

Allergies

Harmony & Health

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

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

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** or **IF Relief** 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 bioflavonoid 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. **Super Omega-3 EPA** will aid in inflammatory symptoms from rhinitis.
- 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 stuffed up head. **Lymphatic Drainage Formula** or **Lymphomax** may be of assistance.

Supplements to Help:

ALJ is an allergy relieving, expectorant and decongestant formula. It contains herbs that improve digestive function and 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 reaction in children. Liquid ALJ is good for children.

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 has been a long standing remedy for reducing allergic reactions, particularly in the lungs. It can be helpful for both asthma and allergic rhinitis when taken over a extended period of time. It reduces fluid in lungs.

Seasonal Defense is not the best choice for allergy-induced rhinitis but it can be very good for sinus infections or upper respiratory congestion associated with changes in the weather. It is an immune boosting decongestant.

Sinus Support is a mild decongestant designed to decrease watery eyes and sinus drainage.

Important: The 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 treat-



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