

BREATHE EASY



While many of us are revelling in the new spring weather and are delighting in being able to wear fewer layers and open toe shoes (mental note: must remember to get that pedicure), unfortunately there are many of us out there that dread this change of season with the onslaught of increased pollen in the air causing sneezing and discomfort.

On such occasions, this sneezing and discomfort is from an imbalanced immune response to non-threatening allergen substances; these can include such things as dust, animal dander, dust mites, fungus spores, feathers and grass pollen. Whilst these tiny airborne particles present no real threat to the body, there can be an exaggerated response by the immune system, which launches a defensive attack.

A key to managing this process is to help rebalance the immune system. Formulations providing key herbs and nutrients can be invaluable for those with immune challenges from persistent allergens, in the short term and for long term support also.

The widely researched and well-known herb Echinacea has a unique ability to support the immune system; it has a balancing effect – whether the problem is an immune over-reaction or a sluggish immune response. Echinacea can perform a cleansing lymphatic action to support the natural clearing of the sinuses and the upper respiratory system.

Horseradish, fenugreek and garlic are common herbs that have also proven to be effective in supporting clear sinuses and airways. These warming herbs support healthy mucus production and provide broad immune support. Fenugreek also soothes mucous membranes.

Additionally, let's not underestimate the importance of Vitamin C when we are immune compromised. Vitamin C is an all-round essential nutrient for anyone needing immune support.

Good Health's Congest x™ contains a blend of all these key herbs and nutrients, providing

support to the body's natural response to seasonal allergens.

This product contains Echinacea. People on prescription medicines should check with their doctor before use. Vitamins are supplementary to a balanced diet.

