Allergies vs. Sensitivities

One is what we call a sensitivity. You eat something maybe like dairy products and you get bloated, right? Or gassy or fluffy, of course, right? So that's what I call, I call that more of a sensitivity, right?

Where you're sensitive to it. You don't feel great. However, it's probably not life or death, right? And then you could have a full-blown allergy and like a peanut allergy, a shellfish.

We actually go into anaphylactic. So this could be very dangerous. And oftentimes what happens is something starts out as a sensitivity, then go to an allergy, right?

And some of these sensitivities like gluten could be really extreme for some people. So let's not take these lightly. Let's identify what those are. Welcome to the Holistic Truth Podcast.

I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols, and tools you can use in your practice today. Hi, everyone, and welcome back to the Holistic Truth, your number one podcast for health and wellness.

I'm your host today, Jamie Dorley. I'm CEO of Nutritional Frontiers, and we are on a mission to make the world and your world healthy with my partner in crime, the co-host, the one and only Christine Genovese.

How are we doing today, Christine? I'm in a really good spot today. It is a beautiful day. I'm excited to talk about allergies today because all of the cars in Florida are covered in this yellow-green pollen.

I think I've had to wash cars so many times. It's terrible. People are sneezing, runny noses, coughing. It's crazy. I thought you were in a great spot because you're standing next to me.

Well, you know, there's that.

Podcast Intro and Allergy Season

Okay, silver bonus. So, yes, this is Q2, 2026, and you believe it, Q2 has started already, and this is what they call not only baseball season, but allergy season.

Do you suffer from any allergies? You know, I didn't think I did until recently, and now I realize I have. Oh, such as? I have noticed that in the spring I start to get a little congestion, a little bit of a runny nose, and I don't think I had that before, and I'm kind of surprised.

Yeah, I have some food allergies, shellfish, of course, and I'm sensitive to certain things. And then, of course, I'm allergic to lazy people. That's always one I've been allergic to for a long time.

So nothing lazy about you, of course. So, you know, what is an allergy? We hear about an allergy all the time. It could be environmental. It could be food, right?

It could be something, a chemical allergy. So what is really an allergy? I think it's just our immune system has a response, right? Sometimes we'll get a rash, right?

I do get that occasionally from using a peptide. You know, my body I think is a little inflamed and I think I get a little

histamine reaction from that.

I don't like bell peppers and they do not agree with me. You mentioned chemical allergies. My daughter-in-law has her own housekeeping business and some of the cleaners really affect her allergies, so she's trying to use as many natural cleaners as possible.

Yeah, I want to help people out because there's two types of allergies in my experience. One is what we call a sensitivity. You eat something maybe like dairy products and you get bloated, right?

Or gassy or fluffy, of course, right? So that's what I call, I call that more of a sensitivity, right? Where you're sensitive to it, you don't feel great.

However, it's probably not life or death, right? And then you could have a full-blown allergy and like a peanut allergy, a shellfish. We actually go into anaphylactic, yeah.

So this could be very dangerous. You know, and oftentimes what happens is something starts out as a sensitivity, then go to an allergy, right? And some of these sensitivities, like gluten, can be really extreme for some people.

So now, let's not take these lightly. Let's identify what those are and realize that, you know, your immune system has been hyperstimulated to where now it's overacting.

And then part of over-enacting immune response could lead to an autoimmune condition, right? Eczema, psoriasis, rheumatoid arthritis. These are often tied into food sensitivities and or food allergies.

Really? I didn't realize that was an underlying root cause to that. Oh, absolutely. And you can have more we call the common allergies where people are having itchy eyes, redness, and eyes are bloodshot.

You can also have sinus discharge, right? Where you're sneezing or the runny nose. You can also have issues where, you know, your lungs, right? Asthma.

bronchitis, you know, problem with breathing or wheezing that people are having. And it could even be like, you know, food, you know, food or skin sensitivities, right?

Where now you're getting eczema, psoriasis, rashes. These are becoming more and more common. I feel from my experience has been with the overutilization of vaccinations.

What Causes Allergies and Immune Imbalance

Also, a lot of kids now, if you think about how they're being born, you know, in the old days, a lot of kids were born at the home or at the hospital through a natural birth.

Now around the doctor's golf schedule and vacation, they do a lot of C-sections. You first expose you to probiotics is through the vaginal canal, right?

with lactobacillus acidophilus, you know, when you're going through and that's where you get your first exposure. The second one is through mother's breast milk with the bifidobacterium.

So if you are doing a C-section and you're doing store-bought formula, so you're missing out on two huge opportunities to strengthen and build the immune system from an early start in your life.

So if you look at kids that have asthma, they have skin allergies, they have tubes in their ears, right? They have constant antibiotic use. Ear infections.

These are often kids that were done with the C-section and no breastfeeding. So they missed some huge opportunities right there. We learned recently that your immune system is really built through not only the mother,

but the grandparents.

So choose your parents and grandparents wisely. Natalie, tell us. Yeah, I think that's kind of a given, right? So we're probably most familiar with the seasonal or environmental origins, right?

I talked about the pollen, the yellow, greenish haze on all the cars, weeds, all that stuff, right? But in foods actually cause inflammation, right? And we have a lot of allergens in foods.

So I know one of the first things you always advise people to do is to cut out dairy products in particular. The pro-inflammatory junk foods that you're eating.

So we just had a great podcast and educational event with Dr. Melissa Dangler, and she highly recommends the anti-inflammatory food program, which is right on Nutritional Frontiers website.

I've been promoting this for over 20 years. If you look at it, it's a modified Mediterranean program. food or junk, whatever you decide to eat, is either going to promote inflammation or reduce inflammation.

So things that promote inflammation are going to be dairy products, sugars, gluten, processed junk. So any junk foods at all. Also a lot of the store brand meats that people eat, right?

Because these have a lot of hormones in them. They've been fed a pro-inflammatory diet. And you're like, why would that happen? Well, The companies that are selling meat by the pound, they want these cows nice and big.

They want the fish that's in a farm to be big. So they feed them a lot of soy, a lot of corn, and they load them up with hormones. Why would they do that?

Because they're getting much bigger, but all the. anti-inflammatories, the omega-3s you would normally get in fish and from some beef, you don't get any more from those.

So what you eat each determines the quality of the food. And of course, anything in a package or any junk food is going to create a pro-inflammatory response.

So what are some anti-inflammatory foods? Well, fish oil, right? Didn't we just talk about that? Here we go. What do you like to cook with? I love cooking with olive oil.

That's my favorite. Coconut oil helps. Coconut oil, great. Avocados, nuts and seeds, fresh fruits and vegetables. lean cuts of certain types of proteins, right, especially grass-fed beef.

These are all going to be more anti-inflammatory rather than pro-inflammatory in nature. And I remember Dr. Bob, I think, talking about nightshade vegetables that he tends to stay away from some of those like tomatoes and I think even eggplant, one of our faves.

Yeah, these can be more pro-inflammatory. So for people that are very sensitive, you can actually restrict these for a while and see how you do. I actually did a test recently with Quest 4 and tomatoes popped up.

And peanuts. Oh, I know your favorite peanut butter. Yes, I've transitioned to more almond butter whenever possible. I gotcha. Well, there are a lot of different ways to approach how to manage allergies in an allopathic way, right?

The way that we're traditionally told to handle these things are those antihistamines, right? decongestants and all different kinds of things. The challenge with these is they work very far downstream, right?

Closest to where the symptom is presenting or exacerbating. So you look at antihistamine, it's blocking the histamines release. Right. We like to take an approach that's going to go further upstream and look at, well, why would the histamine build up?

Why are these mast cells like a balloon blowing up and then exploding? And then you have the itchy eyes, the redness, the discharge, right? The sneezing, the runny nose, the skin irritations.

Inflammatory Foods and Anti-Inflammatory Choices

So if you go upstream in medicine, And nutrition, you look at, well, why are these happening? Well, usually it's the T helper cells T helper one and two.

Um, it's like a scale and when they become out of balance, it feeds this whole cycle of mass cell production, mass cell. you know, increasing and then mass cell discharge.

So an antihistamine, now these may be necessary on rare occasions, are just going to block that release where we like to go upstream so that we can actually run for the, you know, cause rather than run for the cure.

Yeah, well, I mean, there's other things too, right? Like steroids that have been recommended to me, you know, when I was going through some joint challenges and a hip replacement, where there are things that we can actually do to reduce inflammation in the joints without having to do that.

The bronchodilators, like the inhalers, I know, you know, some people need those. I mean, obviously, an EpiPen, if you need it, you should have it on hand, right?

Because it's life-threatening. Yes, that would be good more for your full-blown allergy. If you or your kids suffer from asthma, here's an old school protocol that'll help at least 80% of them within a week.

You ready? Yeah. Eliminate all dairy products. Right. Milk, cheese, creamers, ice creams, yogurts. If it's from rice or almonds, it's okay. But I'm talking about store-bred milk.

Eliminate all those products from your kid. He probably loves macaroni and cheese. He loves his chocolate milk, right? But he must also love the asthma.

Eliminate all dairy products immediately and get them on a good vitamin C like Nutritional Frontiers, buffered vitamin C+, non-corn, non-GMO, and a veggie cap.

Or cherry chew is a great option. Or you can do more of a comprehensive formula like the Air Max. So that would help out with asthma right away. It works at least 80% of kids immediately.

You know what, when Dr. Dangler mentioned about using vitamin C to help manage cortisol, maybe I'll be popping some of our cherry chews. That could be interesting.

They could pop a handful. All right. Well, let's talk about some of the natural solutions we have to help with allergies. Well, we just talked about the Air Max.

I like the Air Max is more of a comprehensive support. It has things in there like the vitamin C. It also has things in there like Bennygut, the periloseed extract, and it's a nitrile combination of nutrients.

So you're getting the full effect in there, quercetin, which I love. That alone has actually been studied against antihistamines and had better results in some of the medications.

Yeah, of course, and a lot of research on that. And of course, DMG, what's DMG? Darn Mighty Good. Dymethylglycine, Darn Mighty Good, Dr. Mikey G, you got all kinds of nicknames for it.

But seriously, DMG is a master methylated in the body. It actually has a research on it for autoimmune conditions. I remember that. Because it helps rebalance the immune system.

I like the term immune adaptogen. Oh, I like that, huh? The body uses what it needs, right? It adapts to the body

and goes where it needs. I think that's amazing.

So we have a great nutritional formulation here, the Air Max. I love the chewable strawberry. really tastes great, easy to dose, safe for kids or adults.

And depending on the situation, you can take one or two, three, four, five times a day as needed. Maybe you're going out on the golf course, and you notice when you're outside, it acts up a little more.

Or maybe at work, because the building's old, you have maybe some remnants of mold in the building. You can take airbags as you need it, for acute relief, and you can also do one to two every day just so it's in your system for more preventative measures.

Well, it's interesting. I think I mentioned to you, I didn't notice that I had allergies. And I went to visit my brother and they have multiple cats in their house.

Multiple? How many cats do they have? Three. Three. Okay. And then they were fostering some kittens. So I was like, my eyes started watering. They started to get puffy.

And I'm thinking, I'm allergic to cats. We always had a cat and a dog growing up. And I think, you know, one of the things that people need to be aware of too, is that your body can change over time.

So my mom is so cute. She was like, well, make sure you pack the Air Max because she knows. Mama's recommending it to you. I like it. I know. Isn't that great?

I took two Air Max and within 15 minutes, everything felt much better. Like it really was fast acting. It reminds me of the Mikey Gallagher Air Max challenge.

You want to share that? Absolutely, you know, you take, you breathe first of all. Breathing is important. And just notice how you feel when you breathe.

And then you take two, you wait about 15 minutes and then you see, you take another deep breath in a similar way and see if it changes for you. And most people have an immediate reaction.

I also know we had one of our doctors out of Atlanta, she and her husband went skiing And she said that they took the Air Max before they went out skiing so they wouldn't have to constantly blow their nose while they're skiing.

Because if you notice when you're changing in temperature and things like that, you get a runny nose from that. Yeah, Dr. Elizabeth Bord actually sent the video and from the chair lift…

Showing that she was not having any sinus issues and now we laugh about it, but when you're skiing and it's cold and you have something covering that, if your nose is running a lot, that's going to get wet and then that can freeze too.

She had a big smile on her face and says, wow, what a fantastic way to ski without some of the more common things that she's been dealing with with runny noses.

All right, now this is one of my favorite formulas, and it's a newer formula for us, which is really super cool. And I love this formula because we had two of our brand ambassadors work on this formula.

Actually, Dr. Laurie Roman led the charge, and she is an incredible pharmacist in Florida. And she was like, look, I want you to put everything we can into one capsule, your entire immune kit into one capsule.

I'm like, how in the world are we going to do that? And she's very selective on the ingredient choices. She is. See, we call that particular. That's what my mom says.

She's not picky.

Conventional Allergy Relief vs. Root-Cause Support

She's particular. I said selective, particular. But no, she's very sophisticated, natural pharmacist and nutritionist, and she knows the best of the best ingredients.

And it's not always the ingredient or the dosing, but a lot of times it's the form of it that will determine its bioavailability, which what does that mean, bioavailability?

It means the body absorbs it, right, and can actually use it as opposed to just passing it straight through. Yeah. And that's a really key thing with nutraceuticals because you usually are taken orally.

So you have to be able to not only absorb them through the gut, get in the bloodstream, get to a tissue, be assimilated inside the cells and actually do something.

And then any of the waste products excreted. So what is in this immune boost? I love it. It's got so many things in it. It has vitamin C, it has quercetin, it has DMG, it has D3, it has NAC, and it has zinc.

Literally everything that was in our immune kit or for some people to have to take all of this individually, right? This is all in one. And if you take five caps, you're going to get exactly what you need in a day.

And I've taken this acutely when I was starting to feel sick. I would do five caps up to four times a day, five times a day until the bottle's gone. And I didn't even get as sick as I would normally get.

So the intensity was much lower and the duration was cut by probably 60, 70%. So that's the thing to remember. You want to have something like immune boost on hand.

If you suffer from allergies, have the Aramax on hand. Don't wait until you get sick because what's the old saying? How far into the body can you go? Halfway and you have to go out.

So when people say, oh, it's really sunk in, that's what they mean. If it's deep inside your body and it's starting to proliferate and fester in there, You need to have a strategy to get it out, but the best way is to have some kind of immune prevention protocol, and then dealing with it right away with your first sinus symptom.

That's awesome. And we have so many testimonials, but the one that struck me was a husband and wife, one of our clients and her husband, went on a 15-day cruise, right?

We always hear about- 15 days? Yeah, you imagine? Were they retired? 15-day cruise, two air flights. But you know, when you think about it, when you're around crowds, right, and we hear all the time about people getting sick on cruises, what they did is they actually started taking immune boosts three days before the flight.

Smart. Uh-huh. And continued a couple days after they got home. Neither one of them had any issues. They didn't have the normal sinus issues that they tend to get.

And they felt like they were totally protected. And around 5,000 curmudgeons, that's pretty good that they didn't get sick. No, these cruises, first of all, people go on there.

You're locked in with a huge amount of people. God only knows what people are carrying on there. Plus there's a lot of drinking, a lot of bad food being consumed.

Yeah, lowering your immune system in general. So it's really a high risk for getting sick. And they had a strategy now. and actually help prevent them from getting sick.

So that's great news. Now they can continue to enjoy their vacations, go on these cruises and not worry about

suffering when they're there, even worse when they get back.

I do the same thing. Like if I know I'm going to be on a lot of flights and around a lot of people, I'm always taking additional immune support. It's just smart.

And like Jamie said, you want to make sure that you have these things on hand. You don't want to get sick and then wait for stuff to come in. It's too late, right?

You want to prevent. Oh, SPMs, otherwise, in my opinion, known as Superman.

Air Max for Asthma and Seasonal Relief

The SPMs stand for Specialized Pro-Resolving Mediators. They are a derivative of fish oil. We take these concentrations out of fish oil, and we put them into one.

So SPMs are very, very potent. There's over 1,000 published studies on PubMed for SPMs. And God, when you look at the conclusions of all the studies, thousands of studies, is that High sensitivity C-reactive protein, one of the top markers for cardiovascular disease, is dramatically reduced in only eight weeks.

Pain scores go down 28.9% in four weeks. Fibrinogen rates, so for blood clots and cardiovascular risk factors, go down. And I'll give you a personal testimony.

We were working with Justin, one of our top sales professionals and educators in Texas, and I had everything in my knapsack or backpack. And I went to go throw it on my shoulder, leave it in the hotel, and I just strained that scapula right around in my back.

When that happens, it's annoying. It's happened for years, working out or doing different things. And I noticed it's usually like a three to seven day issue.

And this one took the breath out of me. So I was even tempted. I went to the hotel desk and asked for Advil. They didn't have anything, thank God. So I got in the car and I asked Justin at the SPM, he had a bottle sitting on the back seat.

I took three immediately. And I tell you what, by the time we got to the lunch appointment, I can breathe again. And it took the edge off. I took three more with lunch.

And by about three, four o'clock that day, it was gone completely. And we've other people have similar type of results with this. How about yourself? Yeah.

I mean, it's really a great anti-inflammatory, right? It just, you can take it. I've taken it multiple times a day, especially if I know I'm playing in a tennis tournament and I've got multiple matches during the day to help manage that inflammation, right?

Because you're stressing your body out. So it does work amazingly well. And I know Dr. Bob is a pretty big proponent. And his exclaim, Dr. Bob Rakowski is an amazing physician, educator, and he always recommends SPMs.

He thinks it's one of the most incredible supplements to come out, right? In the last century. He said this is the number one innovative nutraceutical come out in the whole entire century.

So now we're at 26 years. So coming from Dr. Bob, that really means a lot. Absolutely. And SPMs, again, should be something that you have on hand and able to use whenever you need it.

The great thing is with the SPMs, we're the first company in the world, world's first, to come out with a liquid SPM. So I did some this morning. So if you want to do a liquid, you can do that.

If not, you can do the soft gel. Either way is fine. Yep. Well, we've talked a little bit about DMG. This ingredient by itself is so good. We have it in multiple formulations, right?

About 30 different formulations. And why is that? Because it's the ultimate methylator, right? And it supports, you know, all parts of the body, you know, innate and acute branches of the immune system.

It helps oxygenate the body by increasing oxygen utilization, right? At the cellular level. There's a whole book on this building wellness with DMG from Dr.

Roger Kendall. He's one of our partners up from food sciences. And last time I met with Dr. Kendall, I asked him when he was researching currently, he's a PhD.

He said, oh, Dr. Ann, come on in. I got a couple of papers to share with you on cancer. And sure enough, he took out- You mean this book right here? That's it?

That's always on my shelf? Yes.

Immune Boost and Travel Protection

He took out a stack. It was like bigger than a Chinese phone book. It was on his recent research on cancer and DMG. There's actually a US patent for melanoma and DMG in animals.

They actually show the tumors. They inject them with DMG and you can see them being reduced over eight weeks. There's a great US patent for autoimmune rheumatoid arthritis, which is really fascinating because when you typically go to the medical doctor and they diagnose you with an autoimmune condition, what'd they tell you?

Uh, good luck. There's no cure. Right. It's genetics and it's not your fault. There's nothing to do what you're doing. And they tell you, well, start with NSAIDs, right?

And then when it gets worse, we're going to give you things like methotrexate, sulfasalazine. These are really dangerous medications with huge side effects.

So why don't they recommend them right away? Because they're too dangerous. So anytime someone's telling you that there's no cure, there's no help, there's no way to fix this, you probably want to go find somebody else.

Absolutely. Well, I can give you a testimony on DMG itself. Okay, so enter DMG. This is the secret weapon on the tennis court. We had to, we were in like a must win situation.

If you know anything about me, I'm a very competitive tennis player and I enjoy it. Very competitive. Doesn't matter if it's tennis or anything else. Very competitive.

Okay. Back at you. Mirror, mirror on the wall. All right. So we were in a must win situation and Harriet, who's one of our reps in Florida. Is that Hurricane Harriet?

Hurricane Harriet, she is the captain of the tennis team and she and I actually, she had entered DMG with her and she gave everybody one on the tennis team right before our match.

We won all three lines in the must win and we're crediting DMG. We are definitely, it was it. It gave our bodies what it needed and it was interesting.

Several matches went to third set tiebreakers. She gave everybody another one and oh my gosh, we won them all. Well, the great thing about DMG is really how we built our initial relationship and trust with Dr.

Tracy Stroud. She was working with Mike Gallagher initially, and she had a very skeptical opinion of Nutritional Frontiers. And she called Mike and says, Mike, I have this infant.

And it's really suffering a lot. Um, what can I do? And he recommended liquid DMG. And she said, are you sure? She said, absolutely. It's very safe and effective even for a newborn.

Gave you the liquid to the newborn. And within the first week, the mom called back in tears about how well the baby was doing. Well, since you said that, the first testimony we have listed here, we had a mom say DMG helped to regulate her son's mood.

Her son had autism and had meltdowns, and they have significantly decreased since they started him on that product, and they haven't noted any negative side effects.

That's amazing. Yeah, one of our original brand ambassadors, Dr. Franny Baraz, MD, ND, and master of homeopathy, when I was first shown with some of the initial formulations, She asked about DMG and what it was good for, and she worked with a lot of autistic kids.

And I said, Doc, it's used at the Autism Research Institute. She goes, how do I know? I said, well, look on the book I just gave you. It's one of the first testimonials about autism and how well the kid did.

With speech, just by utilizing the DMG, it's been used at the Autism Research Institute.

SPMs for Inflammation and Recovery

God, it's been 25 years. It's now over 35 years. It's been used with safety and efficacy. That's amazing. Well, this is an oldie-but-a-goody. And every time I see buffered seed plots…

Kind of like me, oldie-but-a-goody. Actually, I think of Dr. Len Brantzel. Oh, well, that's a very oldie-and-a-goody, yeah. But this is Dr. Len's… I have to say, of all the formulas, this might be his number one.

His favorite, yes, yeah. And I love our buffered seed because it is non-corn-based, non-GMO, and the vitamin C comes from acerola cherries. Yeah, it was interesting because Dr.

Lund used to use another company years ago. And he would use these big tablets of vitamin C. He says, well, it's a thousand milligrams, Jamie, I need a higher dosage.

I said, doc, this tablet is going to be very challenging to break down for even the most compliant person with great GI function. So I started showing the difference between a tablet and a veggie capsule.

And I said, yeah, you can't get as much in a veggie cap, but sometimes it's not always dose, it's bioavailability. And then I brought up, well, where's that vitamin C derived from?

And he didn't know. So, again, one of the top companies in the country, we found out these big tablets are actually derived from corn. And that was one of the biggest food allergens he had seen in his practice.

So he said, well, can we get it from any sources other than corn? I said, I'm actually working on one now. And I gave him a couple options. And he says, well, Acerola cherries.

I've never had one person, one patient that actually came in and had a food allergen to cherries. Well, amen. Yeah. So I was like, all right, let's do that.

So we use a non-corn, non-GMO, and it's a buffered vitamin C. That way, Your body can actually buffer it so it'll absorb it better. And we add the bioflavonoids, which are a key component of any vitamin C formulation.

Well, I know it can be, you know, a natural antihistamine and anti-inflammatory. Now we know for adrenal. And now I can use it to calm my adrenals down.

I think I got to change up what I'm doing. Well, it's interesting too, because people say, well, why do you have

bioflavonoids? This is, think about an orange, right, or citrus.

We know the vitamin C is good in there, but there's so many other nutrients in there that you don't get just from vitamin C. And one is the bioflavonoids, the other is all the phytonutrients.

So we even have things like pro oranges that have some naturally occurring vitamin C, but a lot of other phytonutrients.

DMG for Immune and Mood Support

So if you want to get more sophisticated with your program, you can do the buffered C plus with the pro oranges. so noted all right that might be going into my shake for anybody that's been interested in my my dreamsicle shake I might have to throw some vitamin C in there too all right we have talked a little bit about these two individual nutrients, NAC and quercetin, but just maybe review why NAC is something we have in our immune boost and why you might want to take a little more.

Yeah. Well, DMG feeds all the 41 transmethylation steps. NAC is someone that feeds methylation. It feeds glutathione production. It's been used for a long time, mostly for, not mostly, but oftentimes for lungs and sinus issues.

So we like NAC for that part, poured it well by the lungs tissue overall. It really helps us anti-inflammatory to reopen up these bronchial tubes, so asthma, bronchitis, even COPD, so people can breathe a lot better.

So why would people tell me that you should take it if you're going to drink alcohol? Well, it supports glutathione production. Glutathione is the master antioxidant in the liver.

And if we're going to stimulate toxicity in the liver, we want to stimulate liver function. And one of the best ways to do that is giving it a helping hand with NAC.

Got it. All right. And what about quercetin? Uh, very similar, except that this is more of an antihistamine, right? So I look at this and NAC is like sister formulas.

Think of this as more of your natural antihistamine. So for allergies, lungs, sinuses, ears, asthma, uh, works really well. This one was actually studied against, um, one of the top medication, one of the top antihistamines that did a better job than the medication did.

Awesome. Well, we have so many natural solutions for allergies.

Buffered Vitamin C, NAC, and Quercetin

If you're interested in learning more about any of these formulations, you can go to our website, nutritionalfrontiers.com, or you can ask your local outside sales professional or your inside sales professional.

And now you can even set up on Tuesdays, right? Every Tuesday at 1 p.m. Eastern Standard Time. You can set up a one-on-one or a staff training with our Director of Education, Dr.

Tracy Straub. You can also join with other clinics. So if you have other clinics you want to work with or you own multiple practices, you can set that up.

And there's no cost on that at all. And you can actually pick the topic. All you're going to do is email us at Nutritional Frontiers or call the office for more information.

Awesome. Well, I'm really excited now that allergy season is here. I'm super prepared. Oh, I'm excited too, as you can tell. Thanks for all support, Christine and our team at Nutritional Frontiers.

We're excited for everyone to have a much better strategy so you don't have to suffer during allergy season. One of the worst things I hear is when people don't want to go outside because they're allergies and now you don't have to suffer no more.

So, thanks for all your support over the years and looking forward to having a very healthy spring season because now is when we get ready for summertime.

So, you have a strategy here. If you need any help, you can always call us directly at Nutritional Frontiers. Let's have a great, healthy spring season and God bless.

Awesome. And if you loved what you heard today or you know someone suffering from allergies, please like, comment, or share this episode. Until next time, we'll see you.

Thanks for tuning in to the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

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