

Healthy Handout

Volume 1
Issue 5

Fight Nature with Nature Natural Allergy Remedies

In This Issue

Allergy
Remedies



QHD Recipe



Schedule of
Events



Coupon!

Allergy season is here. That same warm weather that makes you want to spend more time outside also creates the perfect atmosphere for airborne allergens.

People tend to blame pollen, dander and other particles for their sneezing and watery eyes, but allergic reactions are actually the fault of our own immune systems. Sometimes our bodies recognize harmless substances as contaminants and release inflammatory chemicals such as histamine. When those chemicals are released, allergic reactions occur.

Allergies cause internal symptoms as well as external symptoms. Many times allergies can cause fatigue, depression and a decrease in motivation. In order to fight these symptoms, most people take allergy medications which have side effects that can be more severe than the symptoms.

There are several supplements that can help suppress allergic reactions in your body, and some are available in common foods. Vitamin C, which is found in citrus fruits like oranges and grapefruits, helps regulate immune response by acting as a natural antihistamine. Quercetin, found in apples, onions and other fruits and vegetables, also acts as an antihistamine.

Histamine is found in mast cells, which are located in your skin, nose, mouth and stomach. Mast cells are part of the im-



'Tis the season.

mune system and release histamine when a contaminant is detected.

However, histamine is also a neurotransmitter found in brain tissue that promotes healthy cognitive function. Since synthetic antihistamines block all histamine, they are actually interfering with your brain function. That's why some allergy medications have a warning against driving or operating heavy machinery.

On the other hand, vitamin C and quercetin don't actually block histamine. Instead, they regulate mast cells. Therefore, the histamine in your brain can still function properly. Because quercetin and

(Continued on page 2)

Store Information

Healthy Habits Natural Market
1120 Centre Turnpike
Orwigsburg, PA 17961
Phone: 570-366-2620

www.healthyhabitsnaturalmarket.com

Hours

Mon-Fri 9 a.m.-7p.m.

Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

(Continued from page 1)

vitamin C aren't drugs, they don't act as a "quick fix," so don't expect instant relief from taking a quercetin capsule. Over time, though, vitamin C and quercetin can improve your immune system's efficiency.

Local raw honey can help fight allergies, also. Honey contains pollen from local plants and, as a result, works almost like a vaccine against airborne allergens. It's best to find honey that's produced locally, because it will contain pollen from the same plants that cause allergic reactions. Also, be sure that the honey is raw. Pasteurization removes the pollen and other nutrients from honey.

Several herbs can be used to treat allergies. Certain herbs, such as dandelion and burdock, act as detoxifying agents and

break down allergens in the blood. Because of its natural antihistamine and anti-inflammatory properties, nettle has been used to fight coughs, runny nose and asthma symptoms.

Essential oils are another natural option for allergy sufferers. For aroma therapy, you can put a few drops in a diffuser or on a handkerchief. They can also be applied topically with carrier oils or added to bathwater. Rose, lavender and oregano oils have all been used to calm the body's response to allergens.

As you can see, there are many natural ways to prevent allergies. With a few simple changes, you'll be able to enjoy the outdoors without the side effects.

Upcoming Events

June 13
Weight Loss Surgery Group
11 a.m.



June 22
Gluten Free Group
6:30 p.m.



Questions?
Visit our website for more information about our programs.



Quick ~ Healthy ~ Delicious



Greek Yogurt Honey Lime Dip

- 1 cup Plain Greek Yogurt
- 2 Tbsp Honey
- 1 Tbsp Lime Juice
- Grated Zest of 1 Lime

Mix well ~ Cover ~ Chill overnight

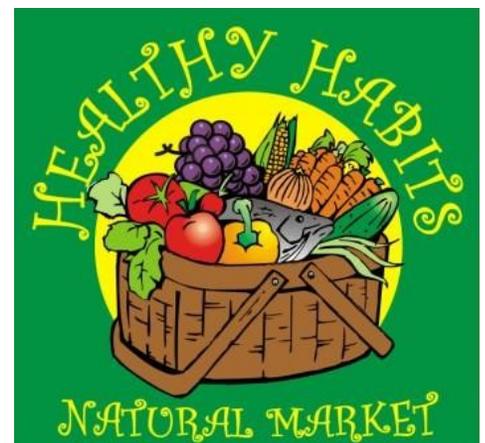
Serve with fresh fruit!

Dr. T. Says...

Allergic reactions are caused by the immune system. Here are a few ways to help your immune system and control your allergies:

- **Add vitamin C and quercetin to your diet to control mast cells.**
- **Eat local, raw honey to build an immunity to pollen.**
- **Use essential oils to help alleviate allergy symptoms and improve your health.**

Be sure to use an aromatherapy book or website to find the proper dilution ratios and applications for essential oils. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.