



## **Oz Health Shop Announces Series Of Articles On Combating Allergy Symptoms Naturally**

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Oz Health Shop, a supplier of organic herbs in Atlanta, GA, has released a series of articles on how to combat allergy symptoms without having to turn to over-the-counter medication. Allergy season has once again started, which means people are turning to various drugs that can be bought over the counter in drug stores in order to alleviate symptoms. However, most of these products are synthetic and can cause a variety of negative side effects.

"When people buy over the counter allergy medication, they may reduce their allergy symptoms, but they are also creating various other problems," says Kevin Miller from Oz Health Shop. "Over the counter drugs can cause dry sinuses, drowsiness, high blood pressure and insomnia. Plus, they mean putting all sorts of synthetic agents into the body, which isn't always a good thing."

Oz Health Shop aims to provide people with advice, information and guidance on natural and herbal remedies that can provide allergy symptom relief. The remedies they offer can be used not just during allergy and hay fever season either. Indeed, they work for general colds, flu, and sniffles as well.

Besides providing people with information on herbs that help during allergy season, they also provide information on what herbs and natural products can do for a variety of other ailments and conditions, and they sell all of the herbs they discuss in their articles.

"We want to make sure that people know what they are buying from us and why they should buy it," adds Kevin Miller. "Additionally, to make sure people get the most from our products, we provide cut and sifted herbs, powdered herbs, whole plant herbs and capsules. All products are completely natural and therefore do not typically cause the side effects associated with most over the counter allergy medications."

Generally, over-the-counter anti-allergy medication is provided in the form of antihistamines. Many of these can cause drowsiness, although non-drowsy options are now also being made available. At present, there are first generation and second generation antihistamines, and both are still available. First generation products contain Brompheniramine, Chlorpheniramine, Dimenhydrinate, Diphenhydramine or Doxylamine. Second generation products contain Loratadine, Cetirizine or Fexofenadine. These are all synthetic products. Furthermore, they are mixed with other synthetic agents, such as decongestants and pain relievers.

What the Oz Health Shop tries to achieve is help people with allergy relief and more, in a completely natural way. This can be achieved without having to expose the body to various synthetic agents and toxins. By choosing natural products, the body is encouraged not just to deal with allergies, but it also helps to boost the overall immune system.

Those who want to know more about controlling allergies the natural way, avoiding synthetic agents and how to boost their immune system, can visit Oz Health Shop at <http://www.ozhealthshop.com> or use the contact details listed below for further information.

#### CONTACT DETAILS:

OZ Health Shop

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## OZ Health Shop

*OZ Health Shop is an online store that is dedicated to herbs and supplements. We are staffed with people who CARE. If you need help with picking out an herb or supplement, or just simply want to talk to a human.... WE ARE HERE.*

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