ___ bites or stings can be very dangerous for some people
 ___ ivy, oak and sumac cause a blistering rash on contact with skin
 Tree ___ can cause many people sneezing fits
 ___ seed allergies are increasing, so watch those hamburger buns
 NSAID and ___ allergies are more common in people with asthma
 ___ ache, cramping and diarrhea are common signs of food intolerance
 General term for springtime allergies to trees, grass and pollens
 ___, runny nose, itchy and watery eyes are common allergy symptoms
 ___ is a way for the body to remove toxins quickly from the stomach
 ___ include crabs, clams, lobster and shrimp
 Some ___ used in candles, perfume and aromatherapy irritate sinuses
 Only 2-6% of people have true food allergies, others are ___
 This antibiotic can cause some people serious problems
 ___ is a severe response to an allergen that can lead to death
 ___ of the bronchial tubes is dangerous for asthma sufferers
 ___ are considered allergy blockers and are in many allergy medicines

DUST
 EGGS
 MILK
 NUTS
 GRASS
 HIVES
 LATEX
 LIGHT
 MOLDS
 ASTHMA
 DANDER
 GLUTEN
 INSECT
 POISON
 POLLEN
 SESAME
 ASPIRIN
 STOMACH
 HAYFEVER
 SNEEZING
 VOMITING
 SHELLFISH
 FRAGRANCES
 INTOLERANT
 PENICILLIN
 ANAPHYLAXIS
 INFLAMMATION
 ANTIHISTAMINES



Enter unused letters from puzzle, in order:

G K H N O Y W M Y N

O U V R D T R T I

H G P G E L R W S

Copy boxed letters to form your hidden message:

KNOWYOURTRIGGERS