

One Healthy Minute[®]

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Spring Allergies

Allergic rhinitis, commonly known as seasonal allergies, affects approximately 20-25% of the American population. This accounts for approximately 35 million people. Symptom producing allergens may include pollen, dust mites, animal dander, feathers and fungus. For individuals who enjoy being in the outdoors, symptoms may be mildly debilitating decreasing the enjoyment of your outdoor experience. Your spring can be an enjoyable when you give your body what it needs to deal with allergies, naturally.

Supporting the digestion is a great help in working with allergies. If the body is not able to fully digest proteins, they may be seen as an allergen and cause the classic allergy response.

Nature's Sunshine's Food Enzymes provides an array of digestive enzymes to assist the digestive system in breaking down proteins, fats and carbohydrates.

Chinese Breathe E-Z TCM Concentrate contains a combination of 14 Chinese herbs providing nutrients that may be supportive for the respiratory system. Its Chinese name *xuan fei* can be translated to mean "ventilate the lungs." This formula supports the body in the battle to remove toxins from the entire respiratory tract, especially the lungs. **Breathe Free** essential oil blend contains oils that may be anti-infectious and useful for laryngitis, sinusitis, congestion, colds, asthma and flu.

AL-J combines selected herbal ingredients that historically nourish the immune and respiratory systems. This formula may support healthy lung function while supporting the body during seasonal changes. It also encourages the entire respiratory tract to gently cleanse itself and helps promote respiratory tissue health. **AL-J** is available as capsules, tablets and as a liquid herbal formula.

For times of inflammation and histamine production, **Histablock**, **Vitamin C** and **MSM** may be particularly helpful. **Hista-Block** is a powerful herbal combination providing nutritional support for the respiratory system. **Vitamin C** may help flush allergens and toxins out of the body. **MSM** may assist the body in reducing histamine production.

Allergies-Hayfever/Pollen is a natural homeopathic medicine for the relief of minor hay fever and pollen allergy symptoms including runny nose, sneezing, respiratory congestion and itchy, watery eyes.

Nature's Sunshine products are available from Sam Rodgers 210-240-7721 or 210-602-0578
[www.Erodgers1@satx.rr.com](mailto:Erodgers1@satx.rr.com) or www.nherbalnutrition@satx.rr.com.

Visit our website at www.Samsherbalsnutrition.com or mynsp.com/5211
Call or e-mail today for more information on herbs and their many uses.

Life is busy, now is the time to support the immune and respiratory system for an allergy free spring, "one minute @ a time."

This information is intended for educational purposes.