



# Health Matters

by  
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It's that time again that 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.

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

**Breathe Free**, a synergistic blend of fourteen herbal ingredients traditionally used for centuries in Chinese Medicine to treat allergic reactions, has been found to provide relief without the usual side effects in as little as 20-30 minutes. Enjoy more of your time outdoors this spring allergy-free with **Breathe Free**.

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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