



# Natural Health Research Institute

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## Seasonal Allergies

It seems like the long dark of winter is over and that spring is finally here. Although that may be good news, for many spring is the season when allergies really kick in. It is during this time that nasal congestion, runny eyes, cough and generally feeling tired is a daily event until summer arrives.



There are a number of very effective medications for the treatment of seasonal allergies. However, many of these medications have uncomfortable side effects and as a result people may be looking for alternatives. There are a number of safe and effective alternatives that are worth trying before having to use over-the-counter or prescription medications.

Natural remedies such as Echinacea, Quercetin, Spirulina, Pycnogenol and Butterbur may provide significant relief from allergy symptoms.

*Written by Patrick Massey, MD, PhD.*



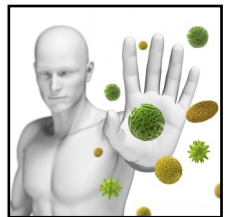
[Herb Butterbur May Be Allergy Alternative](#)



[Allergies: Natural Relief](#)



[Allergic Rhinitis and Spirulina](#)



[Pycnogenol may Help with Allergy Health](#)

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### Carnitine Shown to Improve Weight and Symptoms of Polycystic Ovarian Syndrome

*Written by Jessica Patella, ND.* Of the participating women with Polycystic Ovarian Syndrome, those who took 250 mg of carnitine daily, significantly reduced weight, BMI and waist and hip measurements while significantly improving measures of glucose metabolism. [Read more »](#)



### Omega-3 Fatty Acids Improve Mental Health in Elderly – Director's Choice

*Written by Greg Arnold, DC CSCS.* Those who supplemented daily with 1200 mg of Omega-3 fatty acids for 6 months had significant improvements in BCAT (a mental aptitude test) scores, specifically in working memory, perceptual space, and space imagery efficiency. [Read more »](#)



### Ginseng Berry Extract Associated with Improved Glucose Metabolism

*Written by Angelina A. De Leon, M.A.* Over the course of 12 weeks, Panax ginseng berry extract significantly enhanced the fasting and postprandial glucose levels of individuals with fasting glucose levels of 110 g/dL or higher. [Read more »](#)

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The NHRI was an exhibitor at the 2017 Integrative SIBO Conference held March 25-26 at National University of Health Sciences in Lombard, Illinois. [Click here to view the presentation slides.](#)

SIBO, or Small Intestine Bacterial Overgrowth, is a condition of chronic bacterial infection in the small intestine. These bacteria, normally present in the gastrointestinal tract, instead migrate to the small intestine, causing a number of IBS-like symptoms. In fact, SIBO has been shown to exist in up to 84% of IBS patients, and is theorized to be the main underlying cause.

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