

Something/Nothing to sneeze at!

Bless you! Tree pollen is at its peaks here in North Idaho and many of us are suffering from it. For those of us who work and play out of doors, this time of year can be challenging if you suffer from seasonal allergies. Pollen is in the air and it is something to sneeze at! Many people blame their neighborhood Cottonwood or Poplar tree. These floating seeds are produced by the female tree and do indeed make a mess. They can clog radiators and cooling units to buildings. Because they are highly visible and everyone is dealing with sneezing, wheezing and puffy red eyes, the Cottonwood tree gets the blame. The truth is the male Cottonwood produces the pollen. This pollen fertilizes the female seed which opens and then floats into the air and creates the mess. The pollen process is pretty much over by this time. What is blowing however is Conifer pollen. Specifically, from our native Pine, Fir, Cedar, and Hemlock trees. This cloud of yellow is most likely what you are really sneezing about. It is most visible on a vehicle this time of year that has not been moved in a few days. Most prominent, is the pollen from the male part of Ponderosa Pine trees. Pollen bundles consist of male gametes or sperm and travel by air to pollenate the female gamete (ovules) or female flower, often on the same tree. However disconcerting that may seem, the story gets only more bizarre from there. The same Pine Pollen that makes you sneeze has an upside with some amazing health benefits. Fascinating enough, pine pollen totes many health benefits from anti-ageing properties to boosting testosterone and promoting muscle growth. I however feel like I inhale enough of this gold powder this time of year. I will not be mixing it in my pre-workout smoothie.

Stay tuned for more strange stories and as always, for further questions, quotes and consultations, give us a call today!