



Allergy Relief Tonic

Allergies are a hyper immune reaction to a single or combination of exposures such as pollen, grass, dust, foods and stress. Allergies are irritating and exhausting. Medication and over the counter products suppress allergy symptoms but typically do not nourish the body to heal and gain tolerance to offending substances. The upper respiratory system is often the location of allergy triggered itching, swelling, and sinus congestion that leads to headaches, tenderness in the cheeks, inner ear discomfort, sinus and eye pressure, neck pain, and nasal discharge that cause breathing difficulties. Botanicals with antihistamine and anti-inflammatory actions effectively address underlying infection, while soothing, demulcent herbs provide support so the membranes can heal. The **Allergy Relief Elixir** calms inflammatory pathways, soothes inflamed membranes, and relieves mucus and lymphatic stagnation. When swelling decreases, sinuses open and air can flow through. The constituents in **Allergy Relief** are as follows. The elixir can be taken 20 drops, 2-4 x day, or as directed by Dr. Bauman or your health care provider.

Nettle Leaf (*Urtica dioica*)

Nettle is a nutritive tonic used as a medicinal, home remedy, and food for thousands of years. Nettle leaf is a traditional remedy for those suffering with allergies. Nettle is also traditionally used for asthma, mucus conditions, and chronic coughs. Nutrient-dense Nettle leaf is prized for its ability to enhance healthy immune response and overall health. An *in vitro* study found that Nettle leaf extract inhibits inflammatory processes involved with seasonal allergies. It inhibits histamine response and helps prevent mast cell degranulation and subsequent release of pro-inflammatory mediators

Eyebright Herb (*Euphrasia stricta*)

Eyebright has a long history of use in European folk medicine and is a favorite of American Naturopathic physicians. They valued its ability to relieve acute nasal membrane congestion, particularly in allergy and hay fever presentation with abundant flow of mucus, sneezing, burning, and pain. Eyebright possesses anti-inflammatory, astringent, antihistaminic, and antiseptic properties which work on the respiratory tract and benefit sinus membranes. It is also found to act as an antihistamine and to help calm the inflammatory cascade during the allergy immune response.

Osha Root (*Ligusticum porteri*)

Osha root, found mainly in the southern Rocky Mountains, has a long history of use by indigenous people of North America. It is a wonderful natural remedy for conditions such as upper respiratory tract infections, sore throats, night coughs, and sinus infections. Numerous compounds have been identified in Osha including pthalides and monoterpenes, which demonstrate antispasmodic, vasodilatory, antibacterial, and anti-inflammatory activity.

Thyme Herb (*Thymus vulgaris*)

Rich in natural essential oils, Thyme is an age-old medicinal and cooking spice that is well-known for its potent antibacterial and antiseptic qualities. A perennial herb from the Mediterranean region, Thyme contains an abundance of volatile oils including *thymol*, along with flavonoids, tannins, and saponins. Thyme is traditionally revered as a respiratory stimulant and for its mucolytic, expectorant, and antispasmodic properties. It is highly antibacterial and antifungal. Modern research attributes these actions to its volatile oil and flavonoid components. (NaturaEDU.com)