



Allergy Relief and Natural Supplements



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

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Summer may be just around the corner, but Spring's hay fever menace still looms. Itchy eyes, runny noses and sneezing comprise the daily symptoms of many allergy sufferers. Is relief in sight? Yes—and it comes from within. Natural remedies aid in the treatment and prevention of your worst symptoms.

Quercetin is one of the many compounds that make up the bioflavonoid family. It is found naturally in onions, red wine, green tea and citrus fruits. Quercetin helps prevent histamine (a chemical in the body that aggravates allergies and asthma) from being released. It is also a natural anti-inflammatory aid. Therefore, your eyes, lungs, and nasal passages won't suffer from major flare-ups.

The caveat, however, is that Quercetin seems to work better as a preventive substance rather than an immediate treatment when allergies have gone awry. But allergy relief isn't the only benefit to taking Quercetin. Research shows it may prevent cataracts, as well as other eye, kidney and nerve complications often encountered by people with diabetes.

Additionally, its strong antioxidant, anti-inflammatory and immune boosting properties demonstrate ability to prevent a wide array of chronic conditions, notably heart disease.

Most recently, Quercetin shows promise in treating prostatitis, an inflammation of the prostate in men. But it doesn't stop there! Quercetin possesses gastro protective effects. Research showed gastric lesions were diminished with supplementation.

Interestingly, Quercetin absorption increases with concomitant intake of bromelain and papain, two great natural digestive enzymes. While daily intake of this flavonol may alleviate seasonal allergies, routine supplementation also benefits and protects against heart disease, diabetic and gastrointestinal problems and much, much more.

Recommended supplement:

Quercetin Complex