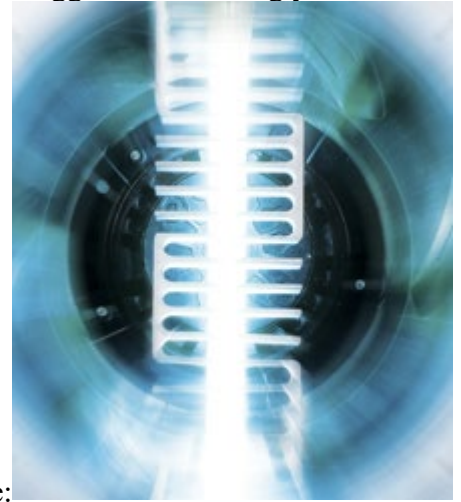


# Room Air Purifiers For Allergies

## Clean Air Relief for Allergy Sufferers

Forty to fifty million people in this country suffer from some type of allergy. Allergy sufferers are miserable all year long, even in the colder months when they spend most of their time indoors. The Environmental Protection Agency claims that some of the worst allergy triggers are present inside your home all year long.

Many people spend their lives constantly searching for a way to find relief from their allergy symptoms. The way to get relief from your allergies is to reduce symptoms by learning about triggers and limiting your



exposure to them. Some of the most common indoor allergy triggers include:

- Mold
- Pollen
- Cigarette smoke
- Dust mites
- Cockroaches
- Pets

Allergies do more than irritate; they may also have a negative impact on your everyday life. Dealing with even the mildest case of allergies can cause a decrease in productivity at work and generally make it difficult to get through the day.

Some people turn to antihistamines and allergy shots in search of a little relief. Although such treatments may help to a certain degree, you do have other options to reduce the effects of allergens in your home. Many experts recommend air purifiers to help take control of allergy suffering and find relief to a higher degree.

## Dealing with Dust Mites

According to the American Academy of Allergy, Asthma and Immunology, or AAAAI, dust mites are the most common trigger for allergy sufferers. They are microscopic organisms that thrive by feeding on human skin cells. Allergic reactions are often triggered by the feces that they produce.

Dust mites live well in environments with humidity levels over forty percent and average temperatures higher than seventy degrees Fahrenheit. They are most commonly found in pillows, bedding, mattresses and soft furnishings where they have easy access to their food source of dead skin cells. However, dust mites can live just about anywhere in your home. Dust mites do not actually bite people. However, they do wreak havoc on the respiratory system.

In order to keep dust mites at bay, allergists recommend air purifiers as well as the following precautions:

- Washing linens in water hotter than 130°F on a weekly basis
- Using allergen-proof bedding
- Using a vacuum cleaner with HEPA technology
- Freezing your children's stuffed animals for three to five hours each week
- Choosing only children's toys that are washable

### **Putting Up With Pets**

Allergic reactions to pets vary from one person to the next. Some breeds of cats and dogs are less likely to trigger allergy symptoms than others are. Therefore, prior to bringing a pet into your home, you should spend least thirty minutes with it to determine if you or any member of your family is allergic.

Be sure to research air purifiers for allergies reviews to find one that will protect your family from pet dander. Once you begin reading allergy air purifier reviews, you will discover that air purifiers that feature a HEPA filter, such as the [Airgle Room Air Purifier AG500](#) or the [Airgle Clean Room Air Purifier AG800](#) are excellent at keeping dander out of the air that your family breathes.

### **Put Pollen in Its Place**

Although pollen is an outside element, it does find its way indoors more often than you may realize. Pollen rides in on the fur of your pets as well as on the shoes and clothing of your family.

Changing your clothes and removing your shoes when you come indoors, as well as keeping the windows closed will help keep pollen levels to a minimum. However, allergists recommend air purifiers with HEPA filters to remove the airborne particles in your home. Research allergy air purifier reviews, paying close attention to the Clean Air Delivery Rate, or CADR for pollen.

- The [AG800](#) and the AG850 feature a >450 CADR for pollen
- The [AG900](#) features a 379 CADR for pollen
- The AG950 features a 320 CADR for pollen

As you search through air purifiers for allergies reviews, you will discover that Airgle systems are also the best for dealing with cockroaches, mold and cigarette smoke. Air purifiers are the best way to keep indoor air clean and breathable, while keeping allergic reactions and other respiratory issues to a minimum.