

Stop the Sniffing & Sneezing

Simple home improvements can help erase allergies.

By Stacy Mantle

Allergies can have a drastic impact on our health, including ear, nose and throat problems, upper respiratory issues and an overall drain of energy. As animal lovers, we want the best for our pets, but it needn't come at the cost of our health.

[Click here to read CatChannel's exclusive cat allergy quiz.](#)

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