

QUERCETIN

Don't Miss Out on Q!



by Margy Squires

If you take this colorful bioflavonoid only during allergy season, you are missing out on so many other benefits. Should you be supplementing quercetin? Let me count the ways!

1 Quercetin is an antioxidant, anti-inflammatory and anti-viral agent so it's beneficial on many levels for many disorders. Q is in apples, red onions and grape skins but you'll have to eat a lot. One small onion contains 100 mg. Only about 2% is absorbed, making a 500 mg dose equivalent to eating 250 onions a day!

2 As an anti-inflammatory, quercetin shines, particularly when paired with another anti-inflammatory bio-flavonoid, bromelain. Since inflammation is involved in most conditions, add Q as an "extra" helper as it will help reduce inflammatory pain, too, such as in arthritis. Q reduces symptoms of chronic prostatitis at 500 mg daily for at least one month.

3 Quercetin helps regulate the immune system's response to stress, neutralize free radicals, safeguard cell membranes and DNA. It's anti-aging by extending cell life. Q is synergistic with antioxidants, enhances their activity and recycles vitamin C. Q also inhibits processes involved in cell mutation which may lead to tumors or cancer, and are cell protective during certain cancer treatments.

4 By reducing oxidative damage, quercetin is heart healthy. It may prevent oxidation of LDL cholesterol, raise good HDL and reduce platelet stickiness to decrease plaque risk. In a study of 805 men aged 65-84 years, those with the highest Q and other flavonoid intake were 68% less likely to die from coronary heart disease. Q taken with niacin helps reduce the niacin "flush". Studies show its positive role in hypertension and Q strengthens capillary fragility, too. Q inhibits the buildup of hemoglobin A1C to reduce risk of diabetic neuropathy and cataracts.

5 Finally, quercetin is anti-allergenic. Q stops histamine release from mast cells, making it a natural anti-histamine agent against multiple triggers. Q also strengthens tissues in the respiratory tract from nose to lungs. Take it before the allergy season starts to raise Q levels. I used to take Sudafed® and now only take Q year round, 500 mg morning and before bed, sometimes at noon during the spring and fall allergy season.



DOSING: 500 mg daily up to 2000 mg as needed. Q has an excellent safety record, too.

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Read More in the TyH Health Library Online

- ◆ Quercetin: The Allergy Bioflavonoid
- ◆ Quercetin For Your Health (Quiz)

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