



Health Matters

by
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With springtime pollen counts at typically high levels, many of us are looking for relief from symptoms of seasonal allergies, such as sniffles, sneezing, congestion, sinus pressure and itchy, watery eyes. Even bronchial asthma can be triggered by such allergies.

Antihistamine-type drugs can provide symptomatic relief, but commonly cause side effects such as nervousness, fatigue, headache and/or drowsiness. An all-natural product called **Breathe Free** offers effective support for sinus, bronchial and eye health against common reactions to pollen, pollution, dust, mold and other allergens.

Breathe Free is a synergistic blend of fourteen traditional herbal ingredients used for centuries in Chinese Medicine to treat allergic reactions. Found to provide relief in as little as 20-30 minutes without the usual side effects, **Breathe Free** can help you enjoy more of your time outdoors "allergy-free" this spring.

As always, we guarantee your satisfaction.

Locally owned for 35 years

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