

Allergy & Respiratory Defense

Sniffles & Sneezes & Tissues, Oh, My!

by Margy Squires

Just when the weatherman stopped reporting a 99% chance of snow, another threat looms in the friendly skies. The budding, blossoming and greening of spring is evident everywhere and your nose knows! Your decorator style has become strategically placing little designer boxes of tissues all over the house. Your medicine cabinet hosts an array of pills and potions with promises to stifle sniffles and stop sneezes. You almost wish it would snow again!

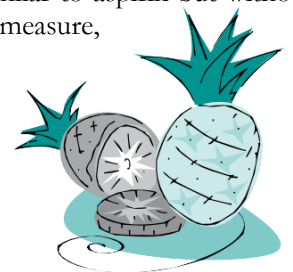
What is an allergy? Basically it's an overreaction of your immune system to tiny substances called allergens in food, water, plants and other material that you're sensitive to which trigger a response or "allergic reaction". Allergies are often named for how and when they occur. Seasonal depend on the time of year, mostly to outdoor plants, grass, trees and pollen. Indoor problems with dust, animal dander, mold and chemicals are usually perennial or year round. Symptoms vary as chronic or acute, viral or not. Skin hives or rashes result from allergies on contact, but most allergens are inhaled, affecting the entire respiratory tract: nose, throat and lungs. The reaction is classic: inflamed and blocked passages, scratchy eyes and a sniffing, stuffy or runny nose. If you can't avoid the offenders, reinforcing and protecting the immune system is your next best defense.

Allergies are no small business. More than 50 million Americans (1 in 5) have some form of allergies, evidenced by the rows of remedies you'll find in any local drug store. Typically, sufferers reach for antihistamines and/or decongestants. Antihistamines are designed to control the reaction by blocking histamines, the immune system's response to the perceived invader. They can make you doozy and sleepy. Decongestants help shrink swollen membranes and blood vessels so you can breathe again but have a rebound effect such that membranes swell up again, especially if using nasal sprays. Other over-the-counter options may not be much better. Rather than struggling to stop the allergic roller coaster once it starts, try a preventive approach. Strengthen and support the immune factors involved. You may lessen and even eliminate the sneezing, sniffing, reach-for-the-tissues reaction before it goes out of control.

Quercetin is one of the colorful bioflavonoids found in fruits and veggies and has several benefits for allergy relief. Quercetin intercepts the enzymes that release histamine, thus inhibiting its production and potentially avoiding an allergy attack altogether. Quercetin also interferes with prostaglandins, hormone-like substances that incite inflammation and swelling. Like many bioflavonoids, quercetin is target specific and is particular in protecting the upper respiratory system. Plus, it has pain-reducing properties similar to aspirin but without the gastric upset. The power of quercetin is that it can be taken as a preventative measure, making it the number one allergy nutrient before and during allergy season.



Bromelain is another fruity helper. It's an enzyme from pineapple that supports quercetin in fighting inflammation. Bromelain is proteolytic, meaning it clears out cellular debris to keep cells more functional (and healthier).



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Vitamin C almost needs no introduction as an important immune system player and as the universal antioxidant. Synergistic vitamin C improves the efficiency of other nutrients, especially bioflavonoids such as quercetin. It, too, has anti-inflammatory properties and assists the control of histamines by breaking them down. What's more, vitamin C (along with pantothenic acid) supports the adrenal glands to impact overall immunity.

Pantothenic acid (B5). With vitamin C, B5 raises glutathione levels for improved detoxification, white blood cell protection and antioxidant power. B5 is also a precursor to coenzyme A, which helps preserve cell integrity. By its influence on the hormones involved and on adrenal glands, B5 reduces stress and allergic reactions.

Vitamin B6 is involved in more than 100 biochemical enzyme reactions, including those which affect immune response and the fighter white blood cells. The vitamin B family as a whole helps the nervous system to protect against stress which depresses immune function.

Calcium in an allergy formula comes as a surprise for many. However this mineral is involved in the histamine response, especially in the skin. Calcium is also a well-known buffering agent so it is a nice player as part of your allergy defense.

Magnesium is a critical mineral with much to do! Magnesium regulates more than 325 enzymes in the cell. Research suggests one of its roles is in quenching C-reactive protein, an enzyme involved in inflammation. Magnesium's lesser known immune hats are in maintaining cell membrane stability and opening bronchial airways. In fact, biologically when magnesium, B6 and vitamin C are combined, they are more effective for antihistamine relief.

Zinc, another cofactor for at least 200 different enzyme processes, is called the immune mineral. Zinc supports vitamin A in defending mucous membranes, including those lining the nose and throat. Too low zinc levels also lower your ability to fight infections.

Nettle Extract is an herbal ally in reducing mucous and nasal congestion, plus clearing out clogged lymph nodes to reduce swelling. Its mild anti-bacterial and diuretic properties to further assist cell "clean up". The extract also interferes with arachidonic acid synthesis, a known inflammatory agent, and inhibits adrenaline to reduce the stress response.

Licorice Extract (4:1) fights production of excess mucous and clears it out as well. Additionally, it soothes a scratchy throat caused by cough and offers relief for bronchial irritation.

All Together Now

While many formulations will include one or more of the above nutrients, TyH offers an all-in-one formula with **Tara's Quercetin Complex™**. The fact is that many nutrients work synergistically with each other to give you a greater benefit which makes it easier for you!

Don't forget about two more helpful immune supporters in Alpha Lipoic Acid (ALA) and vitamin A. Boosting immunity is easy for ALA since it supports the liver's detoxifying effects, backs up vitamins C and E as an antioxidant, plus is a natural for raising glutathione levels, (the master antioxidant within your cells). Vitamin A is often called the "skin" vitamin as it protects internal mucous membranes in the nose and throat. In doing so, vitamin A helps resist external challenges.

Respiratory Support is another benefit of **Tara's Quercetin Complex™**. Quercetin itself is so specific to the respiratory tract starting from your nose and mouth to your lungs that it's a good nutrient choice during cold and flu season and all year round, too.

Summary

Plan ahead! Keeping your immune system healthy is your first defense against allergens and other harmful invaders. Nutritional support will help. And that's nothing to sneeze at!



Resources

1. National Institutes of Health, www.niaid.nih.gov/publications/allergies.htm
2. American Academy of Allergy, Asthma & Immunology. www.aaaai.org
3. American College of Allergy, Asthma & Immunology. www.acaai.org
4. PDR for Health. www.pdrhealth.com
5. Herb Foundation (member research materials)

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