

Achoo! Allergies make my nose run!

## **Description**

Natural products may slow down your allergies.

**Allergies are the result of your immune system's response to a substance.**

Immune responses can be mild, from coughing and a runny nose, to a life-threatening reaction known as anaphylaxis. A person becomes allergic when their body develops antigens against a substance.

Allergic disease is one of the most common chronic health conditions in the world. People with a family history of allergies have an increased risk of developing allergic disease. Hay fever (allergic rhinitis), eczema, hives, asthma, and food allergy are some types of allergic diseases. Allergy symptoms can range from mild to a serious, life-threatening allergic reaction (anaphylaxis).

Allergic reactions begin in your immune system. When a harmless substance such as dust, mold, or pollen is encountered by a person who is allergic to that substance, the immune system may overreact by producing antibodies that "attack" the allergen. This can cause wheezing, itching, runny nose, watery or itchy eyes, and other symptoms.

## **Could Alfalfa help?**

### **Alfalfa Complex**

This is the time of the year when you will really want to add alfalfa to your supplement regime that is, only if you haven't already experienced all the rich benefits of this fabulous plant. Seasonal changes in the weather often bring about sensitivities to various forms of pollen, mold and dust. So let's see how Alfalfa plays a part in relieving allergy symptoms.

So here's what we know about Alfalfa. It is one of nature's richest sources of total food minerals and trace elements. Its many health-giving aspects have beneficial benefits for eyes, teeth and strong digestive systems, and connective tissues. Alfalfa roots burrow

20 feet into the ground to find precious trace minerals which when absorbed by the plant

are stored in the leaves, stems and branches making it a veritable treasure of health giving nutrients. It is the richest land grown source of sub-nutritional trace minerals; combined with chlorophyll and other organic salts that give greater effect and power of generation to tissues. The word Alfalfa means father of all foods, and one of nature's oldest legumes.

Alfalfa is a legume that has a long history of dietary and medicinal uses. A small number of animal and preliminary human studies report that alfalfa supplements may lower blood levels of cholesterol and glucose. Now there are many factors that make this product outstanding. Alfalfa contains quantities of:

- Vitamins A, E, K, B, D & U,
- Fiber, protein, and fat soluble,
- 13 separate minerals and additional trace minerals,
- Contains 8 essential enzymes for digestion of proteins, fats, starches and sugars.

Shaklee Alfalfa is grown in the Antelope Valley without herbicides pesticides or organic fertilizers. This alfalfa is harvested at dawn when the leaves have the highest nitrogen and chlorophyll content. The cuttings are dried in the open air, the natural old fashioned way, and once dried, the alfalfa is ready to be milled and the leaf is separated from the desirable stem. The end product is a fine, green colored alfalfa "flour" which then goes through the tableting process.

Alfalfa complex is a Shaklee Signature Formula originally developed by Dr. Shaklee.

So now that know we have this fabulous natural product, what benefits might we experience. The list is endless but we will cover a few.....

- A great aid in digestion,
- Aids in peptic ulcers,
- Great diuretic and bowel regulator,
- Effective barrier against bacterial invasion,
- Anti- inflammatory, anti-histamine.

- Natural body deodorizer,
- Helps support the natural pH of the blood and much more.

Just remember that Alfalfa is known as a complete food. Now this may surprise you,

Some of the other properties that alfalfa has: An outstanding 18.9% protein as compared to beef 16.5%; milk 3.3% and eggs 13.1%. Isn't that amazing!! Remember muscles are composed of protein and the lack of it causes them to break down resulting in fatigue and weakness.

In summary: If you want a general all around food supplement to support your many daily needs you will definitely want to consider Alfalfa and its broad spectrum of nutrients. And with that being said, you can now appreciate why Alfalfa is called the father of all foods.

Side note: Now I know that some of you are wondering what is vitamin U, so let's satisfy your curiosity! Vitamin U plays an important role in maintaining health, vitality and well-being. Targets Acid Reflux and inflamed Gastro Intestinal lining instantly on contact. And one last surprising piece of information: did you know that each serving provides 300 mg of calcium about as much as in a glass of milk! You can now see why Alfalfa is considered a complete food and by the way, Scripture calls Alfalfa King of the vegetable family.

\*These statements have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure, or prevent any disease.

[Order Alfalfa Today!](#)

## **What is the immune system?**

The purpose of the immune system is to defend itself and keep microorganisms, such as certain bacteria, viruses, and fungi, out of the body, and to destroy any infectious microorganisms that do invade the body. The immune system is made up of a complex and vital network of cells and organs that protect the body from infection.

The organs involved with the immune system are called the lymphoid organs. They affect growth, development, and the release of lymphocytes (a type of white blood cell). The blood vessels and lymphatic vessels are important parts of the lymphoid organs. They carry the lymphocytes to and from different areas in the body. Each lymphoid organ plays

a role in the production and activation of lymphocytes.

Lymphoid organs include:

- Adenoids (two glands located at the back of the nasal passages)
- Appendix (a small tube that is connected to the large intestine)
- Blood vessels (the arteries, veins, and capillaries through which blood flows)
- Bone marrow (the soft, fatty tissue found in bone cavities)
- Lymph nodes (small organs shaped like beans, which are located throughout the body and connect via the lymphatic vessels)
- Lymphatic vessels (a network of channels throughout the body that carries lymphocytes to the lymphoid organs and bloodstream)
- Peyer's patches (lymphoid tissue in the small intestine)
- Spleen (a fist-sized organ located in the abdominal cavity)
- Thymus (two lobes that join in front of the trachea behind the breast bone)
- Tonsils (two oval masses in the back of the throat)

### **How does a person become allergic?**

Allergens can be inhaled, ingested, or enter through the skin. Common allergic reactions, such as hay fever, certain types of asthma, and hives are linked to an antibody produced by the body called immunoglobulin E (IgE). Each IgE antibody can be very specific, reacting against certain pollens and other allergens. In other words, a person can be allergic to one type of pollen, but not another. When a susceptible person is exposed to an allergen, the body starts producing a large quantity of similar IgE antibodies. The next exposure to the same allergen may result in an allergic reaction. Symptoms of an allergic reaction will vary depending on the type and amount of allergen encountered and the manner in which the body's immune system reacts to that allergen.

Allergies can affect anyone, regardless of age, gender, race, or socioeconomic status. Generally, allergies are more common in children. However, a first-time occurrence can happen at any age, or recur after many years of remission. Hormones, stress, smoke, perfume, or environmental irritants may also play a role in the development or severity of allergies.

Be Well, Do Well, and Keep Moving. Betsy



[\\$34.95 MN price for 700 tablets](#)

Please tell me and my readers how Alfalfa worked for you. Thanks for reading and happy dye nose when walking in the forest.



## Category

1. Be Well health tips

## Date Created

May 10, 2024

## Author

betsyjbell