

NATURAL ALTERNATIVES TO ANTI-HISTAMINES

Naturally occurring herbal and homeopathic alternatives to pharmaceutical anti-histamines can be very beneficial in the treatment of allergies and other reactions to environmental irritants.

QUERCETIN – BROMELAIN:

Quercetin - Bromelain naturally reduces mast cells activity, which slows down or eliminates histamine reactions. This is **an excellent way to combat allergies.** Quercetin - Bromelain is taken just as any other vitamin or supplement.

Quercetin - Bromelain is a **bioflavonoid and you can take as many as is needed during the day to reduce the histamine affects.**

If you wake up congested, take 2 the first thing in the morning. You can then take 2 before bedtime as a preventive supplement for breathing restrictions during the sleeping hours.

There is no known limit to the maximum amount that you can take; however, we do not recommend that you exceed 8 per day, even if you are having a significant amount of congestion and reactivity to allergens.

ECHINACEA:

Echinacea is another herb that was introduced to New World settlers by Native Americans. Herbalists consider **Echinacea one of the best blood purifiers and an effective antibiotic.** It **activates the body's immune system** increasing the chances of fighting off any disease. This popular herb has been used to help ward off the common cold and to relieve the symptoms of hay fever.

It was widely used as a remedy against snakebite, infected skin wounds and to combat toothache and sore throats. Echinacea is known to have a positive effect on the immune system by preventing the formation of the enzyme hyaluronidase, which destroys the natural barrier between healthy tissue and pathogenic organisms. Extracts of this versatile herb also display significant anti-fungal and anti-viral activity, including direct activity against strains of the influenza virus.

To date, pharmacological investigations have proven that Echinacea extracts do have a positive influence on the immune system.

AIRBORNE®:

AIRBORNE® or AIRBORNE® SEASONAL was created by **combining seventeen herbs (each with a specific function in Eastern medicine) and putting them through a patented extraction process.** Then, they were combined with a unique formulation of amino acids, antioxidants and electrolytes. An effervescent carrier was used as a way to deliver the nutritional benefits of AIRBORNE® to the system immediately. It is thought that bacteria and viruses get resistant to herbs because there are several herbs in each formula and each herb has many complex plant alkaloids. This complexity is believed to be too much for the “bugs” to process.

At the first sign of a cold symptom, simply drop 1 Airborne tablet in a small amount of plain water. Let dissolve (about 1 minute) and drink. Repeat every three hours as necessary.

ALFALFA TABLETS:

Alfalfa is one of the most mineral-rich foods known. Alfalfa contains all known vitamins and minerals, although some are only in trace amounts. It contains ten times more minerals than average grains because its roots can grow up to 125 feet deep, where they can absorb minerals beyond the reach of other plants. **Alfalfa is very rich in calcium, vitamin C and bioflavonoids. It is a good source of vitamin B12, which is important for vegetarians who do not consume any animal or dairy products. It contains Vitamin K, which is helpful in preventing morning sickness. It is a natural source of fluoride, that is not toxic to the body, helping with bone health and preventing tooth decay. It contains beta-carotene for healthy immune system, skin, and mucous membranes.**

Humans do not have the capacity to breakdown this herb in its raw form because of its extremely high fiber contents. Use alfalfa tablets to gain the benefits of the vitamins, minerals and fiber. The fiber content will help to carry intestinal wastes out of the system. Alfalfa contains 8 essential enzymes needed for digestion, so it helps with the digestion of foods when taken with meal.

Alfalfa is useful for arthritic conditions. It has the ability to neutralize acids, such as uric acid. This helps to alkalize the body tissues, which can be helpful in correcting the root cause for arthritic conditions (acidity). It is **useful in correcting skin disorders, such as eczema** or psoriasis. As a tonic, it can be used to improve digestion, assimilation of nutrients, mental clarity, stamina, strength, response to stress, and reduce toxicity.

CAT'S CLAW:

Cat's claw is a medicinal herb from the Amazon River basin that is widely **used for inflammatory disorders and is an effective antioxidant.** It is an herbal discovery from the Peruvian Rainforest and has been used for hundreds of years by the native Ashanica Indians. The plant is considered a valuable medicinal resource and is protected in Peru.

Current studies show it may have positive effects on, and **can boost the body's immune system.** These studies suggest that the herb may be beneficial in the treatment of arthritis, bursitis, allergies, diabetes, lupus, chronic fatigue syndrome, cancer, herpes, organic depression, menstrual irregularities and disorders of the stomach and intestines. Additionally, Cat's claw herb total alkaloids have been known to exert a beneficial effect on memory impairment. ***These can be located at your favorite health food center.***