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“Did you know that the following list of symptoms can be caused by allergies?”

Vision:

Blurring
Acuity Decreased
Spots – Flashes
Darker – Vision Loss
Photophobia – Brighter
Diplopia – Double Vision
Dyslexia – Difficulty reading-transposition of similar letter, letters or words becoming small or large words moving around.

Lungs, Heart:

Coughing
Sneezing
Reduced Air Flow
Retracting – SOB
Heavy – Tight
Not Enough Air
Hyperventilation – Rapid Breathing
Chest Pain
Tachycardia – Rapid Pulse
Palpitations – Rapid, violent or throbbing pulses

G-U:

Voided – Mild Urge
Frequency
Urgency – Pressure
Painful or Difficult urination
Genital Itch
Vaginal Discharge
Yeast infections

Throat, Mouth:

Itching
Sore – Tight – Swollen
Dysphagia, Difficulty in swallowing
Choking
Weak Voice – Hoarse
Salivation – Mucous
Bad Metallic Taste

Nasal:

Sneezing – Urge to
Itching – Rubbing
Obstruction
Discharge
Post – Nasal Drip
Sinus Discomfort
Stuffy Feeling

Eyes:

Itch – Burn – Pain
Lacrimation – Tearing
Allergic Shiners
Feel Heavy

Ears:

Itching
Full – Blocked
Erythema of Pinna (reddening)
Tinnitus – Ringing in Ears
Ear Ache
Hearing Loss
Hyperacusis – Abnormal
Sensitivity to Sound

Joints:

Ache – Pain
Stiff
Swelling
Erythema – Warmth - Redness

Skin:

Itching Local, General
Scratching
Moist – Sweating
Flushing – Hives
Pallor – White or Ghostly

Head Pain: Cerebral

Headache, Mild-Moderate: Migraine
Ache-Pressure; Tight-Explode
Throbbing-Stabbing
Fainting
Depression
Mood Swings
Hallucinations
Hyperactivity
Irritability
Fatigue
Apathy
Confusion
Lethargy
Blackouts
Insomnia
Somnolence

G-I, Abdomen:

Nausea
Belching
Full – Bloating
Vomiting
Pressure – Pain – Cramps
Flatus – Rumbling
BM – Diarrhea
Gall Bladder Symptoms
Hunger – Thirst
Hyperacidity

Muscles:

Tight – Stiff
Ache – Sore – Pain
Neck – Trapezius
Upper, Lower Back
Upper, Lower
Extremities