

HARE'S TO YOUR HEALTH

HELP IS HERE FOR THAT WHEEZING & SNEEZING TIME OF YEAR!

The topic of allergies has become routine in our lives, and certainly most everyone has an idea of what an allergy is. Allergies are so common a subject, in fact, it seems acceptable to discuss your allergies at a cocktail party with strangers.

The term allergy applies to an abnormal reaction by your immune system to environmental factors such as pollen, house dust, molds, smoke, and environmental pollutants.

No one knows why some people develop them, but heredity seems to play a role. Allergies may flare up and subside throughout your life. The immune system protects the body from foreign substances by producing antibodies and other chemicals to fight against. Usually the immune system ignores harmless substances, such as food, and fights only dangerous ones, such as bacteria. A person develops an allergic reaction when the immune system

cannot tell the good from the bad and releases chemicals like histamine to attack the harmless substance as if it were a threat (webmd.com).

Some signs and symptoms of allergies are dark circles under the eyes, itchy skin/eyes, sneez-



ing, hay fever, eczema, arthritis, headaches, asthma, ringing in the ears, depression/anxiety, digestive upset, rash/hives, chronic fatigue, diarrhea, nausea, runny/stuffed nose, and bronchitis.

Weakened immune system, environmental toxins, repetitive immunizations or antibiotic/steroidal medication, dysbiosis, heredity, nutritional deficiencies, stress/physical or emotional trauma, and/or poor liver func-

tion are possible causes of an allergy.

Nutrient applications that may be applied to lessen the severity or to correct the condition are: a detoxification program (helpful nutrients include milk thistle, glutathione, chlorophyll, broccoli, dandelion, red beet root, yellow dock); immune support that includes vitamin C, selenium, zinc, b-complex, vitamin A, thymus extract, echinacea, goldenseal, garlic, quercetin; inflammatory response (proteolytic enzymes, essential fatty acids, and bioflavonoids); HCL and pancreatic enzymes to decrease allergen load and optimize digestive function; leaky gut nutrients; adrenal support if necessary (pantothenic acid, vitamin B-5); and, calcium and magnesium will serve as a nerve relaxant.

Contact us @ Nutri-West Blue Ridge for further information on our nutritional product support!

What's New @ NWBR

DR. DAN MURPHY will be teaching in our territory **FOUR** times throughout the year (April for NC Chiro. Assoc., June for SC Chiro. Assoc., September for Life University, and October for GA Chiro. Assoc.) and on different subject matters! Watch for our emails or our website, www.nutriwestblueridge.com, for

more details to catch one (or more) of his extremely informative lectures!

DR. DAVID LEE will be speaking @ the GA Chiropractic Association's Spring Convention here on Hilton Head Island (May 20)! Dr. Lee will be presenting his Nutritional Pearls and Top 30 supplemental picks.

WATCH FOR OUR EMAILS to be aware of all product specials and changes, upcoming seminars, (**DR. J. DUNN to Atlanta, Oct. 28-29**) and office "happenings". If you need your email address added to our list, email us at : nutriwestbr@hargray.com.