Why do some people get allergies to pollen, dust, and mold? It depends on how your immune system reacts to these substances. If your immune system sees the pollen or dust as a foreign invader, it does what anyone being invaded would do – fight back.

**The Good: Helping your Immune system**

You’ve probably never heard of a mast cell, but it’s a very important part of your immune system. Mast cells are a type of white blood cell and they are the master regulators of your immune system.

They are the soldiers that protect your body from disease. When they sense an attack from an outside substance, they leap into action to fight off the invaders. They release histamine, which works as an alarm that attracts other defenses of the body to gather where there is a problem. They’re an important part of wound healing and fighting against infection.

Mast cells also regulate how the immune system responds to a variety of allergens by controlling pro-inflammatory white blood cells.

**The Bad: Allergic Reactions**

That works well for fighting off genuine threats to your health. You definitely need those cells to activate when you have viruses in your body or you cut yourself, but the release of histamine can also give you a slew of allergy symptoms: red itchy eyes, a runny or stuffy nose, an irritated throat and a lot of sneezing and wheezing. They also play a major role in asthma and eczema.

Many things can trigger the mast cells to produce histamine and set off an allergic reaction:

Pollen
Dust
Pet Dander
Pollution
A sudden change in temperature
Stress
Exercise
Fatigue
Food or beverages, including alcohol
Drugs (opioids, NSAIDs, antibiotics and some local anesthetics) and contrast dyes
Natural odors, chemical odors, perfumes and scents
Venoms (bee, wasp, spiders, fire ants, jellyfish, snakes, biting insects, such as flies, mosquitos, and fleas, etc.)

**The Ugly**

One major role of histamine is to regulate immune reactions, but sometimes it goes wrong. Histamines can alter the immune regulation, causing your system to attack the body even when there is no foreign substance present. This can lead to auto-immune diseases.

**Helping Your Immune System Deal with Histamines and Allergies**

The traditional treatments for allergies is to take an anti-histamine. They block the production of histamine in your body, but unfortunately they also have side effects. According to Web MD, some of the main side effects of antihistamines include:

- Dry mouth
- Drowsiness
- Dizziness
- Nausea and vomiting
- Restlessness or moodiness (in some children)
- Blurred vision
- Confusion

**The Natural Solution to Allergies and Histamine**

There are many natural substances that can alleviate your allergy symptoms and regulate your immune system.

**Vitamin C**

Our bodies don’t make vitamin C so we have to get it from an outside source. Vitamin C supports the immune system and is also a potent antioxidant. When the body is under a significant amount of stress, both emotional and environmental, vitamin C is excreted rapidly, so you need to take more.

Vitamin C has many immune boosting properties, but for anyone who suffers from season allergies it’s vital because of its ability to deactivate histamine.

**Quercetin**

Quercetin has strong antioxidant activity and has been shown to support immune health by mediating the release of inflammatory compounds including leukotrienes and prostaglandins. Quercetin is known for its ability to stabilize mast
cells, diminishing the release of histamine, the compound known to cause hypersensitivity reactions during seasonal changes.

**Stinging Nettles Leaf**

Stinging Nettles helps balance immune response, specifically in the airways and nasal passages. Studies have shown that the extract of Stinging Nettles Leaf balances a variety of inflammatory activities that affect respiratory health. Stinging Nettles Leaf controls mast-cell degranulation and histamine action - all contributing to a balanced inflammatory response.

**Bromelain**

Bromelain is a plant enzyme naturally found on the stem and fruit of the pineapple plant. It aids in the breakdown of large protein complexes and has been shown to enhance the absorption of quercetin. It also reduces circulating allergenic protein complexes associated with hyper-immune sensitivity and seasonal discomfort.

**N-Acetyl Cysteine**

N-acetyl cysteine (NAC) is an amino acid precursor to one of the most important antioxidants in the body, glutathione. Both glutathione and NAC help reduce the viscosity of the mucus helping to clear the airways and improve respiratory health.

All these remedies are available online – a quick Google search will get you all you need.

**Histamine Shield Plus**

There is another option: the research chemists at WellSource Nutraceuticals have done the work for you and combined these remedies in just the right proportions for maximum benefit. Histamine Shield Plus uses only the highest quality ingredients combined in a proven formula that gets results. Just one capsule gives you all these potent natural histamine remedies.

https://www.histamineshieldplus.com

**About WellSource Nutraceuticals**

WellSource Nutraceuticals has identified the most effective formulations and created generic versions using only the highest-quality ingredients and good manufacturing procedure to bring you excellent products at fair and honest pricing.

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