

## Spring Fever or Allergies?



Last week's warm weather is making me want to plant a garden, eat more salads and put away the winter parka. I even saw someone in flip flops on the subway! (Apparently some people have been hit with spring fever worse than others.)

It's such a great feeling when the promise of warmer weather arises; seeing tufts of green grass and buds on tree branches. Unfortunately for some people this also means the annoyance of itching eyes, nose and mouth, runny nose, sneezing and coughing.

My husband is a classic case and sure enough, if I don't remind him of how he needs to support his body during this time of year, he's sneezing up a storm by the end of April. As I was "nagging" him about this the other day, I realized that maybe some friendly nagging from your naturopath could save you a miserable spring and summer too.

So if you're dreading that first grass cutting or know you'll be listening to your cubicle mate breathing through their mouth for the next two months, our [ALLERGY RELIEF](#) program can help you (or them) breathe normally again.

Spring really IS a great time to be able to smell.

To book an appointment or find out more about the program call the clinic at 416.733.2539 .