



# BROOKLYN\_BORN

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## A non-spark day so bad it's actually funny

Friday, January 02, 2015

On Wednesday I posted a status that I was feeling "under the weather."  
My attitude was as bad as I felt, especially since I know my situation could have been avoided.

What turned me from an energetic, determined sparker into a lump on the couch was perfume.

Perfume, along with cigarette smoke, are the triggers that throw my allergies into a tizzy resulting in sinus trouble, sore throat, laryngitis and eventually an asthma attack if I don't get out of there.

I understand that it's up to me to control my environment. Fortunately, laws and societal changes have made it easier for me regarding the smoke problem.

I've become adept at discreetly removing myself from situations that trigger my problem.

This week I didn't!

It began with church services. Did every woman get a gift of perfume? The combination of scents was overwhelming. Did I leave? No! I sang in the choir, just toughed it out trying to ignore my symptoms beginning.

Then there was a funeral. More perfume, including the woman sitting next to me.  
Did I leave? NO, I didn't.

Did I go home, take a shower and wash my hair? No I didn't. I went on with my day. I didn't even change my clothes.

December 30th was a big clearance sale advertising stuff I wanted. I found great stuff, but the ONLY register open was at the perfume counter. Seriously? And there was a line, including a woman who wanted her purchase gift wrapped.

Did I leave? No, I stood there, hanging on to my great deals and feeling worse by the minute.

The next 36 hours were spent on the couch.

How bad was it?

I ate a lot of chicken soup and drank a lot of tea.

Too bad that I always want "something to go with my tea" and the only something left in the house was an apple pie. I ate ¾ of that huge pie, inch by inch and TWO of DH's snack cakes that taste like plastic.

Exercise? I realized the next day that I had my SPAT on the whole time.

500 steps, 24 calories burned, 8 min, and .3 miles - all day! LOL

Now there's a benchmark I never expected to record.

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I can write this now and laugh because I'm feeling better, not 100% but better. I understand that women want to smell nice. I just have to remember that "toughing it out" is not a good choice for me.

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**CD14895031**

It's amazing how fragile our body is and how vulnerable; to think that just scent wafting in the air has the power to disable your body and bring you down like that is pretty sobering. I hope you are able to avoid these sorts of things in the future, of course if you are around people it's almost impossible! I guess the silver lining is you bounced back, learned a lesson, and are back at it again!  
Good luck and sweet smells from now on!  
2344 days ago



**IC0ME1ST**

More importantly what you've shown is that even the best of Sparkers can have bad days. When they do they don't throw in the towel. They learn and move on. Thanks for the story and sharing.  
2345 days ago



**FRABBIT**

Oh my goodness! At least you faced it all with humor and I hope you enjoyed your purchases!  
2345 days ago



**SPINNINGJW**

Glad you have recovered from the exposure. I get headaches from too much scent - especially Men's cologne. Fortunately, I don't have respiratory problems from it.



2350 days ago



**PHEBESS**

I'm glad you can laugh about it now, and yes, I appreciate seeing the humor in most things. But having developed pneumonia after sitting behind a smoker at an outdoor restaurant (I also have asthma), well, I've learned to either move, talk to the smoker, or talk to the restaurant. Because being sick for a month due to someone else feeding their addiction is no longer an option for me.


So yes, all of us with respiratory allergies, unite! Stand up for ourselves!

Maybe we need to go the route of Asians and wear those surgical masks when perfume, cat dander, cigarette smoke get to be too much!!!  
2351 days ago



**1STBUCKETITEM**

At least you kept your sense of humor about the situations which you encountered. Glad you

are back to almost 100%. 



Happy New Year!  
2351 days ago



**MARYJEANSL**

Oh, dear, I am laughing too - just a bit - mostly in sympathy. I do hope you are feeling much better by now. Sitting, as I am, in a hospital room, the thought occurs to me that you could put one of those disposable hospital masks in your purse in case of emergencies. With the added bonus that you might get extra sympathy out of it. ;-)

2351 days ago



**TRAVELGRRL**

So sorry! glad you are feeling better.  
2351 days ago



**ONEKIDSMOM**

You just reminded me... last week I stumbled across the last bottle of scent my ex gave to me. I used to wear it on a daily basis. I had this fleeting thought that my allergies have been so much better lately... what would it hurt to spurt ONE little squirt?

BIG MISTAKE! Don't bait the bear, Barb. Yeah, I had to take a shower... the allergies went nuts on just that one little squirt. I should know better.

Hang in there. Glad you're getting back to normal! Steps will return, because that's who you really are. And maybe we both have learned a lesson about being vigilant!  
2351 days ago

**WALLAHALLA**

I feel for you! Smoke and perfume do me in every time! Glad you're feeling better.  
2351 days ago

**DOVESEYES**

What a day, so glad you are feeling better!!

2351 days ago

**FORZACHANDMATT**

So glad you're feeling better  
2351 days ago

**PHOENIX1949**

A hear you loud and clear. I have basically become housebound due to my multiple allergies and the seriousness of reactions. When I do venture out, it usually serves as a strong reminder of why I stay home.  
2351 days ago

**CD13376265**

Been there, done that ;) I was feeling the anxiety rise as I was reading your blog and my reaction would probably have been the same! Good on you for laughing it off and getting on with it!



2351 days ago

**CD4114015**

I also have to stay away from many things like that. When I still worked one woman there always had a CLOUD of obnoxious perfume around her! (Think Pig-Pen in his cloud of dirt) and we all thought she must bathe in it and wash her clothes in it too!...I am glad you eventually started feeling better and hope you continue to health!

2351 days ago

**SOPHIEDO13**

I'm sensitive to certain brands of perfume, avon products make me sneeze and if I'm wearing too much I sneeze (then I hold off before going out so some other person doesn't get bothered by the smell). I'm sorry you got ill from all the perfume I'm highly allergic to cats and it's very serious business !!

2351 days ago

**LAURELEI**

It is good to laugh at ourselves. It is also good that you can have a few bad days and just move on instead on letting those bad days extend themselves into a bad holding pattern. I am glad you are feeling better.

Take care!

2351 days ago

**SUBMOM2**

Glad you are feeling better!  
2351 days ago

**DR1939**

Most of the time I can manage women's perfume but men's cologne give me a mild version of what you have.

2351 days ago





**GARDENCHRIS**

I'm a perfume wearer, but I don't 'bathe' in it as some do, I don't like that myself.... glad you are feeling better.  
2351 days ago



**KELLIEBEAN**

What a series of events! I'm glad you are starting to feel better!



2351 days ago



**WATERMELLEN**

What a super blog about a horrible situation for you.

I have severe cat allergies (and quite a few others): my cat allergies can be and frequently are triggered in the absence of actual cats just by sitting beside someone who has had a cat on her lap . . . yikes! Eyes swell shut, hives break out on my arms, can't breathe . . . all of that.

And like you: I've just gotta get up, move away -- and get home, take anti-allergy meds, strip off my clothes, have a hot and lengthy shower, wash my hair, take lots of fluids . . . yup.

(Do love (subtle) perfume however . . . and you're making me rethink that indulgence, frankly!)  
2351 days ago



**GINIEMIE**

I move at church, I also choose to sit in the front row. My friends who attend Mass with me know about my allergies as do my children who occasionally go. We do a lot of seat switching at my daughter's parish because they do not like to sit up front-Jacob is the lucky one who gets to sit by the smelly lady or man. My daughter is starting to have some of my allergies-she doesn't think they're so strange anymore! Does it help you to take an over the counter allergy pill before church, flights, etc? At choir practice I would confess my problem and ask if people could help you stay

well. Asthma attacks are NOT funny, neither are the rest of your symptoms.



2351 days ago



**SWEETNEEY**

Glad your recovering. It's amazing how sedentary we can be. You were not well so that could only be the bench mark for 'not being well'. Next time your ill you'll have to see if you can exceed

those metrics.



2352 days ago



**CD9543726**

Man. Perfume is AWFUL. My mom starts coughing the moment it gets anywhere near her and can't stop. I get bad headaches and have a feeling I'll be getting worse reactions as I get older like my mom did.  
2352 days ago



**KRISZTA11**



It is great you can look at this unpleasant experience with a positive attitude. Some women are followed by a few meter's cloud of perfume wherever they go... annoying.  
2352 days ago



**BBEAGAN**

Wow, what a tough experience! I can't stand perfumes, and other chemical scents, but they don't trigger serious ill-health for me, as they do for you. Thank goodness. And where I live in Eastern Canada, we have quite good bylaws about scent-free spaces. All hospitals and educational institutions and many public places are scent-free. But buses, theatres, churches, malls etc - those are brutal. Laden with scented products. I can't imagine having to PAY at a perfume counter! I usually hold my breath and make a mad dash through the perfume section of a store, trying not to have to breathe till I am clear! I'm glad you are feeling better!  
2352 days ago





**LFBC1100**

**THANK YOU!**

2352 days ago



**MISCHAKEO**

I have a friend who has severe perfume allergies as well. It is so hard when people near you have strong perfume. I think humor is the way to go in this situation. I was busy these last few days and my steps were way down! We both can kick into gear and work on the rest of the week! Hugs to you and I hope you are feeling better.

2352 days ago



**ELRIDDICK**

Thanks for sharing  
2352 days ago



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