

Allergies

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

Food allergies and respiratory allergies are often linked. So, if one experiences rhinitis, an inflammatory condition that affects the sensitive membranes of the sinus passages, eyes and throat, it is also possible that one has food allergies as well. Allergic reactions to foods in the intestinal tract will hyper-sensitize the immune system and make you more susceptible to respiratory allergies, so addressing whole health is important when working with allergies.

Causes of Allergies:

1. **Adrenal Insufficiency** -The adrenal medulla regulates histamine reactions and inflammation in the body. So, reduced function of the adrenals may contribute to excessive allergic responses. **Adrenal Support, Histablock, & IF Relief or Boswelvia** may be helpful.

2. **Nutritional Deficiencies** may play a role in allergic rhinitis. The over sensitivity of the immune system may be due to lack of essential nutrients needed to regulate the immune response. For instance, **Vitamin C** and bioflavonoids have been shown to reduce histamine reactions.

Deficiencies of calcium and magnesium have also been linked with allergic rhinitis. **Magnesium Complex** can be a great help for some people.

Vitamin D can activate certain regulatory immune system cells that prevent the release of chemicals that cause and worsen allergic diseases.

Zinc is shown to relieve the symptoms of respiratory allergies and to shorten the length of common cold symptoms. People with asthma and allergic rhinitis were found to have lower levels of zinc in their blood and sputum. Zinc is shown to have a protective effect on the respiratory system.

3. **Inhibited Lymphatic Drainage** -The lymphatic system drains fluid away from the inflamed areas. If you can feel swollen lymph nodes or tenderness in your neck, then poor lymphatic drainage may be a factor in your stuffy head. **Lymphatic Drainage Formula** or **Lymphomax** may be of assistance.

Supplements to Help:

- **Seasonal Allergy (ALJ)** is an allergy relieving, expectorant and decongestant formula. It contains herbs that improve digestive function & lymphatic drainage. It is a valuable remedy for allergic rhinitis linked with food allergies or problems in the gastrointestinal tract. It is particularly useful for reducing allergic reactions in children and also available in liquid form.
- **Hista-Block** acts as a natural antihistamine formula. It contains bioflavonoids, which stabilize cells in the immune system called mast cells, inhibiting the release of histamine. It also contains nettles, an herb which contains a small amount of natural histamine.
- **Four** can be helpful for both asthma & allergic rhinitis, and also helps reduce fluid in lungs.
- **Seasonal Defense** is an immune boosting decongestant with andrographis, a key ingredient to promote proper immune-response functions, eliminates toxins, and supports respiratory muscular health. The synephrine found in Fructus aurantia keeps the respiratory tract's mucous membrane working properly.
- **Sinus Support** designed to decrease watery eyes and sinus drainage, mild anti-microbial, supports the respiratory system & healthy nasal passages

Food Allergies: Proactazyme Plus or Food Enzymes, can go a long way to reducing allergic reactions.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



Building Better Health Naturally