

Hayfever Symptoms* Are Systems out of Alignment

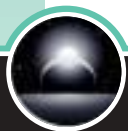


Sneezing, runny nose, sinus congestion, itchy and watery eyes: you don't have to suffer in the spring pollen season.

Source Naturals ALLERCETIN™ is a Bio-Aligned Formula™ that goes deep to address allergy symptoms by bringing alignment to the multiple, interdependent body systems involved with hay fever.



*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.



SOURCE NATURALS®
Strategies for WellnessSM

Allercetin™: Homeopathic Bio-Aligned Formula

Homeopathy is a special approach to good health that works by stimulating your body's natural defense mechanisms to bring your system into balance. It is based on an ancient principle of healing: the Law of Similars. According to this law, you can find relief by taking an extremely small amount of a specific natural (plant, mineral or animal) remedy. The correct remedy is the one that in large quantities would cause the same symptoms. The ingredients in ALLERCETIN were carefully chosen by a naturopathic physician with years of clinical experience using homeopathic remedies.

ALLERCETIN provides safe homeopathic allergy remedies to support multiple interdependent body systems: the sinuses, respiratory system, immune desensitization, mucous membranes, histamine inhibition, and cellular energy.

Respiratory Inflammation: More than 50 million Americans suffer from allergic conditions, according to the National Institutes of Health. About 10% of the population suffers from hay fever—allergic reactions of the mucous membranes of the nose and upper air passages to irritating substances, especially pollen. According to the Law of Similars, the following remedies can relieve the classic symptoms of hay fever, such as sneezing and runny nose, itching and watery eyes, and plugged ears: Ambrosia (Ragweed) 30x, Euphrasia (Eyebright) 6x, Sabadilla 6x, Sticta pulmonaria 6x, and Succinic Acid 12x.

Sinus Congestion: Head and sinus pains due to congestion are often a part of the picture of seasonal allergies. The following remedies address these symptoms according to the Law of Similars: Kali iodatum 6x, Sabadilla 6x, and Sticta pulmonaria 6x.



Histamine Inhibition: Histamine 12x affects histamine metabolism in two ways: 1) it stimulates the degradation of histamine by signaling the body that enough histamine has been produced, and 2) it turns off the switch on further production or release of histamine inhibition. ALLERCETIN addresses histamine inhibition with Histaminum hydrochloricum 12x (a component of HistaStop™).

Immune Desensitization: By repeatedly introducing minute amounts of allergens such as ragweed into the body, the immune system gradually acquires tolerance. This process increases the levels of IgG antibodies, which blocks IgE antibodies from binding to mast cells. As a result, less inflammatory chemicals are released. ALLERCETIN

contains Ambrosia (Ragweed) 30x, and Quercetin 12x (a component of HistaStop™) to support immune desensitization.

Mucous Membrane Inflammation:

The tissue changes that occur during the inflammatory process result in depletion of potassium. Kali iodatum (potassium iodide) 6x is absorbed into the body at concentrations similar to the physiological concentrations used by the body for regulating cell membrane permeability and conduction of nerve signals.

Cellular Energy: The symptom of fatigue is frequently part of seasonal allergies. Succinic acid is part of the Krebs cycle and plays a role in the production of ATP. It may therefore alleviate the symptom of fatigue that often accompanies hay fever.

Allergy & Sinus Season: Healthy Lifestyle Tips

Allergy Proof Your Home: Minimize exposure to dust mites and other indoor allergens by eliminating wall-to-wall carpets, down-filled blankets and pillows, and other dust catchers. Wash bedding regularly in hot water, and encase your mattress and pillows in airtight plastic. Dust and vacuum regularly. If you have pets, try to keep them out of your bedroom—frequent brushing and bathing can help get rid of excess pet hair. Consider using a HEPA (high-efficiency particulate air) filter system, and a dehumidifier to reduce molds.

Avoid Outdoor Allergens: You may need to limit time outdoors when pollen or mold spore counts are high. Walking



through uncut fields or raking leaves can increase exposure to molds and fungi. Avoid smoke and polluted air. Keep windows and doors closed, and dry clothes indoors in a vented dryer.

Watch Your Diet: Sometimes avoidance techniques are impractical or undesirable. Diet is easier to work with and can significantly influence immune reactions. Excess or undigested dietary proteins may worsen an overresponsive immune system—cows' milk and wheat are frequent offenders. It may be helpful to cut down on protein, avoid dairy, and eat more fruits, vegetables, and complex carbohydrates.

Maintain Healthy Mucous Membranes: The linings of your nasal passages, throat and lungs are your first line of defense against airborne substances. Keep them healthy by drinking 6 to 8 glasses of water daily. This thins mucus fluid and cleanses membranes. When sinuses are clogged, rinse the nasal passages with a quarter-teaspoon of salt dissolved in a cup of warm water. This washes away pollen grains and soothes irritated membranes.

Allercetin™ is a Bio-Aligned Formula™

Multi-System Support for Hayfever

Respiratory Inflammation	Ambrosia (Ragweed) 30x, Euphrasia (Eyebright) 6x, Sabadilla 6x, Sticta pulmonaria 6x, Succinic Acid 12x
Sinus Congestion	Kali iodatum 6x, Sabadilla 6x, Sticta pulmonaria 6x
Histamine Inhibition	Histaminum hydrochloricum 12x (a component of HistaStop™)
Immune Desensitization	Ambrosia (Ragweed) 30x, Quercetin 12x (a component of HistaStop™)
Mucous Membrane Inflammation	Kali iodatum 6x
Cellular Energy	Succinic Acid 12x



To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.

References:

Boericke, William. *Pocket Manual of Homeopathic Materia Medica*. New Delhi: B. Jain Publishers; 1983. Clarke, J.H. *A Dictionary of Practical Materia Medica*. Essex: Health Science Press; 1984.



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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.