

## **Allergies and Sinus Relief Program**

Most people who suffer with allergy and sinus problems feel they must resort to using medications that have unpleasant and even dangerous side effects. For those who may be interested in safer, more natural alternatives, some of the following natural solutions may help.

**Relieve Symptoms:** See worksheets on each of these vitamins and herbs for more detailed information.

### **Garlic -**

- natural antibiotic,
- normalizes and stabilizes the immune system
- encourages normal mucous production

### **Vitamin C**

- Natural antihistamine and a histamine stabilizer
- Reduces mucous and congestion
- Anti-inflammatory, helps prevent narrowing of bronchial tubes
- Enhances T-cell and macrophage function
- Is a mast cell wall stabilizer
- Improves tissue oxygenation and promotes healing

### **Natural Interferon**

- Supports and stimulates the immune system by increasing the activity of macrophages (white blood cells) and inducing natural interferon production. It optimizes the body's immune response against environmental irritants and airborne substances.
- Completely safe, no adverse reactions to these plant extracts
- Natural plant extracts derived from pumpkin seeds, safflower flowers, plantago seeds, Japanese honeysuckle flower buds

### **Alfalfa**

- Source of fiber that helps in binding toxins and carrying out of body
- Natural chlorophyll
- Natural antihistamine
- Decongestant
- Anti-inflammatory
- Natural diuretic

### **Probiotic**

- Enhances the body's total immune response

**Reduce the consumption of dairy products, since they tend to increase mucous production.**

**Reduce Exposure to Toxins**

- Purify the air in your home and office with an Air Purifier.
- Use organic, safe cleaners in your home, laundry and dishes
- Use natural, ph-balanced skin care products

For allergy and sinus relief in the winter when its dry, remember to use a humidifier with a few drops of Basic G to inhibit bacterial growth.

"Because the brain is the most sensitive organ in the body, many experts recommend eliminating foods and environmental irritants that could create brain allergies. " Dr. Doris Rapp, *Is This Your Child's World?*