WEED ALLERGY

If you suspect you have hay fever or allergy to weed pollens but aren’t sure which weeds are the big offenders, you’ll see the most common below. The good news is that you can teach your body to tolerate pollens so symptoms are a thing of the past. Learn more about it at Allergychoices.com

ENGLISH PLANTAIN  KOCHIA  SAGEBRUSH  LAMBS QUARTERS

PIGWEED  COCKLEBUR  RAGWEED  DOCK/SORREL

RUSSIAN THISTLE  MUGWORT  MARSH ELDER

Find pollen counts for weeds, trees and grasses in your area at: http://www.aaaai.org/global/nab-pollen-counts

Treat the cause of your allergies. For more information visit allergychoices.com