

allergy

November/December 2004 £3.25

WIN!
**A TRIP
TO THE
DEAD SEA**

CELEB DIETS

Can they really help your allergies?
One reader finds out

10 ways to beat your wheat allergy

ASTHMA AND YOU

- ✓ What works
- ✓ What's new
- ✓ Where to find help

The Christmas issue

- Boxing Day recipes to tempt you back to the table
- Warming soups with Michael van Straten
- After-school treats so easy your kids can make them!

in association with



EXCLUSIVE Georgio Locatelli prepares his favourite festive feast

Could your allergies be causing your candida?

PROBLEM SPOT

Alison Besaies, from Allergy matters solves your seasonal worries

Problem: 'My daughter is allergic to dust and I'm worried about staying at my mother's house this Christmas.'

Solution: Pack some dust-proof sheets, and a bottle of Aller-Rx denaturing spray.

Problem: 'My friends have invited us to stay for Christmas. They have a cat and a dog and my child is allergic to dander!'

Solution: Ask your friends to wash the dog with an allergen-neutralising shampoo before your arrival. Don't forget to pack your Aller-Rx spray to neutralise the animal's bedding.

Problem: Christmas trees make my rhinitis worse. How can I enjoy a festive Christmas without living like Scrooge?

Solution: Before bringing a freshly-cut Christmas tree into your house, spray it well with water and let it dry.



SAD sufferer

Lighten up the dark winter months with a Golle P1 light box/dawn simulator from Apollo – the world leaders in Light therapy. It's the smallest, most portable and stylish light therapy unit available.

Available in 6 models, from £59.95 to £199.95.



The City Dweller

Poor air quality in the city means not being able to open your windows and let that 'fresh' air in! Blueair air purifiers bring the feeling of spring into your home. They have been independently rated as the most effective and efficient air cleaners available. From £260 to £550. Also available with smokestop filters – especially good when your smoker relatives come for Christmas.



The bed bug

There's no good smuggling into your cosy bed if it's full of allergens. Encase your mattress and pillow in a dust mite allergen-proof cover, in pure,

unbleached cotton, for a true, allergy-free night time. From £13.99 for a pillow cover, £68 for a single mattress cover.

For you!

What better time to give and receive jewellery! Not much fun if you are allergic to nickel though. Select the perfect gift

in pure titanium or jewellers grade nickel free stainless steel, combined with diamonds, fuchsia sapphires, enamel, rubber or gold, for a unique and itch free look.

To order, visit www.allergymatters.com

