

# ALLERGY AND HAYFEVER



## Managing Your Allergy Challenges

Hay fever, also known as allergic rhinitis, is an allergic inflammatory condition of the nasal passages that affects a large portion of Americans. For some individuals, allergies are a seasonal manifestation. For others, allergies are a year-round challenge.

The term “hay fever” originated in the early 1800s when individuals seemed to suffer allergy symptoms during the hay growing season. The symptoms commonly seen with hay fever and seasonal allergies are watery, itchy eyes, nasal congestion, excessive mucous production, and sneezing. Histamine, which is produced by the mast cells, creates a cascade of events that are meant to flush out the offending substance from the body. That is why antihistamines are commonly used to address the symptoms of histamine release. However, antihistamines come with a number of adverse side effects. Fortunately, there are several natural substances that may help to manage allergy challenges without the side effects found in traditional antihistamine products.

**Vitamin C Buffered 500 mg** taken 2-3 times daily has been shown to be beneficial against allergies by expediting the elimination of inflammatory histamine from the body.<sup>†</sup> Quercetin, another natural substance, can serve as a mast cell stabilizer, blocking the release of histamine. Quercetin has also demonstrated a bronchodilator effect, helping to open the airways of individuals with asthma.<sup>†</sup>

**Aller-Calm Complex** is a unique formulation featuring all of the above ingredients, as well as additional ingredients in a single tablet that supports allergy and asthma relief. **Aller-Calm Complex** has been shown to help relieve allergy symptoms in most individuals with allergies and asthma, as well as minimizing the need for prescription medications.<sup>†</sup> **Aller-Calm Complex** is safe for both children and adults.

Medical studies are indicating that allergic reactions, for many individuals, can be caused by permeability in the gut, what is known as leaky gut syndrome. Since most allergens are protein based, low stomach acid and the inability to digest offending proteins can create issues when those proteins cross over from the gut into the serum. For individuals presenting chronic allergic problems, **Gut Restorative PRP** can be helpful in restoring healthy gut immune function.<sup>†</sup> Once the gut is restored, a quality probiotic can help to maintain gut health.<sup>†</sup> Omega-3 essential fatty acids, like those found in **Omega-3 Fish Oil Enteric Coated**, have been shown to be beneficial in managing inflammatory allergic and asthmatic symptoms.<sup>†</sup> 70 percent of our immune function and our ability to resist allergens is found in our gut. So maintaining good gut health on a daily basis can be essential for the management of allergic issues, regardless of the source.



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<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.