

This is your body's way of eliminating any irritants or toxins from the nasal passages.

People sneeze when they have a cold, to help clear the nose. They also sneeze if they are allergic to eliminate allergens from the nasal passages.

An occasional sneeze is nothing to worry about. Sneezing that is part of a cold will go away with the cold, usually in about a week. However, persistent sneezing or sneezing accompanied by other allergy symptoms (a runny or congested nose, a sore throat, or itchy, watery eyes) may indicate something else and you should go to the doctor.

Causes

Sneezing is caused by an irritant in the nasal passages

Treatment

If your sneezing is the result of an allergy, it can generally be treated with over-the-counter medications. You can also try to reduce suspect allergens from your home such as dust, mould etc. You should go to your doctor who will examine you.

Dietary Considerations

You will want to seek professional help for allergies. Try eliminating dairy products, food additives, and any other suspect foods. Some nutritionists recommend high doses of vitamin C as a natural antihistamine.

Personal Care

Eliminating allergens in the home is one of the surest ways to alleviate chronic sneezing.

When to seek further professional advice

- you begin sneezing and experience other allergy symptoms