

Quercetin

The Allergy Bioflavonoid



Airborne allergens are sneaky and can make you miserable within minutes of exposure. Your immune system's reaction is to release histamine to the defense, causing inflammation and a cascade of corresponding symptoms. Itchy, watery eyes, sore throat, congestion, sinus pressure and a runny nose can disrupt sleep, make it hard to concentrate and likely keep you homebound. Your typical response is to reach for an antihistamine, decongestant and aspirin to get on with life. But is the risk of making you drowsy or hyper a good symptom trade-off?

Whether it's inside, outside, seasonal, morning or night, you're often advised to avoid the allergen. Ozone quality, air pollution, dust, pets, pollen, grasses, trees, smoke, fragrances? For airborne allergens, that's like telling you to stop breathing! No matter what the offense, quercetin supports your defense.

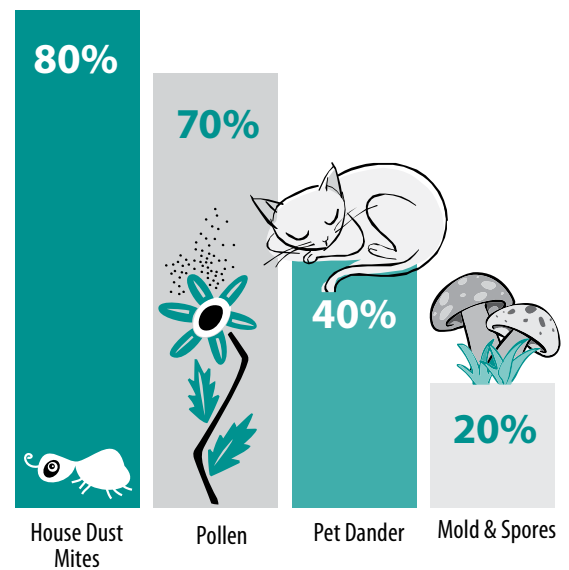
As one of the most active members of the colorful bioflavonoid family, quercetin (Q) is found in apple skins, red grapes, berries, cauliflower, cabbage, onions and nuts. But research suggests for therapeutic use, supplementation is the best way to go and with no side effects associated with quercetin use, there's no symptom trade off.

There are two primary ways Q may help allergies. The first is by stabilizing mast cell membranes where histamines are stored to prevent its release and the allergy symptom cascade. The second is by inhibiting the production of inflammatory leukotrienes. Quercetin also strengthens blood vessels, cells and tissues from oxidative damage as an antioxidant. Plus, Q further spares vitamin C, another immune player that prevents the production of histamine so they make a good allergy team. Studies show Q can improve endothelial function, relaxing restricted blood vessels caused by inflammation to improve breathing and blood flow. This action also subsequently reduces the risk of developing asthma, bronchitis and respiratory problems. Finally, Q helps lung health by inhibiting the replication of the respiratory syncytial virus (RSV). Based on Q's ability to be pro-active, begin taking it about a month before your allergy season starts. Bromelain, an enzyme from pineapple, is often added to quercetin for its own antioxidant, anti-inflammatory benefits and also to boost quercetin absorption.

Don't be surprised when you take quercetin for allergies to find that it helps other health problems. By its very nature, Q is capable of inhibiting the oxidation of LDL cholesterol, improve blood vessel integrity against heart and stroke risk, support bone-building therapies, ease inflammation in prostatitis and colitis, stop the replication of the herpes simplex type I virus, reduce hives, prevent easy bruising, inhibit uric acid production in gout, and help rheumatoid arthritis by reducing tissue destruction. Something for you to think about in addition to easing your sneezing!

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Allergy Triggers by Source



Pollen Seasons

- Tree pollens** Mid Jan to Mid June
- Weed pollens** June thru September
- Fungi molds** May thru October
- Grasses** March thru September

Source: www.allergyanswers.info

Quercetin*

Suggested Daily Doses

Take before or between meals in divided doses.

- Allergies** 400-800 mg
- Acute Hives** 800 mg (3x/day)
- Chronic Hives** 400-800 mg
- General Health** 400 mg
- Gout** 400 mg (3x/day)

**Note: For informational purposes only. Not intended to diagnose, cure or treat any disorders, nor replace professional medical counsel. If you are currently taking an antibiotic or allergy medication, consult your doctor before taking quercetin.*