

April Showers Bring May Flowers... and Allergies!

As the earth wakes up again—buds opening, grass greening, birds returning—many of us feel renewed. But for others, spring's beauty arrives with a familiar challenge: **Seasonal Allergies**.

Why Spring Triggers Allergies

When trees, grasses, and flowers release pollen, our immune systems sometimes react as if these tiny particles are invaders. That reaction can lead to:

- Sneezing
- Itchy or watery eyes
- Runny or stuffy noses
- Fatigue
- Scratchy throat

It's a reminder that even in seasons of renewal, our bodies sometimes struggle.

Caring for Ourselves in Allergy Season

Without offering medical advice or diagnoses, here are **general, commonly recommended approaches** people often use to ease seasonal discomfort:

- Keeping windows closed on high-pollen days
- Showering after being outdoors
- Using air purifiers
- Checking local pollen counts
- Wearing sunglasses outside to reduce pollen exposure

If symptoms become difficult to manage, it's wise to speak with a healthcare professional who can offer personalized guidance.

Scripture for the Season—Spring reminds us of God's renewing work, even when discomfort accompanies it.

"The grass withers, the flower fades; but the work of God will stand forever." Isaiah 40:8

Allergies may come and go, but God's care for us remains steady. Even when our bodies feel fragile, we are held by the One who created every flower, every breeze, and every breath we take.

A Note of Christian Encouragement

If you're struggling this season, you're not alone. The same God who clothes the lilies of the field watches tenderly over you. Let this season be a reminder not only of creation's beauty, but of God's faithful presence in every sneeze-filled moment.

Closing Prayer: *Gracious God, as spring unfolds around us, we thank You for the beauty of creation, its colors, its fragrances, its promise of renewal. For those who face allergies and discomfort in this season, bring relief, strength, and patience. Remind us that You walk with us in every season of life, offering comfort and care. May the blooming world around us point our hearts to Your steadfast love, In Jesus' name, Amen.*

General Health & Allergy Information

- **American Academy of Allergy, Asthma & Immunology—(AAAAI)** General Overview of seasonal allergies & pollen: <https://www.aaaai.org>
- **Centers for Disease Control and Prevention (CDC)**—Seasonal allergy basics & prevention tips: <http://www.cdc.gov/allergies>
- **Mayo Clinic**—Symptoms, causes & general management of hay fever: <https://www.mayoclinic.org/diseases-conditions/hay-fever> ([mayoclinic.org](https://www.mayoclinic.org/diseases-conditions/hay-fever) in Bing)
- **National Institutes of Health (NIH)**—Pollen allergy information <https://www.niaid.nih.gov/disease-conditions/pollen-allergy> ([niaid.nih.gov](https://www.niaid.nih.gov/disease-conditions/pollen-allergy) in Bing)

