

Solutions to Sniffling and Sneezing

The time is coming for the return of pollen, dander, and all of our other favorite allergens. With so many people suffering this allergy season, is there any natural alternative that can help? There are a variety of products to combat allergies and the following will help you understand and utilize these products to their fullest.

HistoPlex®: Utilizing a specific herbal blend, this product is designed to act as a natural antihistamine. HistoPlex® contains Osha root, Olive leaf, Hesperidin fruit extract, Hydrangea root, Black Walnut, and Turkey Tails. This product works to counteract endogenous food allergies and sensitivities, and also works well as a general immune support. If you react to non-airborne allergens, this is the product for you.

HistoPlex-AB®: A simple way to remember the difference from HistoPlex® is the AB stands for airborne. This broad spectrum antihistamine is recommended for those sniffling and sneezing during this particularly reactive time of year. HistoPlex-AB® contains Chekiang Fritillary, European Goldenrod, Baikal Skullcap, Eyebright, White Mulberry, Platycodon Grandiflorum, and Silk Tree. This product should be on the front line with any of your airborne allergy sufferers and has been formulated to assist in symptoms related to sinus congestion, nasal drip, coughing, and much more.

NAC: This product is a true powerhouse during the allergy season. We know allergies stem from an overreaction in the immune system. The body tags *foreign invaders* and works to rid them from the system. N-acetyl-cysteine (NAC) works to calm down the immune system as it is converted to one of the four needed types of glutathione. The body has innate ability to heal itself when given the proper nutrients. Giving it the basic building block of glutathione allows it to choose for itself how to best heal. It is in this reaction and trusting the body to decide for itself how to manage and heal that truly gives this product the ability to help so many.

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