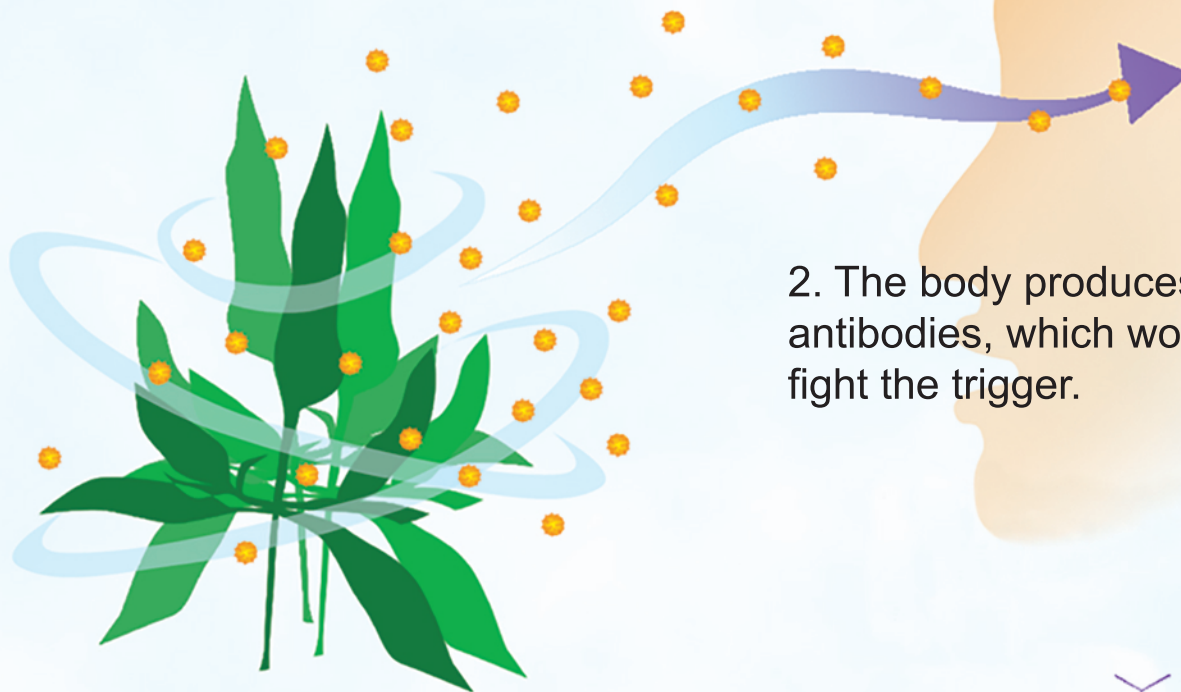
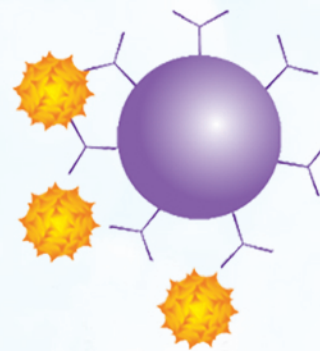


# How allergies make us sneeze and wheeze

1. Pollen, dust or animal skin flakes enter the eyes, nose or lungs. When these allergic “triggers” enter the bodies of people who have allergies, their immune systems overreact.



2. The body produces antibodies, which work to fight the trigger.



3. The antibodies attach to allergy cells, which release strong chemicals into the tissues when they contact allergic triggers. The major chemical, called histamine, irritates the body, causing itching, swelling and tearing.