



Health Matters

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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, such as sinus & coughing.

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, especially this time of year.

Based on this research, it's apparent that controlling the effects of stress could help alleviate symptoms of 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 with allergies, mood and immunity.

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