

# The Appomattox Drug Store Times

800 West Confederate Blvd. Appomattox, VA 24522 – (434) 352-7161 – M-F 8:30a-6:30p, Sat. 8:30a-4p  
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

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A special publication for our Very Important Patients from your Hometown Health & Wellness Center

## Why and How We Develop Allergic Symptoms

### *and what you can do about them*

#### Where There's a Will there's a Whey

A regular diet of **complete** protein (ie, containing all essential amino acids in good proportions) is necessary because surplus amino acids are not stored in the body. Whey protein is becoming the standard for complete protein (now replacing egg albumin as the best source for high-quality complete protein).

Whey protein comes from milk, but **the kind I recommend is even good for people with lactose intolerance.**

Numerous studies have shown that whey proteins help enhance the body's immune system by raising glutathione levels. Glutathione is a powerful anti-oxidant that helps improve the responsiveness of the immune system.

Whey proteins are one of the best known sources of branched-chain amino acids. These are important to athletes because they are metabolized directly into muscle tissue unlike other amino acids that are metabolized into the liver. Various forms of exercise increase the body's need for branched-chain amino acids and whey proteins can help meet that need.

Hypertension is one of the leading causes of heart disease and stroke. Animal studies disclose that **Hydrolyzed Whey Protein Isolates** assist in reducing blood pressure by inhibiting ACE (Angiotensin Converting Enzyme). Without ACE, the changes in the body that result in hypertension cannot occur. Research also continues in this area.

Whey protein is good for all these reasons— and it's simple to prepare, perfect for the morning meal when you're on-the-go.

The one we recommend is called LifeSpan Protein Wellness Shake, and it's \$34.98.

Allergies bring itchy and watery eyes, runny noses, stuffy heads and sneezing. In an attempt to combat these annoying symptoms, you run to the drugstore, only to be overwhelmed by the variety of remedies from which to choose. Understanding allergies will make this choice much easier.

Upon its first encounter with an allergen (a protein your body recognizes as foreign), your immune system memorizes, attacks and destroys it. It takes just one encounter with a new compound to imprint its unique 3-dimensional structure on the memory banks of your immune system forever.

An antibody, known as IgE, is the by-product of this encounter. Its singular mission is to remember what the invading protein looks like and attack it each and every time it enters your body.

IgE resides on mast cells in the linings of your nose, sinuses, eyes and lungs. When IgE encounters an allergen, it signals the mast cell to release its contents— which includes a chemical known as “histamine”.

Upon release, histamines work very quickly to produce many of the annoying symptoms you experience with seasonal allergies. Itchy, watery eyes, runny nose and sneezing are a few of the results of your body's attempt to forcefully expel irritants.

While there are many over the counter products that promise allergy-relief, most fight only the symptoms, have side effects like drowsiness and dry mouth/eyes/nose, and ultimately worsen your allergies over the long haul.

**For quick natural allergy relief without any side effects, I recommend the following:**

**Vitamin C**— proven to significantly lower symptoms of allergies, colds, asthma and bronchitis, Vitamin C has been shown to **inhibit constriction of bronchioles and reduce histamine production.** As an antioxidant, it quenches free-radicals and helps build your immune-system.

**Quercetin**— one of the most biologically-active of all bioflavonoids, **Quercetin's effect on allergies is unmatched by any other natural substance.** It prevents the release of histamine, thus preventing allergic response. It also works as an antioxidant, as an anti-

—over—

inflammatory and as a cell stabilizer.

**Stinging Nettle**— through its ability to mimic histamine, Stinging Nettle **creates an antihistamine effect**. It also acts as an **antiasthmatic** and **antiviral**.

**Bromelain**— A **powerful anti-inflammatory** and **mucolytic**, Bromelain reduces edema and inflammation by **inhibiting kinin formation** (kinin causes the swelling and pain associated with allergies).

**N-Acetyl-Cysteine (NAC)**— This all-natural mucolytic compound **breaks down/lowers the thickness of mucous**. While many natural supplements have an effect on mucous, none are better-documented in terms of effectiveness than NAC.

All of the above components are available in the correct amounts in a natural remedy called **Natural D-Hist**. A bottle of 40 retails for just **\$17.98**; a bottle of 120 (three times as much!) is just **\$29.98**.

Additionally, certain homeopathic remedies can have a beneficial short-term effect on your allergy symptoms as well. Please phone the pharmacy if you'd like further information on homeopathics, or ways to fight your allergies long-term by building your immune system.

## New Hope for Parkinsons

According to federal estimates, Parkinson's disease affects 500,000 Americans, but *some experts think an additional 500,000 have the condition but have not been diagnosed*. Primary signs of the disease include tremors that typically begin in one hand or arm and worsen when that part of the body is at rest; muscle rigidity or stiffness; slowness of movement; and difficulty with balance.

It's a neurological degenerative disease that has baffled experts. But new research shows that a natural supplement may help fight Parkinsons's disease.

The results of a small but promising study published in the October 2002 issue of the *Archives of Neurology* disclosed evidence that a naturally-occurring compound called coenzyme Q-10, or **CoQ10**, **may help stop the nerve cell death that characterizes Parkinson's!**

Patients studied had early-stage Parkinson's and took either a placebo or CoQ10 in doses of 300 milligrams, 600 mgs or 1,200 mgs daily. Their symptoms were evaluated for up to 16 months. By the eighth month, the 23 patients on the highest dose showed significantly less impairment than the others.

"This is really sort of the Holy Grail of what we're trying to do in Parkinson's disease," said Dr. Tim Greenamyre, a Parkinson's scientist at Emory University who was not involved in the research. "They're on the right track."

CoQ10's protective effect on nerve cells and neurons may also help to prevent the neuron damage that leads to Alzheimer's Disease. That CoQ10 offers great promise in the treatment of Parkinson's and Alzheimer's should come as no surprise. Its protective effects on cells and neurons have been well-documented. Additionally, this vital coenzyme has been proven to **aid in cardiac function, ignite the production of billions of immune cells, recharge the antioxidant properties of Vitamin E, help prevent breast cancer, stabilize blood sugar levels, help prevent periodontal disease, and so very much more.**

**CoQ10 (30).....\$29.98**



If there's anything you'd like to see in a future issue of this newsletter, please let us know! Stop into the pharmacy or phone us at 352-7161.

Yours in Great Health,

The Staff of Appomattox Drug Store