

Spring season brings flowers and pollen ... and allergies

It's spring time and flower season! With the beautiful flowers comes pollen allergy. The most frequently occurring symptoms are itchiness and redness of the eyes, tearing, sneezing, running nose, etc. In severe cases, shortness of breath and breathing difficulties may occur. Often pollen allergies manifest in the form of skin itchiness and rash.

How does allergy occur? When our body has contact with certain substances like pollen, it triggers our immune system to over react and causes inflammation. These inflammation symptoms are to protect our body, to signal an alarm; for example: over secretion of mucus, skin abnormal reaction, and other discomfort. Some doctors will suggest use of an anti-histamine or nasal spray which reduces the inflammatory response. Unfortunately there are several side effects. The main side effects are drowsiness, fatigue, followed by dryness of mouth.

To fight the allergy, prevention is the preferred approach to combating the allergic response. Maintaining basic health with nutraceuticals including anti-inflammation protection during the spring, can provide protection from seasonal pollen allergy.



Nutrients related to allergy :

1. Green Barley, oat grass, green tea, chlorella, spirulina :
Loaded with antioxidants and phytochemicals can efficiently adjust and promote metabolism, reduce allergy symptoms, and at the same time, reduce acute and chronic inflammation.
2. Ginkgo extract :
A known bronchodilator, decreases resistance in the respiratory airway, and promotes excretion of the mucus.
3. Evening Primrose Oil (EPO)
The GLA (Gamma-linolenic acid) in EPO produces one-series prostaglandins and suppresses pro-inflammation substances to improve inflammation reaction.

New Health Recommended Products :

ITEM	CODE	PRICE	DESCRIPTION
 Green Barley Powder	H008	\$35.00	Body cleansing for toxin and allergen
 Green Barley Tablet	H005	\$38.00	Body cleansing for toxin and allergen
 Liquid Ginkgo Biloba Plus	L003	\$25.00	Promoting blood circulation and basic metabolism
 Prime Ginkgo	P009	\$25.00	Promoting blood circulation and basic metabolism
 NH EPO	N005	\$25.50	Natural anti-inflammatory essential fatty acid