

How to stop sneezing, itching, scratching and sniffing

Article by Patrick Holford ...

(Comments + Recommendations in Blue by Lyn Banks)

Do you dread the hayfever season? Do you suffer with allergic reactions or have other allergy-linked problems such as eczema, asthma, dermatitis, itchy eyes, chronic nasal congestion or catarrh?

These symptoms are miserable, but the good news is that there are a number of substances that can reduce your allergic potential which you can either eat or supplement. What's more, it's also possible to reduce your allergic potential so you're less likely to have these symptoms in the first place, reduce their severity if you do have them and can also help when you have an 'attack'.

Patrick Holford's article is aimed at the British with their spring and summer but it applies to us as well with our winters... in fact most people experience these symptoms throughout the year! Every year, millions of people use over-the-counter products to relieve nasal stuffiness and congestion, sneezing, runny noses, sore throat, and cough. The common causes of these symptoms include the cold virus, influenza virus, allergic rhinitis (hay fever), and sinus infections (sinusitis). Viral infections can also cause headache, body-aches, fatigue, and sometimes fever. Hay fever symptoms can also include itchy eyes, nose, and throat, and watery eyes... and there's always the dreaded asthma....

Vitamin C is the most important anti-allergy vitamin. It is a powerful promoter of a strong immune system, immediately calms down allergic reactions and is also anti-inflammatory. Blood levels of vitamin C have been shown to be low both in people with treated and untreated asthma. It's really recommended for everyone at an absolute minimum of 1,000mg (1g) a day, although 2,000mg (2g) or more is optimum for most people, whether or not you have allergies. If you are suffering from allergic symptoms, you might want to take twice this amount on a regular basis. Since vitamin C is in and out of the body within six hours, it's best taken in divided doses, either 1g in the morning and 1g at lunch or, if you're taking larger amounts, 1g four times a day. ***(GNLD's Vitamin C is in a Sustained Release form which releases over a period of 8-10 hours)***. You can increase your vitamin C intake through food by eating plenty of fresh fruit and vegetables, although you would have to eat an enormous amount to get up to 2g. For example, 100g of peppers contains about 100mg of vitamin C, 100g of broccoli contains 110mg and 100g of strawberries 60mg, and that's assuming they are fresh. Foods that contain vitamin C typically also contain antioxidant bioflavonoids such as hesperidin, rutin and quercetin, and these bioflavonoids may actually help the body absorb vitamin C – another good reason to eat vitamin-C-rich foods. ***(GNLD's Vitamin C Sustained Release CONTAINS Vitamin C 500mg, Rose hips 10mg,***

Rutin 10mg, Lemon bioflavonoids 10mg, Hesperidin complex 10mg and Acerola Cherry 15mg).

Omega-3 fish oils are one of nature's best natural anti-inflammatory nutrients, with countless other benefits besides. Although you can and should obtain these from eating unfried, unbreaded fish, I also recommend you supplement omega-3 fish oils every day as an insurance policy. To give you a rough idea, I recommend you take in the equivalent of 1,000mg of combined EPA and DHA (these are the two most powerful omega-3 fatty acids) a day, or 7,000mg a week. A 100g serving of mackerel might give you 2,000mg, while a serving of salmon might give you 1,000mg. So, if you eat fish three times a week you'll probably achieve 3,500mg a week. To make up the remaining 3,500mg, I recommend you take an omega-3 fish oil supplement providing 500mg of combined EPA and DHA a day. This is good advice for anyone, even if you're not especially allergic. ***(GNLD's Omega 3 contains 500mg of Pure Salmon Oil plus EPA/500mg and DHA/500mg-upto 3 capsules per day is recommended).***

Quercetin is another bioflavonoid and is a potent antioxidant that promotes a healthy inflammatory response. Animal studies also show that quercetin regulates histamine production. One study found that of all the flavonoids, quercetin was the most effective at inhibiting histamine. The best food sources of quercetin are red onions, apples and berries, but you'll be hard pushed to eat more than 20mg a day. So supplementing therapeutic amounts is also necessary if you're suffering with allergies. Take 500mg three times a day if your symptoms are severe, then drop down to 500mg once a day once your reaction is under control. This maintenance dose is also effective for reducing allergic potential. ***(Quercetin is found abundantly in GNLD's Flavonoid complex and also in the Vitamin C. GNLD Flavonoid Complex contains 4000 flavonoids).***

Glutamine ***(GNLD's Protein Shakes such as Nutrishake GR2 shake and Protein Powders all contain this important Amino Acid)*** is an essential part of any regime designed to quickly restore healthy mucous membranes and reduce allergic potential. It is also a powerful nutrient for supporting proper immune function and protecting the liver. For this reason, not only is it recommended as part of healing a leaky gut – thereby reducing your allergic potential – but also for anyone experiencing allergy symptoms. ***If you suspect you have a leaky gut (which usually goes hand in hand with allergies), increase this Amino Acid...and also use the GNLD Digestive Herbal Complex and the Aloe Vera Plus which assists with proper Digestion.)***

Allergy diet

- Avoid mucus-forming, pro-inflammatory foods such as dairy and meat.
- Further reduce your allergic potential by avoiding highly allergenic foods such as wheat, gluten (rich in wheat, rye and barley) and yeast.

- Get **tested for food allergies!** So that you know if there are any other foods you need to avoid. And sort out any digestive problems. Disruption in the gut enhances allergic potential.
- Up your consumption of fresh fruits and vegetables. Have at least 3 servings of fruit, a large mixed salad and 3 portions of vegetables daily. Choose local, organic produce. Local because there will be less depletion of antioxidant nutrients and organic to avoid pesticide residue which itself is an allergen. Eat plenty of these foods raw.
- Increase omega-3 fats by eating plenty of un-fried, un-breaded oily fish such as anchovies, mackerel, sardines, wild or organic salmon, kippers and fresh, not tinned, tuna. Also add plenty of freshly ground linseeds and pumpkin seeds to cereals, salads and soups every day.
- Avoid alcohol – it's a major gut disruptor which increases your allergic potential.
- Drink 2 litres of pure, filtered water a day.

Anti-Allergy Supplements

Recommended by Lyn Banks in order of importance!

- 1. GNLD's Vitamin C Sustained Release – 2-4 tablets per day... (1000mg – 2000mg).***
- 2. GNLD's Zinc... Absolutely awesome for colds, hayfever and allergies.***
- 3. GNLD's Herbal Respiratory Formula...***
- 4. GNLD's Garlic Allium Complex – Anti-Viral, Anti-bacterial, Anti-fungal.***
- 5. GNLD's Flavonoid Complex – 2-4 tablets per day.***
- 6. GNLD's Omega 3 – 3 capsules per day.***
- 7. GNLD's Digestive Herbal Formula.***
- 8. GNLD's Aloe Vera Plus.***