

WEED POLLEN ALLERGIES

If you suspect you have hay fever or allergy to weed pollens but aren't sure which weeds are the big offenders, you'll see the most common below. The good news is that you can teach your body to tolerate pollens so symptoms are a thing of the past.



COCKLEBUR



DOCK/SORREL



ENGLISH PLANTAIN



KOCHIA



LAMBS QUARTERS



MARSH ELDER



MUGWORT



PIGWEEED



RAGWEED



RUSSIAN THISTLE



SAGEBRUSH

