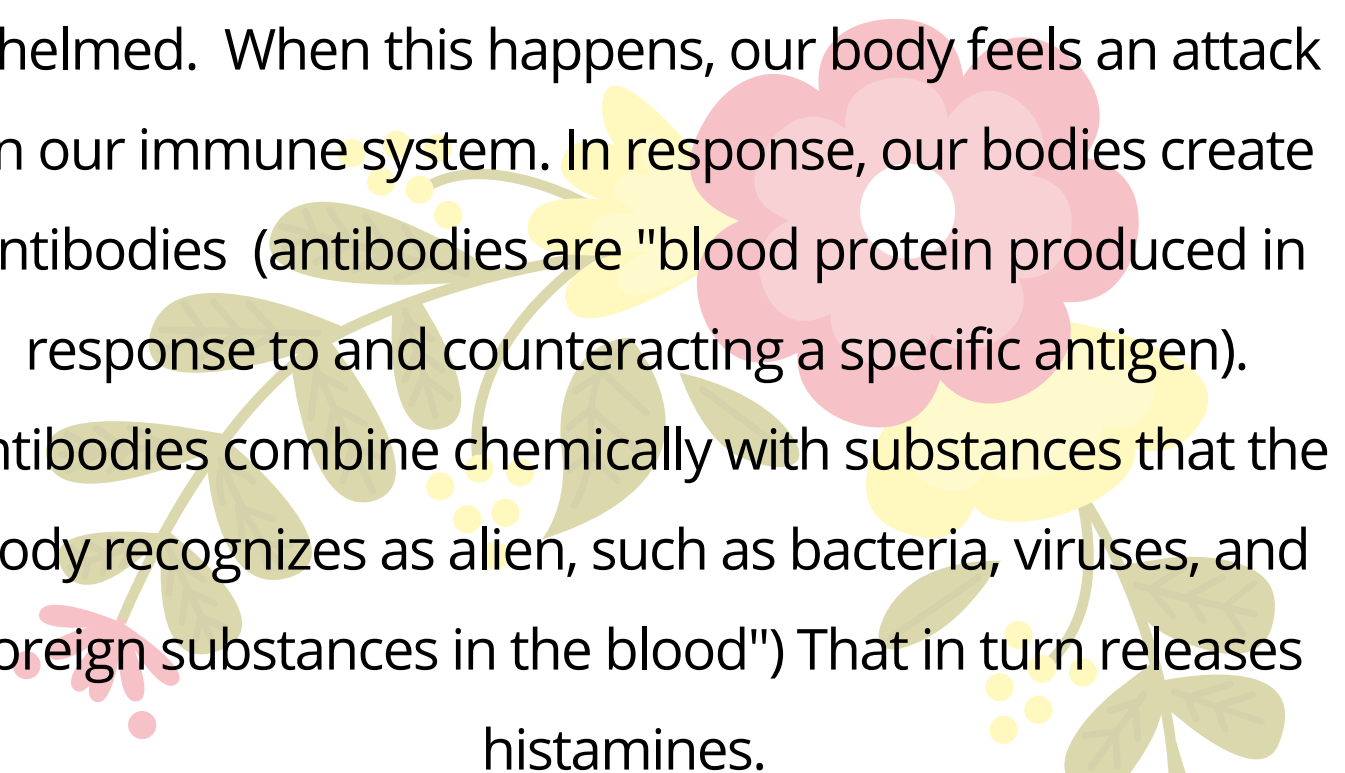


# Seasonal Allergies

As Spring arrives so do Seasonal Allergies! With the blooming of flowers, trees, pollens, weeds, grasses and other things floating in the air our bodies can feel overwhelmed. When this happens, our body feels an attack on our immune system. In response, our bodies create antibodies (antibodies are "blood protein produced in response to and counteracting a specific antigen). Antibodies combine chemically with substances that the body recognizes as alien, such as bacteria, viruses, and foreign substances in the blood") That in turn releases histamines.



A histamine is "a compound that is released by cells in response to injury, in allergic and inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries." Symptoms one may experience are runny nose, itchy eyes, watery eyes, coughing and congestion. Below are some herbs, natural was of supporting your body with an allergic response and homeopathic remedies for relief.

Below are some herbs which can provide another approach to supporting your body during an allergic response & homeopathic remedies for relief.

### Stinging Nettles {*Urtica dioica*}

Freeze dried, fresh or dry stinging nettles contain little hairs on the tips of the leaves. When they are disrupted, for example brush up against the skin, it creates a stinging reaction. When this happens the nettle release chemicals and histamine is released. When boiled & taken as a tea, nettles interlay the histamine that is released works as an anti-inflammatory for the body

### Neti Pot

Use for cleansing and moisturizing nasal passages

### Colloidal Silver Spray

Anti-inflammatory, anti-microbial

### Quercetin

A flavonoid/antioxidant that is found in leafy greens, tomatoes, berries and broccoli, According to the Department of Pathology and Diagnostics at the University of Verona in Italy, Quercetin and other flavonoids are "anti-viral, anti-microbial, anti-inflammatory and anti-allergic agents"



Below are some homeopathic medicine options for seasonal allergies.

Homeopathic medicines are picked by symptoms.

Below are two brands we carry in the store:

### Sinusalia Tablets

For Congestion, Pain, Sinus Pressure and Headache

### Sabadil Tablets

For Symptoms of Itchy, Watery Eyes, Sneezing, Runny Nose, Itchy Throat and Nose

**LOOKING FOR YOUR PRODUCTS- WE ARE HAPPY TO GIVE YOU A TOUR  
OF OUR AMAZING PRODUCE, WELLNESS & SPICE/HERB  
DEPARTMENTS!**

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

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