

Preferred Medical Supplements

The Natural Choice for Better Living

Dr. Joe's Corner

with **Dr. Joseph Spano, M.D.**



Dear Dr. Joe,
I have been diagnosed with allergies and asthma. I don't want to be drowsy from an over-the-counter or prescription medicine, though. What natural products do you recommend?
Thanks, Jenn in Naples, FL

Dear Jenn,
Allergies can be a major problem, particularly if they trigger asthma symptoms. Nearly half of all asthma and allergy sufferers use some form of alternative therapies to address their issues. Studies have been conducted to determine what alternative therapies may be helpful. These studies show that magnesium, Omega 3 fatty acids, Vitamin C, Vitamin E, Flavanoids, and Selenium may show benefits. Preferred Medical Supplements Therapeutic Concentrated teas are good sources of Vitamin C, E, and Flavanoids. These may help to prevent asthma attacks in the future. You may also want to learn more about Thera Omega 3 and Selenium Plus. Thanks for writing, Dr. Joe

The Buzz About... Allergies

Allergy symptoms are experienced by one in three people. Animals, Molds, Pollens, Dust Mites, and Food Allergies are among the most common allergens. While many people may be 'technically' allergic to some or all of these items, only a small percentage have a response to the items that may be severe. Taking flavanoids and selenium may help to lower your risk of allergy-related asthma according to *American Journal of Respiratory and Critical Care Medicine*.

Did You Know...?

1 in 4 Americans suffers from some form of an allergy that results in a symptomatic response.



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Time and Health are two precious assets that we don't recognize and appreciate until they've been depleted.
~Denis Waitley

He who has health has hope, and he who has hope has everything.
~Arabian Proverb

Studies have been conducted to determine if there are nutritional factors that may affect asthma and allergy symptoms. One study in *The American Journal of Clinical Nutrition* found that Omega-3 fatty acids may prevent some asthma attacks from occurring. Enter coupon code **ALLERGY** at checkout to receive a **FREE EBOOK** with your purchase to learn more about this and other studies and read more articles about how you can suffer less with allergies and asthma.



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