



The 2014 allergy season is expected to be a short but tough one.

# Don't let allergies take the fun out of summer

This year's long winter means that many trees are pollinating at the same time unlike the usual staggered season. As a result, the 2014 allergy season is expected to be a short but tough one.

Canadians with allergies are often quick to seek help for their sneezing, sniffing and nasal congestion. But allergies can also have a painful effect on the eyes, causing them to be red, itchy, burning, and watery.

Like all allergies, those that afflict the eyes are caused by a glitch in the body's immune system. "The trouble starts when the conjunctiva (the mucous membrane that lines the eyelids and covers the whites of the eyes)

comes into contact with something that, while actually harmless, is seen as a threat," says Dr. Jason Saunders, a Canadian doctor of optometry. "In a mistaken attempt to fight off the threat, the immune system makes antibodies that cause the eyes to release histamine and other substances that, in turn, makes eyes red, itchy and watery."

For seasonal eye allergy sufferers, it is recommended to begin treatment early in the season. "I instruct my patients to begin a preventative regimen as early as March if they have a known seasonal allergy because it's easier to control symptoms," says Dr. Saunders.

## Let us Deliver Your Water Softener Salt! (Home or Business)



Return on Environmental Investment™

*Just too busy these days?  
Is this a chore you just don't enjoy?*



To order call **1-877-ECO-SOLU**  
(1-877-326-7658)  
[www.ecosolutions.net](http://www.ecosolutions.net)

## WARNING: DO NOT REPLACE YOUR SIDING

# WePaintSiding.com

- Have a beautiful home for **1/4** the cost of replacement!
- Personalize your home with a custom colour scheme
- Lasts **15+ years** on aluminum and vinyl surfaces
- Owned and operated in Georgetown



Visit our FAQ page at  
**wepaintsiding.com**

Call Kevin at 905.703.1221 or better yet **go online and check us out!**

## The Best Price on Quality Windows and Doors



- ✓ High Efficiency Windows & Doors
- ✓ Siding, Soffit, Fascia, Eavestrough
- ✓ Professional Installation
- ✓ Fully Insured
- ✓ Fast, Friendly Service

[www.MacLeodwindows.com](http://www.MacLeodwindows.com)

For **FREE** In-Home Consultation  
Halton Hills: **905-703-4704**  
Cell: 416-347-5536



Starts Special Call Today!

# Benjamin Moore

The Essence of Colour Inc.



25 Brisdale Drive, Unit #1, Brampton • 905.846.2626  
369 Mountainview Rd. South, Unit #6, Georgetown • 905.877.4500

**SAVE UP TO  
20% OFF  
ON SELECTED  
PRE-ORDERED  
WALLPAPER!**  
SEE STORE FOR DETAILS  
AND OTHER  
GREAT OFFERS!



**PERSONAL IN HOME  
COLOUR  
CONSULTATIONS  
AVAILABLE**  
SEE STORE FOR MORE DETAILS



- Ceramic & Porcelain Tile Installation
- Bathroom Renovations
- Kitchen Backsplashes
- Heated Floors



**Dave LoDuca**

**416-989-7809  
905-877-1936**

