



Winning the War Against Asthma and Allergies

By Ellen W. Cutler

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The Asthma and Allergy Foundation of America (AAFA) is a non-profit organization dedicated to finding a cure for and controlling asthma, food allergies, nasal allergies and other allergic diseases. AAFA's mission is also to educate the public about these diseases. AAFA's motto is "for life without limits" and AAFA represents the 70 million Americans with asthma and allergies. Allergies are one of the most common conditions on the planet. Everyone knows what they are, and many people have at least one of them. In fact, many allergy-sufferers take it as a matter of course and never feel the need to see a doctor about it. But there are some out there whose allergies are a little more serious than a few sniffles during pollen season. What are allergies?