Respiratory Allergies

Dander, saliva, skin and urine (especially dogs & cats)
Pollen from flowers, plants, grasses and trees
Dust mites
Molds
Perfumes/fragrances

Sinus - irritation lending to infection
Eyes - itchy watery eyes
Stuffy Nose
Asthma
Lungs - Wheezing
Hives

When an antigen enters the body.....

When an antigen gets through the mucus membranes the T - cells attach to it... which causes the T cells to activate the B cells into release Ige Anti-bodies which then attach to the outside of the mast cell.

When the antigen cross links the Ige anti-body sites, it causes the Mast cells to release histamine and prostaglandins it contains effecting the surrounding tissue, which causes the swelling and stuffiness of the tissues in the eyes, nose and upper respiratory system.

Misguided Medical Professionals Will Say....

That an allergic reaction is a flawed immune system OVER-reacting to a typically harmless substance.

When in Reality .....

When an allergen hits an already toxic or overly-taxed respiratory system, the immune system in effort to protect the body, will cause the production of mucus and the swelling of tissue to prevent the allergens from entering the already overburdened respiratory system and lungs.

Typically When the Swelling and Mucus Becomes Excessive.....

The body has an off switch for every on switch... in this case anti-histamine (corisole). Which block the histamine receptor sites.

Methylation also effects histamine and basophils levels

Adrenals produce the cortisol to adequately counteract the inflammatory allergic reactions.
Noninfectious Respiratory Conditions
So called Allergens don’t cause Allergies with everyone. So it isn’t the Allergen alone which causes the reaction.
• Check for Toxins in the Respiratory System and Bowel
• Check pH
• Check Adrenals

Balanced Acid
• Water
• Diet
• Liquid Chlorophyll
• Liquid Calcium
• Calcium
• Acid causes inflammation

http://www.marysherbs.com/Miscellaneous/pHfoods.shtml

pH Balancing Diet

Sinusitis
• Infection or inflammation of sinuses
• Caused by bacteria, viruses, yeast, mold, parasites or fungi
• Symptoms
  – Sinus pain and pressure, swollen nasal passages, fever, cough, post nasal drip

The pH Factor
• Almost all health problems begin in an acidic environment
• If your pH is below 6.5
• You body will try to eliminate some of the acid out through the lungs.
• This acid can irritate the membranes and tissue in the respiratory system effecting the lungs and bronchials and sinus causing inflammation
• The body often produces mucus in response to acid and inflammation

Sinus Support
• CBG Extract
• Tei Fu
• ALJ
• Lobelia
• Silver Shield

Neti Pot
• Use Distilled Water and salt
• OR Silver Shield ONLY
• OR Bayberry & Slippery Elm tea (let cool to room temp) for nose polyps
• Make sure to keep everything sterile!!!
Nature’s Sunshine Products

• ALJ
  – Soothes irritated tissues, neutralizes allergens, promotes expulsion of mucus

• Sinus Support
  Provides nutritional support of respiratory cleansing and tissue-protecting processes.
  The herbs in Sinus Support EF provide practical and safe support for the respiratory system, especially when pollen levels soar. Sinus Support EF supports nasal passages and supplies nutrients for proper respiratory function. Sinus Support EF features synephrine (from immature orange peel), which possesses properties somewhat similar to the alkaloid ephedrine in providing respiratory support, but it acts much more mildly in the body.

Keep the Respiratory System Clean

Other Insults to Lungs:
• Black mold
• Chemicals
• Paint/Thinners
• Coal/Dust
• Lint
• Talc-Algin
• Flour
• Smoking
• Asbestos

Nature’s Sunshine Products

• Chinese Lung Support
  – Acts as a tonic to moisten and nourish tissues of the respiratory tract, especially the lungs, making it useful for dry, irritating coughs

• Lobelia
  – Helps relax bronchial spasms and coughing

Natural Antihistamines

Elderberry:
• Historically recommended for colds, seasonal allergies, and flu.
• The active ingredients in this great herbal combination also support the sinuses by discouraging swelling of the mucous membranes. As an added plus it helps keep bacteria in check.
• Can be taken for long periods of time without fear of homeostasis and immune dependency

If the Drain in the Cellar is clogged

Sooner or later the upper drains will soon become sluggish and slow

Natural Antihistamines

Eyebright:
• Widely known for its support to eye health and is gaining a reputation for being a mild antihistamine.
• Also known to help combat dry eyes, allergies, sinusitis, conjunctivitis, and other eye infections.

MarysHerbs.com
Natural Antihistamines

Ginkgo biloba:
- Best known for helping mental alertness and memory.
- Less known for: bronchitis, asthma, and seasonal allergies.
- Some herb books describe ginkgo as a natural antihistamine.

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