

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
 People can be allergic to _____ - a pain-relieving medicine.
 ___ 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



Enter unused letters from puzzle, in order:

___ _ _ _ _

___ _ _ _ _

___ _ _ _ _

Copy boxed letters to form your hidden message:

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