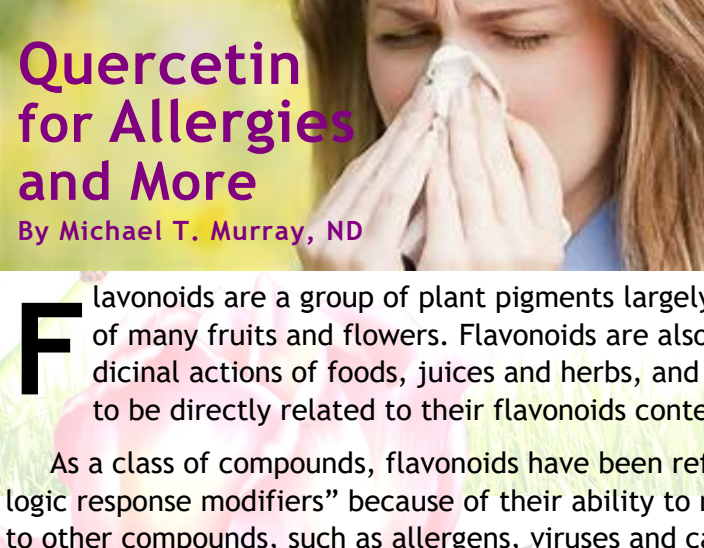


PLANET HEALTH NEWSLETTER



Quercetin for Allergies and More

By Michael T. Murray, ND

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Flavonoids are a group of plant pigments largely responsible for the colors of many fruits and flowers. Flavonoids are also responsible for the medicinal actions of foods, juices and herbs, and bee pollens are now known to be directly related to their flavonoids content.

As a class of compounds, flavonoids have been referred to as “nature’s biologic response modifiers” because of their ability to modify the body’s reaction to other compounds, such as allergens, viruses and carcinogens, as evidenced by their anti-inflammatory, antiallergic, antiviral and anticancer properties. In addition, flavonoids act as powerful antioxidants, providing remarkable protection against oxidative and free radical damage.

This brief review will focus on the use of Quercetin and its more bioavailable modified forms—Quercetin phytosome and enzymatically modified isoquercitrin (EMIQ).

What is Quercetin?

Quercetin serves as the backbone structure for many other flavonoids, including the citrus flavonoids rutin, quercitin and hesperidin. These derivatives differ from Quercetin in that they have sugar molecules attached to the quercetin backbone. Quercetin is consistently the most active of the flavonoids, in experimental studies, and many medicinal plants owe much of their activity to their high Quercetin content.

In preclinical studies, Quercetin has demonstrated significant anti-inflammatory and antiallergic activity. It directly inhibits several of the initial steps of inflammation and allergy. For example, it inhibits both the manufacture and release of histamine and other allergic/inflammatory mediators. In addition, it exerts potent antioxidant activity. Based on these test tube studies, Quercetin is often recommended for use in virtually all sorts of inflammatory and allergic conditions, however there is a lack of clinical studies in these applications with regular Quercetin. In a study using EMIQ very good results were achieved in hay fever.

EMIQ in Hayfever

In Japan, research has shown EMIQ is useful in helping reduce the major symptoms of hay fever. In these double-blind placebo controlled studies, subjects suffering from allergy to Japanese cedar pollen, took two capsules daily of 100 mg EMIQ or a placebo for eight weeks during the pollen season. Throughout the course of the study, EMIQ group experienced significantly less red, itchy eyes.

EMIQ Reduces Abdominal Obesity

EMIQ also exerts significant effects in reducing body fat accumulation including abdominal (visceral or “belly fat”). The mechanism of action is the promotion of enzymes that promote the breakdown of fat within fat cells. In the first human double blind study, 200 overweight and obese subjects (102 men and 98 women) were randomly divided into two groups and ingested a beverage containing 0mg or 275 mg of EMIQ for 12 weeks.

Abdominal total fat area, visceral fat area, subcutaneous fat area and waist circumference reduced significantly in test group compared to placebo group. The overall reduction in body fat was over 20 percent. A second study by the same research group showed that a dosage of 110 mg per day produced similar benefits.

Resource* vitamin retailer magazine

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Each bar delivers an amazing taste with clean, powerful nutrition from hemp; 10g Plant Protein, 6g Omegas 3 & 6, only 8g Sugar, Grain Free, Gluten Free, Non-GMO, Vegan, Soy Free, Kosher

Grain Free, Gluten Free, Paleo, Non-GMO, Kosher, Dairy Free, Soy Free, Only 2 grams of Sugar, & Preservative Free

NOTICE

NUTRITIONAL BLOOD ANALYSIS

WHEN: Saturday, July 13, 2019
Saturday, Aug. 10, 2019
Saturday, Sept. 7, 2019

TIME: 9:00 AM - 5:00 PM

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