



HistaBlock

Natural Help for Allergic Reactions

When cells get damaged in the body they release several substances that create inflammatory reactions. One of these substances is histamine. Histamine is known for its ability to create the inflammation associated with allergic reactions, both respiratory (hayfever) and digestive (food allergies). In both our intestinal and respiratory tracts we have specialized cells called mast cells. These cells are part of one's immune system and help the body to neutralize substances that are irritating to the body. When mast cells become hypersensitized to irritants, they can burst prematurely, releasing the histamine that creates the inflammatory, allergic reaction.

HistaBlock is a nutritional supplement that has natural antihistamine action. It also helps to stabilize mast cells, making them less likely to rupture and release more histamine. The net effect is a reduction in allergic sensitivity. Here are the ingredients that help this formula work:

Nettles

If you've ever accidentally brushed up against stinging nettle, you know how irritating the sting from this plant can be. Oddly enough, the juice that causes the stinging pain contains histamine, as well as two neurotransmitters, serotonin and acetylcholine. So, the use of stinging nettle as an allergy-reducing remedy is an example of the principle of taking "the hair of the dog that bit." While the plant causes an inflammatory reaction on the skin, injecting the prepared herb actually reduces inflammation and allergic reactions. In fact, the juice of the plant will actually relieve its own stings.

The herb has a definite action on the kidneys, helping them to flush irritating waste. In particular, it flushes uric acid waste from the system. Nettles are also rich in minerals and very nourishing.

Quercetin

One of the chemicals known collectively as bioflavonoids, quercetin has been shown to help reduce allergic symptoms. It has antioxidant properties and appears to stabilize mast cells. This protects them from becoming damaged and releasing the histamine that causes allergic reactions.

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Bromelain

Derived from the pineapple plant, bromelain is a protein-digesting (proteolytic) enzyme. Besides helping the body to break down protein in the digestive tract, bromelain has been shown to possess a wide variety of pharmacological effects. For purposes of this formula, its most important action is its ability to reduce inflammation.

Since allergens are typically foreign protein substances, the proteolytic nature of bromelain may also help the body to break down irritants. It also helps to liquify mucus (making it easier to expell) and decrease bronchial secretions. It has shown clinical efficacy in helping conditions like bronchitis, pneumonia, and sinusitis.

Immature Orange Peel

Bitter orange has been used in Chinese medicine for indigestion with abdominal pain and distention. It improves digestive function and helps with bacterial and fungal infections. Like the other remedies in this formula, it has anti-inflammatory actions. It also acts as an expectorant, helping to expell excessive mucus.

Modern research has shown that this herb contains an epinephrine-like compound, similar to ephedrine in Chinese ephedra, but with a gentler and more lasting action. This compound, called synephrine, causes vasoconstriction of the mucus membranes, reducing excessive mucus drainage and watery eyes.

Dosage: For food- or respiratory allergies take two capsules two to three times daily, depending on the severity of symptoms. The formula can also be used in an enema solution to reduce allergic responses in the digestive tract.

Warnings: The synephrine in bitter orange is a stimulant. Combining it with ephedra products or caffeine may cause sleeplessness, anxiety, hypertension and rapid or irregular heart beat. Persons with these symptoms should be cautious with this formula.

Sources

Drugs and Natural Alternatives by Clell M. Fowles
Textbook of Natural Medicine by Joseph E Pizzorno and Michael T. Murray
The Encyclopedia of Medicinal Plants by Andrew Chevallier
The Encyclopedia of Herbs and Their Uses by Deni Brown
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