

Ragweed: Allergy causing weed.

Ragweed is the most common type of Hay fever. More people are allergic to ragweed than any other type of pollen. It is considered "king" because the allergen protein is so potent. It takes only a small amount to trigger unpleasant allergy symptoms.

It is an annual plant, meaning that it lives for one year and then it dies. Both male and female flowers are found on the same plant. The male flowers grow higher on the plant than the female flowers. The male flowers produce much more pollen than the females need. One plant could produce one billion grains of pollen in a season.

The shape of the pollen are very aerodynamic. They can catch the smallest of air currents. Ragweed pollen has been known to be carried away for hundreds of miles. The weather has an affect on when the pollen is releases. Cool, moist, and humid days will slow the production and the release of pollen. On the other hand, pollen release will increase during hot, dry, and windy days.

There are two varieties that gives people the most problems:

* short (*Ambrosia artemisiifolia*): grows around 2-3 feet tall and produces the most potent pollen.

* tall (*Ambrosia trida*): grows around 4-5 feet tall and produces the highest quantity of pollen.

* Both these plant produce their pollen towards the end of summer and do not stop production until the first frost.

Ragweed is a plant that is very competitive and aggressive. It easily competes with tall vegetation. The ideal growing condition is where the soil is disturbed. It is usually found in vacant lots. Ragweed can also be found growing: along the roadside, along river banks, in farmland, and abandoned fields.

For those who have allergies, ragweed produces the most symptoms because its pollen is the hardest to avoid. Work with your physician so that you can discover the right combination of avoidance, medication, and environmental controls to use. It is always sad to see people "wishing away" the last two months of summer and waiting for the first frost to arrive. There is a better way of living than that.

There is plenty we can do in the fight against allergies. The solution lies in taking a proactive approach. A small lifestyle change and using environmental controls can play a big part in a substantial reduction of allergy symptoms. It is those that take a reactive approach are those who suffer the most.

About the Author

Don Johnson is the publisher and editor of Avoid-Nasal-Allergies.com, the guide to preventing allergic symptoms the natural way without using drugs. Read more about [Ragweed](#) at his site.

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