

## POLLEN SEASON



### ALLERGIES INCREASING BY 5% ANNUALLY IN THE UK

By Dr. Bo M. Nielsen

Allergy, also called hypersensitivity, is a symptom of an over-sensitive or abnormal immune response to allergens - substances, often proteins, that cause an allergic reaction. These allergens are usually harmless, naturally occurring proteins and for many people they don't cause problems. For others, however, they are mistakenly considered foreign invaders by the immune system.

In the UK, 15% of people suffer from allergies and every year the incidence of allergies is increasing by five percent. Allergies can develop at any age but children are most affected by the condition.

Read more about how you can treat your allergy on page 3 and 4.

#### What Happens During an Allergic Reaction?

We all have an antibody called Immunoglobulin E (IgE) that protects us against foreign substances that enter our body; however, in people with a predisposition to allergies, IgE numbers are drastically increased when an allergen (even if it is harmless) enters the body. IgE antibodies rush to mast cells - cells containing histamine that are involved in protecting us against germs and wound healing - located mostly in the eyes, nose, lungs and the digestive tract. IgE antibodies, now sensitised to a particular allergen, wait in mast cells until that allergen comes along. When that allergen does enter the body, IgE attacks it, which activates mast cells to release histamine, resulting in an inflammatory response. This release of histamine is what produces the symptoms of an allergic reaction.

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### Why do we develop allergies?

Many times, the inflammatory response during an allergic reaction evolves into chronic inflammation – when our body’s own anti-inflammatory defence mechanisms have given up. This is in essence why we develop allergies as opposed to a single allergic reaction. More and more people are developing allergies because of increasing global pollution and a lack of detoxifying nutrients (antioxidants) and this puts a tremendous strain on their body’s defence systems.

Specific types of IgE are designed to capture specific types of allergens, which is why a person may only be allergic to one particular thing, such as pollen from a specific tree. People who have more types of IgE may be allergic to many things.

When a person is continuously being exposed to allergens, more inflammatory chemical mediators, such as cytokines and leukotrienes in addition to histamine, are produced leading to chronic inflammation.

The most common allergens include: tree and grass pollen, house dust mites, dog and cat dander, insect stings, mould

spores and industrial and household chemicals.

### Types of allergies

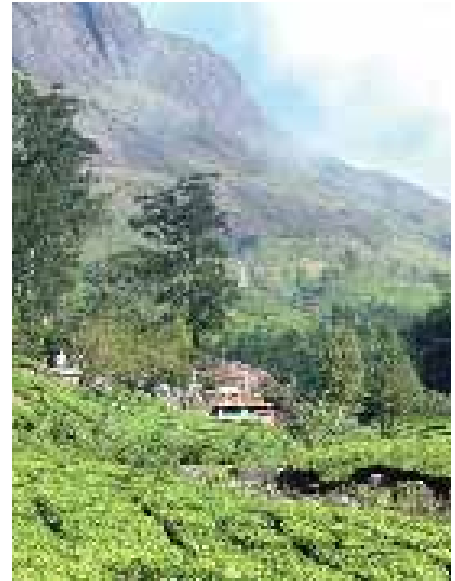
1. Hay fever (seasonal allergic rhinitis)
2. Eczema (atopic dermatitis)
3. Allergic conjunctivitis
4. Hives (urticaria)
5. Anaphylaxis - a severe, life-threatening allergic reaction to substances, such as medications, food and insect stings.

### What causes allergy?

Allergies are caused by an over-sensitive immune system that mistakenly identifies generally harmless substances as harmful invaders and attacks them. It is not known why some people develop over-sensitive immune systems but the following factors seem to play a role:

**1. Hereditary predisposition:** There is a strong genetic link in the development of allergies. Parents with allergies have a higher risk of having children with allergies. Predisposition to an allergy is called atopy.

**2. Age:** Allergies are more likely to develop during childhood and tend to get better or disappear in adulthood.



**3. Asthma:** People with asthma are at an increased risk of developing an allergy.

**4. Environmental factors:** Increasing global pollution, exposure to industrial and household chemicals and growing up in a house with smokers increases the risk of a child developing an allergy.

**5. Medications:** There appears to be a link between the use of antibiotics in childhood and developing allergies.

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National Health Service (NHS) Clinical Knowledge Summaries (CKS)  
U.S. National Institutes of Health  
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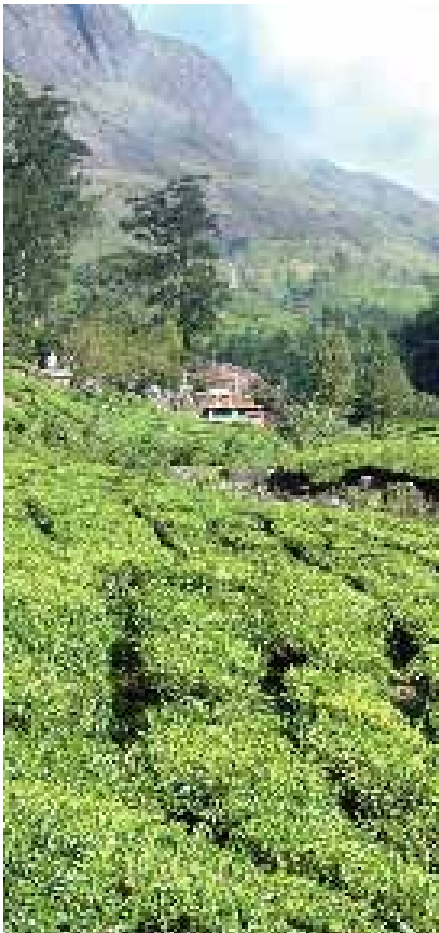


## ALLERGIES NO LONGER A CHILDHOOD DISEASE

By Birgitte M. Nielsen, Health Professional

Only a few decades ago, allergies were considered to be a childhood disease. That has all changed because today, more and more adults are developing some form of allergy. Don't be fooled into thinking that unless you have a rash, teary eyes and sneezing, you don't have an allergy. Surprisingly, fatigue, back pain and recurring colds are common symptoms indicating a recently required allergy.

Continued on page 3...



### How can you get rid of your allergy without any side effects?

What exactly can you do to prevent an allergy or treat an existing one? It's simple and can be achieved with one natural compound: grape seed extract.

### Why is grape seed extract good for you?

Grape seeds contain more than 300 different natural substances. Some of the best known are the oligomeric proanthocyanidins (OPCs). OPCs are natural compounds that have many exciting health promoting properties.

Resveratrol, found in grape seed extract and other fruits and plants, is one of the most important OPCs as it has a wide variety

of health benefits including: reducing the influence of asthma provocative factors; normalizing immune response to allergens in hay fever; reducing the risk of cardiovascular diseases; has highly potent cancer preventative agents; and has several different anti-inflammatory properties.

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## SAY GOODBYE TO YOUR ASTHMA, NATURALLY AND SAFELY

Are you one of the millions of people around the world who suffer from asthma? Do you feel your quality of life has deteriorated because of the serious side effects from pharmaceutical drugs? What if you could cure your asthma, naturally, safely and effectively? Guess what? You can! And the answer lies in grape seed extract.

### What's so special about grape seed extract?

What makes grape seed so special is that it contains oligomeric proanthocyanidins (OPCs), substances thought to be the cause of red wine's healthy and disease-preventative properties.

These organic plant compounds are extremely powerful antioxi-

dants that help our body's immune response to inflammation, asthma and allergy, and infection. In a nutshell, grape seed is one of nature's little wonders.

### Grape seed treats the cause of asthma

In scientific studies, participants receiving grape seed extract versus placebo not only showed significant improvement in lung function, lung capacity and in reduced symptoms, but also experienced a reduction in leukotrienes.

Leukotrienes are substances our bodies produce in response to inflammation and lowered leukotrienes means that the cause and not just the symptoms of asthma are being treated. None

of the participants in the studies experienced any side effects.

Reference: Hosseini S. et al. "Pycnogenol W in the management of Asthma." Journal of Medicinal Food. 2003; 4:201-210.

Don't miss out on our new special Grapavin offer!



Because we know that double dose Grapavin is that much more effective, we want to make it easier for you to ease your allergies and asthma.

For any double dose treatment option with Grapavin, get the second bottle half price! AND for any quadruple dose treatment option with Grapavin, get one bottle completely free!

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## EAT YOUR GREENS OR SUPPLEMENTS CONTAINING NATURAL VEGETABLE EXTRACTS IF YOU WANT TO PROTECT YOURSELF AGAINST ASTHMA AND HAY FEVER

By Cristina Hane, MBA, Health Professional

Throughout generations, our ancestors were spot on when they preached "eat your greens!" A new study published this month in the journal of Clinical Immunology, has found that broccoli can protect you against respiratory disorders such as asthma, allergic rhinitis (hay fever) and chronic obstructive pulmonary disease (COPD).

### What makes broccoli so healthy?

Broccoli, like other cruciferous vegetables such as cabbage, cauliflower and kale, contains high quantities of a super substance called sulphoraphane. Previous studies have already told us that this compound has potent anti-microbial, anti-cancer and glucose-lowering properties. Today, scientists have discovered that sulphoraphane can

help ward off common respiratory disorders caused by inflammation. With more than 30 million Europeans suffering from asthma and another 44 million suffering from chronic obstructive pulmonary disease (COPD), this new study is no doubt highly interesting.

### Sulphoraphane blocks the damaging effects of free radicals

Air pollution, pollen, dust and tobacco smoke contain free radicals, which are responsible for many chronic illnesses including inflammation that leads to respiratory conditions like asthma, allergic rhinitis and COPD. But luckily sulphoraphane activates and increases the number of antioxidant enzymes associated with protecting the respiratory system such as

glutathione-s-transferase P1 (GSTP1) and NADPH quinone oxidoreductase (NQO1). Together, these antioxidant enzymes fight to neutralise free radicals.

Scientists discovered that 200 grams of broccoli resulted in a remarkable increase in the number of antioxidant enzymes: GSTP1 was increased by 101% and NQO1 was increased by 199%.

**If you don't like broccoli or don't eat it that often, Doctor's Natural Phyto-Synergy can provide you with your daily dose of broccoli plus other potent antioxidants that will not only protect your respiratory system but help to strengthen your immune system as well.**

### What supplements does Dr. Bo Nielsen recommend to his patients?

*If you suffer from mild to moderate hay fever:*

- Take 2 Grapavin + extra Resveratrol capsules in the morning and 2 in the evening.
- Take 2 Vitamin capsules in the morning.
- Take 2 Mineral capsules in the evening.

*If you suffer from severe hay fever:*

- Take 4 Grapavin + extra Resveratrol capsules in the morning and 4 in the evening
- Take 2 Vitamin capsules in the morning.
- Take 2 Mineral capsules in the evening.

After 1 month you may be able to gradually reduce the dosage of Grapavin to 2+2 and still maintain effect.

*If allergy season is over but you want to prevent hay fever:*

- Take 1 Grapavin + extra Resveratrol capsule in the morning and 1 in the evening.
- Take 2 Vitamin capsules in the morning.
- Take 2 Mineral capsules in the evening.

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