

Hay Fever & other Respiratory Infections

Harmony & Health

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Hay Fever (Allergic Rhinitis) is inflammation of the nasal passages from an allergy to pollen, mold, chemicals, dust mites or pet dander. Allergens cause the immune system to overreact which prompts white blood cells to release histamine and other inflammatory and irritating agents in the body. Most respiratory symptoms are caused by the immune system's actions to fight and cleanse the body. These symptoms are helpful—even essential—in overcoming the illness. *The goal is to soothe and nourish the tissues of the respiratory tract and calm the immune system to provide symptom relief.* Some symptoms are:

Coughing - a natural reflex that clears the lungs and bronchi of excess mucus; thereby preventing pneumonia.

Sneezing - a protective reflex that clears the upper airway of germs, irritants, and mucus.

Wheezing - a sound heard in the lungs with asthma, croup, pneumonia, etc. Dilate the bronchials w/relaxing herbs.

Postnasal drip - caused by mucus running down the back of the nose & throat. Best to flush it out, not suppress it.

Fever kills invading organisms. It "pasteurizes" the blood by hastening the removal of cellular debris and toxins.

NSP products that may help with these symptoms:

ALJ -soothes irritated tissues, neutralizes allergens and promotes expulsion of mucus.

HistaBlock -supports the respiratory system in its battle against allergens, pollutants, and toxins, especially during the changing seasons. Stabilizes immune cells and soothes inflamed mucous membranes.

Chinese Lung Support -acts as a tonic to moisten and nourish tissues of the respiratory tract, especially the lungs, making it useful for dry, irritating coughs.

Lobelia -helps relax bronchial spasms and coughing.

Elderberry D3fense - stimulates the immune system, provides essential nutrients for the respiratory system & creates unfavorable environment for infection-causing organisms. (also in a chewable)

Sinus Support - helps dry up sinuses and expel excess phlegm.

Neti-pot - is a saline solution to flush pollen and irritants from the sinuses.

VS-C - creates a favorable environment for microbial balance, promotes a healthy respiratory tract and supports the immune system as it works to overcome viral illnesses; including the common cold, flu, and croup.

Echinacea/Goldenseal -includes two powerful herbs known to support the immune system, help overcome viral and bacterial infections, tone the membranes of the respiratory tract and reduce inflammation.

High Potency Garlic -has anti-viral, antibacterial, and anti-fungal properties to help the immune system overcome respiratory tract infections. Aids in expulsion of mucus & increases circulation to promote healing.

Silver Shield - is antibacterial, antifungal, antimicrobial, antiseptic and is compatible with antibiotics. It can be taken internally, used as a nasal spray or for gargling.

***You have alternatives to cough suppressants, fever reducers and antihistamines. Work with your body, not against it, by using natural remedies that work with the Immune System.**

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-



Help Your Body Stay Healthy with Natural Remedies.