

# Health Matters



by  
**Patsy  
Meridith, CNC**  
Owner/Natural  
Foods Market

It seems people are suffering with allergies more than ever this season. We frequently get asked about natural approaches that help alleviate allergic reactions. An effective remedy we like to recommend for relieving allergies is **quercetin**, one of the most biologically-active members of the bioflavonoid family that occurs naturally in foods such as green tea, garlic and onions. Allergies are the result of an exaggerated immune response caused by the release of histamine, a potent inflammatory mediator stored in the mast cells of the lining of our arteries. Taken regularly throughout the season, **quercetin** helps your mast cells stabilize the production and release of histamine, reducing allergic symptoms within hours. Our **quercetin** products also contain bromelain, an enzyme found in pineapple that helps reduce mucus and enhances the absorption of **quercetin**. As always, we guarantee your satisfaction.

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FOODS MARKET**  
**610-1000**

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