

Allergy Free Makeover by AnnaLaura Brown of <http://annalaurabrown.com>

Inside your home

Do you have mold?

Do you have a lot of dust or dust mites?

Do you have pets? If so, what kind? Do they leave a lot of pet hair?

Do you burn candles? If so, what kind?

Do you use air fresheners or air sprays? If so, what kind?

Cleaning

What products are you using to clean your home?

Have you ever had an allergic reaction to any of your cleaning products?

What kind of laundry soap are you using?

What kind of dish soap are you using?

Hair and Skin Products

What kind of lotion do you use?

Do you use perfume?

What kind of soap are you using?

What kind of shampoo and conditioner?

What kind of makeup?

Have you ever had any skin allergy reactions or itching problems?

Food

What kind of food allergies do you have?

Have you ever tried a gluten free diet?

Have you ever tried a wheat free diet?

Have you ever tried a dairy free diet?

Have you ever tried a corn free diet?

Describe in detail any and all allergic reactions you have had both recent and in the past?

Describe any and all allergy medications or remedies you have tried in detail?

Analyze your answers to see what patterns emerge. Also take note of what you may need to try to reduce or eliminate your allergies.

Need more help. Schedule your free wellness consultation with me at
<http://annalaurabrown.com/wellness>