



# Health Matters

by  
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Scientists at Ohio State University have reported findings from their research directly linking stress with respiratory allergies. They found when stress hormones such as catecholamines and cortisol were produced, a rise in the release of histamines caused participants allergy-type symptoms.

It's well known that such stress hormones have detrimental effects on virtually all systems of our bodies, but especially our immune system. It seems more people are feeling the ill-effects of stress on their well-being, including an increase in allergies.

Based on this research, it's apparent that controlling the effects of stress could help alleviate allergies, as well as improve over-all well-being. A natural anti-stress remedy such as *Rhodiola*, an adaptogenic herbal tonic, has been used for centuries around the world to diminish the ill-effects of stress hormones, and, as a result, could help relieve allergies, improve mood and enhance immunity.

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