

## Mother Nature's Natural Treatment for Allergies

Do you or someone who love suffer from seasonal allergies? Do sinus allergies limit your enjoyment in the great outdoors? You can take an over the counter or prescription medication—but as you already know those can leave you groggy and nauseated. But what is the allergy sufferer to do? Allergies—A Closer Look at What Causes Them Most allergy sufferers think they know what causes their wheezing and sneezing. They will point to a specific plant, food, or animal. 'I am allergic to that,' they will say. But allergies are much more complicated than that. Our immune systems are in charge of beating back bacterial and viral invaders. Sometimes, though, our immune systems mistakenly see substances such as pollen, dust, or animal dander as a form of viral or bacterial invader. Then the body starts the wheezing, sneezing, other symptoms we know all too well in an effort to get rid of it. This isn't a serious immune system dysfunction, but it is fairly annoying to the sufferer. Brown seaweed Spells Relief Researchers at the Department of Agriculture at Ryukyu University in Japan have found that fuciodan—a key component of brown seaweed called Limu Moui by the Tongans—works in several ways to help boost positive immune reactions in the body. The nutrient fucoidan can stimulate the production of interleukin 12 and interferon- $\alpha$ . These in turn can suppress the overproduction of IgE, which is largely responsible for many allergy symptoms. We aren't going to get too technical here, but it is important to understand how IgE affects your allergy symptoms. IgE occurs naturally in your body. It is thought to be responsible for killing parasitic infections. Normally we only have a tiny amount of this immunoglobulin in our blood. Researchers don't fully understand how it happens, but certain substances trigger the over production of IgE. IgE starts attacking substances that aren't parasites, and you notice the effects as hay fever, asthma, etc. Limu Moui Can Put You Back in Balance It would make sense, then, to limit the production of IgE to normal levels. Fucoidan stimulates the production of natural killer (NK) cells in the immune system. Think of these as wolves, and the extra IgE as deer. When the two are in balance, the environment is in balance. There are exactly as many deer as an ecosystem can hold. If there are too many deer, everything suffers—just as you suffer when you have too much IgE. The great thing about Limu Moui—and its very digestible key component fucoidan—is that it's a natural remedy. It's food. Unlike synthetic supplements, you can't overdose on it. It has no known side effects. The people on Tonga and other Asiatic communities have been using it for over 3,000 years. And because it is food, it is full of other vitamins and nutrients that will promote your health in other ways. You may be seeking a treatment that will give you some allergy relief, but along the way you will notice that Limu Moui will promote better health in general. When you use a product that is made of live, whole food ingredients, you will get the full benefit of what fucoidan has to offer you. Limu Moui is not a medicine or a drug. While it can promote wellness, it is not a cure. Do not use this or any article as a substitute for medical advice. Consult your doctor.

### About the Author

Moving beyond traditional academic formulas, the Bayer School of Natural and Environmental Sciences at Duquesne University is redefining.

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