



NEW SERVICE ANNOUNCEMENT **ONLINE SUPPLEMENT SHOPPING NOW AVAILABLE**

(SEE BELOW FOR MORE DETAILS)



Sheri Scheer
PharmD, RP

Seasonal Allergies

An allergy is an adverse immune system reaction to a substance that most people find harmless, and they can manifest in a variety of ways. Common examples of an allergic response include headaches, fatigue, sneezing, watery eyes, itchiness; and stuffy sinuses following exposure to dust, pollens, dust mites, animal dander, chemicals, and a variety of other materials.

Histamine, which is produced by the mast cells, creates a cascade of events that are meant to flush out the offending substance from the body. Because of this, antihistamines are commonly used to address the symptoms of histamine release. Steroid nasal sprays are also used to decrease inflammation within the nasal passages, thereby relieving nasal symptoms. However, antihistamines and steroid nasal sprays come with a number of adverse effects.

Diet, strong gut health, and overall health can make a big difference when it comes to seasonal allergies because allergic response has everything to do with the immune system. Pharmacy Solutions has natural remedies that are very effective for allergy relief. Call us today to find out more!

Nutrients and herbs for individuals with high histamine:

Vitamin C has been shown to be beneficial against allergies by helping speed up the elimination of inflammatory histamine from the body.

Licorice is helpful in soothing inflammation, resulting from high histamine and cases of gut inflammation.

Stinging Nettle is an herb that works in similar ways to allopathic antihistamines. Studies have shown the extract of this leaf balances a variety of inflammatory activities that affect respiratory health.

Quercetin has strong antioxidant activity and blocks histamine release from mast cells thereby reducing histamine levels.

Bromelain is derived from the stem of the pineapple plant and has been shown to enhance the absorption of quercetin. Bromelain has also been shown to reduce edema and inflammation associated with histamine release in allergic rhinitis.

N-Acetyl Cysteine (NAC) is a natural amino acid derivative and precursor to glutathione. NAC thins mucous and acts as an antioxidant;

both are needed in high histamine responses.

Information provided by
Sheri Scheer PharmD, RP

Seasonal Allergy Supplement Recommendations



20% OFF Natural D-Hist, D-Hist Jr., Nasal Spray, Allergy HP, R-Hist
(Expires May 31st)

Supplement Shopping at HOME

Free Shipping!
When You Spend over \$49!



Continental U.S. only. Purchase must be a total of \$49 or more, including any discounts to qualify for free shipping.

1. Follow the link below and you will be directed to the WellevateSM registration page:
wellevate.me/pharmacysolutionslincoln or call 1-855-935-5382 to register over the phone!
2. Enter your email in the registration field and click the blue "Register" button below.
3. Simply enter your name and address.
You're ready to order!

Pharmacy Solutions
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