

## **Antihisamines**

Antihistamines block the effect of the natural allergy chemical in the body (histamine). They should not be used for the coughs and colds because they thicken the mucus in the respiratory tract.

Antihistamines cause drowsiness, blood disorders, Attention Deficit

(Mental inattention), difficulty with coordination (motor muscle problems), dizziness, decreases white blood cells, and liver disease.

Antihistamines do not work and have not been proven to decrease the duration of a cold or relieve the symptoms.

The AMA drug Evaluation book indicates that the antihistamines drug promethazine causes an unnecessary risk (dangerous) to health.