

BEST ESSENTIAL OILS FOR LUNGS AND SINUSES

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BREATHE!

SINUS & RESPIRATORY HEALTH

7 NATURAL WAYS
TO SURVIVE
ALLERGY SEASON

TOP
NUTRIENTS
FOR OPTIMAL
LUNG
FUNCTION

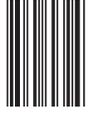
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STRATEGIES
TO BREATHE
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WHAT YOU
NEED TO
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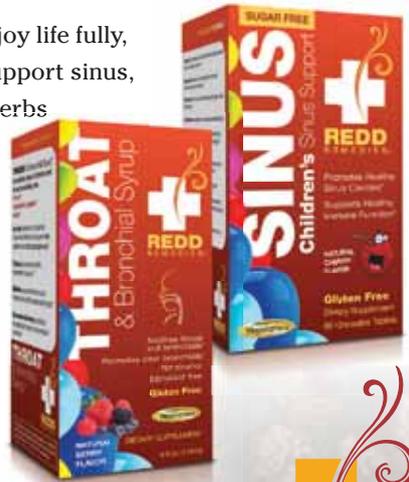
healthy living guide 

Play Time

Feel Better. Live Better.™



When you want your child to feel better and enjoy life fully, REDD Remedies offers safe, effective relief to support sinus, throat and bronchial health. Formulated from herbs that have been used for thousands of years to safely help children, REDD Remedies' chewable Children's Sinus Support and Throat & Bronchial Syrup deliver nourishing support for children's respiratory, immune and digestive systems. You can rely on REDD Remedies – bringing the body back into balance.*



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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS

Our Children's Sinus Support formula brings together herbs and herbal extracts that have long histories of use in European, Native American and Eclectic medicines, including Marshmallow Root Extract, Eyebright Leaf, Barberry Root Bark and Climbing Ivy Leaf Extract. Our Throat & Bronchial Syrup includes soothing Mullein and Thyme, along with raw buckwheat honey and natural flavors.



Nurturing Whole-Body Balance
Quality and Purity Guaranteed



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BREATHE!

SINUS & RESPIRATORY HEALTH

Inhale. When our sinuses and respiratory tract are healthy, taking a breath is an automatic response we rarely think about. But the minute they act up—whether it's due to a respiratory infection, seasonal allergies, or something more serious—it's all that's on our minds. Whether they are blocked, stuffed, or draining, our sinuses can be a source of pain and inflammation. More than 70 million Americans suffer from sinus problems. If you are one of them, you are all too familiar with the symptoms—postnasal drip, stuffiness, obstructed breathing, headache, coughing, sore throat, swollen glands, hoarseness, facial pain, ear pressure, dizziness, and even hearing loss.

Of even more concern, another 25 million people in the U.S. are left gasping for breath due to asthma. And 11 million have been diagnosed with chronic obstructive pulmonary disease (COPD). These chronic conditions can impact everyday life and, in the case of COPD and some cases of asthma, may even be life threatening.

Fortunately, nature has provided a number of safe and effective ways to support healthy sinuses and a well-functioning respiratory tract. In the following pages, you'll discover the nutrients, herbs, and essential oils that can ease symptoms and tackle the underlying cause of your sinus and respiratory problems to help you breathe easy every day!


healthy living guide betternutrition

Sinus 411

We've all heard the metaphor, "you need that like a hole in the head" to describe something that no one wants or needs. But when it comes to your sinuses, these hollow, air-filled holes in the skull that sit directly behind your face are an integral part of your respiratory system. There are four pairs of the cavities that make up your sinuses.

Scientists aren't exactly sure what purpose the sinuses serve. Some believe they act as air conditioners, filtering, heating, and humidifying the air that comes through the nose. Others think that the sinuses affect the way the voice resonates. Still others speculate that the sinuses are simply there to lighten the weight of the head. Whatever physiological role the sinuses play, healthy sinuses function thanks to mucus—a slimy fluid that is made up of water, proteins, salts, and enzymes. Mucus creates a barrier against bacteria, viruses, and allergens, and adds moisture to the air taken in by the nose. It also lubricates the membranes in the nose.

Each set of sinuses is lined with mucous membranes that are covered by a thin blanket of this mucus. When you inhale, the mucus traps dirt, chemicals, irritants, dust, allergens, fungi, molds, bacteria, and viruses so they can be flushed from the body before they can do any damage. This occurs thanks to microscopic hairs called cilia that cover the surface of the mucous membrane. The cilia beat back and forth in waves to clear mucus from the sinuses through a narrow opening in the nose and then move the mucus toward the back of the nose to be swallowed.

A Conventional Conundrum



When we are congested many of us reach for antihistamines or decongestants to try and find relief. But these over-the-counter medications can undermine the body's natural healing system and create even more problems in those pockets of empty space.

Antihistamines block symptoms like itchy, watery eyes, sneezing, or runny nose caused by histamines. While taking an antihistamine can temporarily ease symptoms, their use may actually worsen the problem by interfering with the clearing of secretions. If mucus stagnates, it can lead to a full-blown sinus infection. What's more, antihistamines can cause drowsiness and dry mouth.

Decongestants are often used to relieve congestion and sinus pressure by shrinking blood vessels, reducing inflammation in the nasal

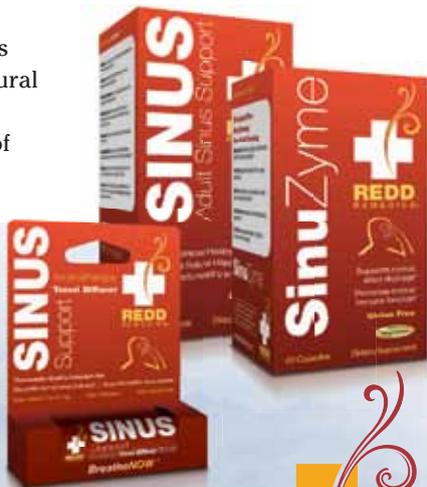
passages, and opening mucous membranes. They improve airflow, reduce the need to breathe through the mouth, and decrease pressure in the sinuses and head. But, are the side effects worth it? Decongestants can cause nervousness, irritability, insomnia, and dizziness. They can also increase blood pressure and heart rate.

Both decongestants and antihistamines can also interact with other medications, especially monoamine oxidase (MAO) inhibitors. It's important to check with your health care provider before taking either decongestants or antihistamines if you suffer from high blood pressure, heart disease, glaucoma, or benign prostate hyperplasia.

Enjoy Every Season

Feel Better. Live Better.™

When you need sinus relief, REDD Remedies has a suite of products that provide fast-acting, natural solutions for seasonal symptoms. Our unique formulations are based on thousands of years of healing traditions, combined with the best that modern science has to offer. Our remedies support the healthy function of the immune, respiratory and digestive systems that greatly affect sinus and bronchial health – bringing your body back into balance.*



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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS

Our Adult Sinus Support formula includes herbs that have been used for centuries in European and Native American natural medicines. The Sinus Support Travel Diffuser delivers a blend of 6 full spectrum essential oils that promote healthy sinuses. REDD Remedies' SinuZyme blends natural ingredients used in Native American, European and Traditional Chinese Medicine to support sinus health.



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Questions?

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Structure and Function

To really understand your sinuses, it's smart to start with your nose. Your nose is the entry for life-sustaining air. Structurally, it is separated into two passageways—your right and left nostrils. Inside each nostril are three turbinates that control air flow with a repetitive pattern of swelling and constricting. Once the air passes over the turbinates, it travels through each of the sinuses.

Maxillary Sinuses. Shaped like a pyramid, these are the largest of all the sinuses. The maxillary sinuses drain into the nose through a hole located about half way up the side of the sinus wall. If the maxillary sinuses become blocked, they fill up with fluid that can become infected (sinusitis).

Ethmoid Sinuses. Shaped like a beehive, the ethmoid sinuses are filled with interconnected bubbles made of very thin-walled bone. These bubbles are lined with mucous membrane and each bubble has its own opening to drain into the nasal cavity. Mucus produced by any of the four types of sinuses eventually drains through the ethmoid sinuses and into the back of the nose.

Frontal Sinuses. These sinuses are empty air sacks that act like shock absorbers, protecting your brain from any type of frontal trauma. They also aid in filtering the air that eventually goes to the lungs.

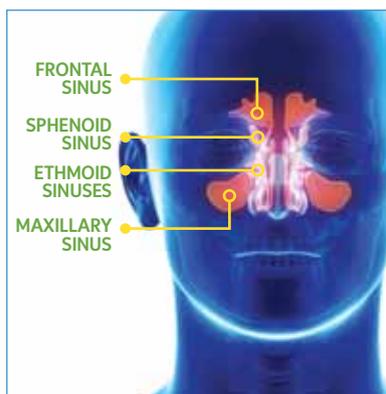
Sphenoid Sinuses. The sphenoid sinuses are small cavities buried deep inside the head under the brain. Sphenoid sinuses drain the mucus into the very back part of the nose through a special opening called ostium.

Normally, this system of sinus cavities and nasal passages supports good respiratory health. But, because of the interconnected nature of this system, anything that causes a swelling in the nose—an infection or an allergic reaction, for example—can also affect the sinuses.

The Immune Element

A strong immune system plays a key role in sinus health. Because approximately 70 percent of your immune system is located in your gut, a growing number of holistic healthcare providers are looking at improving digestive health as a way to support healthy sinuses. Fostering a gastrointestinal environment that's hospitable to beneficial bacteria is essential.

Barberry is an herb that's been used for more than 2,500 years to enhance digestive health. Modern science shows that the isoquinoline alkaloids from the herb's root bark boasts antimicrobial properties. Because of this, barberry enhances gut health, allowing space for probiotic flora to grow and thrive. By encouraging this beneficial bacteria to flourish, IgE and histamine levels are reduced, thus enhancing immunity throughout the body—including the sinuses and respiratory tract. Anyone with seasonal allergies or chronic sinus or respiratory issues should consider taking a moderate dose of barberry daily.



Chapter Two

Alleviate Seasonal Allergies

The sneezing. That runny nose. Those itchy eyes! All hallmarks of an allergic response to one of any of the thousands of allergens and irritants in our environment. It's so common that, in any given year, over 17 million adults and 7 million children in the U.S. experience an allergic response that can leave them miserable.

Allergies 101

An allergy is an exaggerated immune response to common substances like dust, mold, pet dander, fragrance, or cleaning chemicals. The immune system, which normally protects the body against foreign substances, becomes overly sensitive. When it recognizes an allergen, the body produces a specific type of antibody called IgE. The allergens bind to the IgE, which is attached to mast cells—a specific type of immune cell in the airways. This causes the mast cells to release a variety of chemicals, especially histamine, the main chemical that causes symptoms like burning, tearing, or itchy eyes; coughing; headache; hives; itching of the nose, mouth, throat, or skin; runny nose; skin rash; wheezing; and other allergy symptoms.

As many as one in five Americans suffer from allergies that affect their nasal passages and sinuses. Many have what's known as "hay fever," an allergic response to pollen and other environmental substances. Also known as allergic rhinitis, there are two types: seasonal, which occurs during specific times of the year, and perennial, which can affect you all year round. Typically, if you suffer from hay fever in the spring, you're likely allergic to tree pollens. Grass and weed pollens are common triggers in the summer. Autumn can bring on ragweed allergies. Fungus spores cause problems from late March through November.

People with perennial hay fever are usually allergic to one or more indoor allergens like dust mites, feathers, or animal dander, all of which may be found in pillows and bedding, heavy draperies, upholstery, and carpeting.

If you suffer from allergies and asthma, a reaction to any offending allergy-causing substance can worsen asthma symptoms.



Common Allergens & Irritants

Not sure what is causing your sneezing, watery eyes, or runny nose? Here are the most common respiratory allergens and irritants:

- Animal dander
- Chemical fumes
- Cigarette smoke
- Cockroaches
- Dust
- Dust mites
- Fragrance
- Household cleaners
- Mold spores
- Paint fumes
- Pollen from trees and grasses
- Pollution
- Ragweed
- Rye grass
- Strongly scented flowers

Safe Solutions

When allergies strike, many people automatically reach for over-the-counter or prescription relief. But instead of just treating symptoms, addressing the underlying allergic response may offer even more relief. The following nutrients can ease symptoms while also supporting a healthy immune response to allergens.

Vitamin C is a water-soluble vitamin that prevents the formation of histamine during a response to an allergen. In one clinical trial, allergy sufferers who took vitamin C daily for two weeks had a 40 percent reduction in blood histamine levels.

Typical antihistamine medications work by lowering histamine levels after they've been produced. Preliminary research suggests it might also help reduce allergy symptoms by fortifying mast cells and helping to maintain an appropriate immune response.

Quercetin is a flavonoid found in apples and onions that halts the production and release of histamine. It also reduces the production of leukotrienes, inflammatory compounds that stimulate airway constriction. And quercetin is a natural antioxidant—it helps to neutralize free radicals generated during the allergic reaction. Quercetin is best taken with vitamin C mixed with bioflavonoids, as this improves the antihistamine effect. Much like vitamin C, quercetin also stabilizes mast cells.

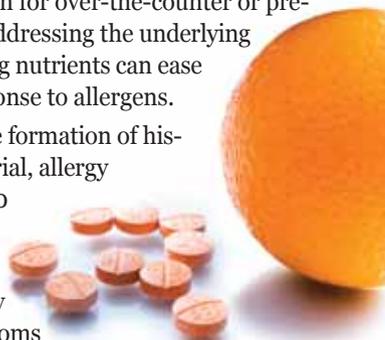
N-Acetyl-Cysteine offers symptomatic relief by thinning mucus secretions in the lungs and bronchial system. NAC is also a precursor to glutathione, one of the body's most effective free radical scavengers.

Bioflavonoids are natural antihistamines and strongly anti-allergenic. They enhance the activity of vitamin C in the body and help to stabilize mast cells, which secrete the histamine linked to allergic reactions.

Stinging Nettle has been used traditionally for treating a variety of conditions, including seasonal allergies and hay fever. This prickly plant offers fast relief—often within 15 minutes. The key is the herb's anti-inflammatory effect. In one open trial of 69 patients with seasonal allergies, 58 percent reported that taking freeze-dried nettle leaf daily relieved their symptoms. Almost half of the participants said it was more effective than over-the-counter allergy drugs. And unlike over-the-counter allergy medicines, taking stinging nettle won't make you drowsy.

Ivy Leaf promotes healthy mucous membranes while thinning and loosening mucus in the airways. Since ivy leaf also moisturizes the airways, it can help soothe a dry and irritated respiratory tract. Rich in flavonoids, including rutin, kaempferol, and quercetin, a number of studies also show that the herb has anti-inflammatory effects. Ivy leaf's anti-inflammatory actions may help to reduce airway inflammation.

Reishi enhances immune function due to polysaccharides like gandelan A and B, and several glucans that promote natural killer (NK) cell activity. NK cells are one of our most potent defenders because they target pathogens that can impact lung health. These unique immune cells also support the production of T-cells and macrophages.



Chapter Three

Soothe Sinus Ailments

Even if you don't suffer from allergies, it's likely you'll occasionally find yourself sneezing, wheezing, and congested thanks to a head cold or bout with sinusitis—collectively known as non-allergic rhinitis or NAR. It's so prevalent that, according to a 2011 study in the *Oman Medical Journal*, half of all people with upper respiratory problems suffer from NAR. The most common types of NAR include:

The Common Cold. Most adults suffer from two to four colds per year and children may catch a cold 6 to 10 times annually. The common cold is a viral infection of your upper respiratory tract that affects your nose, sinuses, and throat. Symptoms can include a runny nose, sore throat, cough, sneezing, and congestion that can last up to 10 days.

More than 200 different viruses can cause a cold. A cold begins when one of these viruses attaches to the lining of your nose or throat. Your immune system sends white blood cells out to attack this pathogen. Meanwhile, your nose and throat become inflamed and your sinuses begin to produce an excess of mucus in an effort to flush the virus from your body. With so much of your body's energy directed at fighting the cold virus, you are left feeling exhausted and miserable.

The Sinus Headache. This type of headache occurs when the sinuses become blocked or congested. Air trapped within a blocked sinus, along with mucus, can cause painful pressure on the sinus wall. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane, a vacuum can be created that also causes pain.

Sinusitis. Sinusitis occurs when the sinuses become inflamed because of a viral, bacterial, or fungal infection. This can cause a headache or pressure in the eyes, nose, cheek area, or on one side of the head. A sinus infection can trigger pain in the jaw or neck, nasal congestion, cough, and the feeling that you've been run over by a truck. Since a sinus infection causes mucus to drain down the back of your throat, you can also have a sore throat.

Too often doctors treat sinusitis with decongestants and antibiotics. However, this does nothing to support the body's natural healing systems or fortify the immune response against future sinusitis flare-ups.

Sinus Supplements

Eating a healthy, balanced diet can go a long way towards enhancing sinus and respiratory health. But to optimize sinus health, consider the following nutrients to fortify your immune response, reduce congestion, enhance the lymphatic system, and support healthy mucous membranes—especially if you suffer frequent sinus problems.

Bromelain is a proteolytic or protein digesting enzyme derived from pineapple stems. In one head-to-head comparison of bromelain and conventional treatments, German researchers from the Leipzig University divided 116 patients with acute sinusitis into three groups: The first group was given bromelain, the second was treated with a combination of bromelain, a decongestant, and an antibiotic, and the third group



Clear Your Head with Essential Oils

Essential oils have been used medicinally for thousands of years. Their healing vapors are especially useful for sinus health. While each of the following are effective alone, when combined, they provide a synergistic benefit.

Eucalyptus is perhaps the best known essential oil for sinus and respiratory issues. When inhaled, it thins mucus and acts as an expectorant. Eucalyptus also improves lung and bronchial function, relieving congestion and other symptoms of bronchial infection, colds, and flu.

Pine boasts numerous health benefits, making it one of the most important essential oils in aromatherapy. Not only does it guard against sinus infections, it's also an anti-inflammatory that reduces mucus and phlegm production.

Ravintsara essential oil is known for its sinus-clearing abilities, which makes it ideal for upper respiratory conditions. It's also antimicrobial, anti-inflammatory, enhances immunity, and stimulates the lymph system.

Rosemary—both the cineole chemotype and the camphor chemotype—thins and clears mucus throughout the sinuses and the lungs. Rosemary cineole has also been shown to possess antifungal, antibacterial, and antiviral properties.

Spike Lavender contains naturally occurring compounds that make it an effective expectorant.

● just received the conventional drugs. After reviewing all of the data, the researchers found that bromelain not only relieved symptoms faster, it cut the duration of sinus infections by almost two days. And none of the patients experienced any adverse side effects.

● **Protease** is an enzyme, like bromelain, that breaks down proteins—and, according to research in the *American Journal of Otolaryngology*, its activity has been found to be very low in people who suffer from sinus conditions. Why is this a problem? Because most antigens, bacteria, virusus, and yeasts are proteins. Protease digests these proteins so that the body can eliminate them via the lymphatic system. In addition, protease supports healthy inflammatory pathways to ease symptoms.

● **Reishi** has long been used in Traditional Chinese Medicine to enhance immune function. But it also is often relied on to treat sinus and respiratory complaints. High in immune-stimulating polysaccharides like gandelan A and B, and several glucans, reishi promotes natural killer (NK) cell activity. NK cells are one of our most potent immune cells because they target pathogens like the bacteria and viruses that cause NAR. These unique immune cells also support the healthy production of white blood cells, especially T-cells and macrophages.

● **Elder Flower** is best known as a powerful flu fighter. But research that appeared in the journal *Phytomedicine* found that the same antiviral and anti-inflammatory compounds in this herb are also useful for colds, sinus infections, and other upper respiratory ailments. A diaphoretic (which means it simply induces perspiration), elder flower is rich in bioflavonoids, contains triterpenoids like β -amyrin, erythrodiol, and oleanolic acid that provide analgesic and anti-inflammatory benefits.

● **Red Root** boasts astringent, anti-inflammatory, and lymphatic properties that not only fight free radicals and ease inflammation in the airways and lymph nodes, but also helps to move the blood and lymph more easily through lymphatic channels.

Chapter Four

Maintaining Respiratory Health

While everyone suffers from a periodic allergy attack, cold, or sinus infection, some people find themselves dealing with chronic and potentially life-threatening respiratory conditions. The two most prominent are asthma and chronic obstructive pulmonary disease (COPD). Maintaining a healthy respiratory tract can help prevent these problems—and may improve lung function and quality of life in those already diagnosed.

Gasping for Air

Asthma is a chronic condition where the airways are always inflamed. This causes them to narrow and produce an excess of mucus. Nearly 19 million adults and another 8 million children currently struggle with asthma in the U.S. alone. For many, it's just a minor nuisance. For others, it can keep them on the sidelines and put them at risk of a life-threatening asthma attack.

Depending on the severity of the attack, people with asthma can experience shortness of breath, chest tightness, wheezing, and coughing. Common triggers include airborne allergens and pollutants, cold air, physical activity, food preservatives and sulfites, gastroesophageal reflux disease (GERD), and even stress.

COPD, on the other hand, is a long-term lung disease that includes both chronic bronchitis and emphysema. And it's the third leading cause of death in America. Characterized by increased breathlessness, symptoms also include coughing, wheezing,



Love Your Lungs

Your lungs are a pair of spongy, air-filled organs located on either side of the chest. Inhaled air travels through the trachea into the lungs where it is transferred to tubular branches called bronchi. The bronchi then divide into smaller and smaller branches (bronchioles) that eventually end in clusters of air sacs called alveoli. From there, the oxygen from the air you inhaled is absorbed into the blood stream. The alveoli also absorb a metabolic waste product known as carbon dioxide from the blood so that it can be exhaled. For a healthy adult, these life-sustaining actions take place automatically about 17,280 times each day.

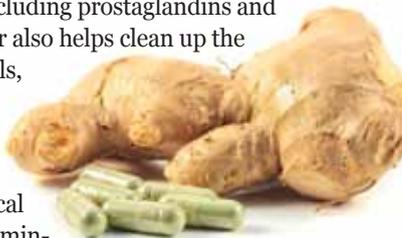
and tightness in the chest. COPD affects 24 million people in the U.S., the majority of whom are smokers or exposed to second-hand smoke on a long-term basis.

If you have COPD, your lungs become increasingly enlarged and lose their elasticity, making it hard to exhale the air you've inhaled. While the damage that occurs to the lungs in cases of COPD can't be reversed, it's still important to make lifestyle changes that support healthy lung function.

Catch Your Breath

Anyone interested in maintaining healthy lungs needs to provide them with the basic nutrients they need. This is especially important if you are undergoing treatment for asthma or COPD. Conventional medications like steroids can deplete critical antioxidants and other nutrients that can further erode lung health. Several herbs can offer even more support to the lungs, helping them to remain spongy and elastic. This allows air to pass freely with each breath.

Ginger also reduces phlegm and acts as an anti-inflammatory. Volatile oils in the root modulate the release of specific immune factors including prostaglandins and enzymes that trigger the inflammatory response. Ginger also helps clean up the lymphatic system. By opening up the lymphatic channels, ginger prevents the accumulation of the toxins that can make you susceptible to infections, especially in the respiratory system.



Magnesium is essential to more than 300 biochemical reactions throughout the body, yet levels of this critical mineral are low in people with COPD. Studies have found that dietary magnesium intake is directly related to how well the lungs function. One study of 143 COPD patients that appeared in the journal *Respiratory Medicine* reported that those with higher blood magnesium levels experienced an improvement in their quality of life.

Malabar Nut (*important note: the leaves of this plant are used medicinally, not the nuts.*) is a Ayurvedic herb that's been used for more than 2,000 years to treat lung problems. Traditionally, practitioners of yoga have used this herb to clear their respiratory tracts during breathing exercises. Rich in anti-asthmatic properties, chemical analysis suggests that a major compound in the herb called vasicine has the capability to dilate the bronchial tract, which eases breathing.

Mullein has long been used by herbalists for its wide-ranging respiratory support. Studies show that mullein has a soothing effect on the bronchioles, making it a good option for those with asthma. It also works as an expectorant, thanks to the saponins in the herb. Those with COPD may benefit from the herb's ability to promote the discharge of mucus and to soothe the mucous membranes. This also makes it a good option for those with chronic coughs.

Reishi is a powerful medicinal mushroom that fortifies immunity, digestion, and circulation. As an added bonus, this sinus-friendly fungus also reduces inflammation.



Tylophora can reduce asthma symptoms, increasing the lungs' capacity for oxygen. The subject of many clinical studies, tylophora promotes the normal functioning of smooth muscle in the respiratory tract. One double-blind study of people with bronchial asthma found that tylophora leaf reduced or alleviated their symptoms. Another double-blind trial found tylophora leaf increased the lungs' capacity for oxygen and reduced nighttime shortness of breath.

Zhejiang fritillary has been used for centuries to reduce the excess production of mucus and phlegm. Research shows that the active compounds in this Chinese herb support the normal secretion of mucus in the lungs and the healthy clearing of the respiratory passages.

Vitamin B6 is another nutrient that is key to respiratory health. Clinical studies show that supplementing with B6 not only supports overall lung function, it can lessen wheezing and chest tightness in those with chronic respiratory conditions. Supplementation is especially important for those taking the conventional asthma medication theophylline because this medication can lower blood levels of B6.

Vitamin C is a staple for healthy lungs. This water-soluble antioxidant protects the airways against irritants and pollutants like industrial chemicals, air pollution, and cigarette smoke. Vitamin C has anti-inflammatory and antioxidant properties that some studies suggest improve pulmonary function in people with asthma. Other research published in the *American Journal of Respiratory Cell and Molecular Biology* offers evidence that moderately high doses of vitamin C may even help prevent emphysema in smokers.



Breathe Easy with Essential Oils

Essential oils are typically a go-to remedy for sinus and upper respiratory ailments. But, thanks to their anti-inflammatory, antibacterial, and antiviral properties, they are also uniquely effective for bronchitis, asthma, and other lower respiratory conditions.

Cypress is an antimicrobial that also has anti-spasmodic activity in the respiratory tract. It also promotes clear airways in the lungs.

Niaouli has antimicrobial activity and helps to clear phlegm from the respiratory passages. Approved by the German Commission E for respiratory ailments, niaouli also promotes healthy inflammatory pathways in the lungs.

Red Mandarin has slight antispasmodic activity. But its real value lies in its ability to soothe nervous tension that can create a tightening of the lower respiratory muscles. This can decrease overall lung capacity.

Sweet Marjoram is another antimicrobial that clears the airways and reduces spasms in the respiratory tract.



YOUR ACTION PLAN FOR RESPIRATORY HEALTH

DIET

- ☀️ **Drink up!** When you are dehydrated, your lungs dilate to make up for the loss of water, and their functioning becomes weak and laborious. Aim to drink at least half of your body weight in fluid ounces of water daily.
- ☀️ **Limit your alcohol intake.** Studies have recently linked the overconsumption of alcohol to pneumonia and poor respiratory health.
- ☀️ **Load up on antioxidant-rich fruits** and vegetables the next time you're at the grocery store or farmers' market. If possible, opt for organic since studies show that organically grown produce has higher nutrient levels.



HEALTHY HABITS

- ☀️ **Leave your shoes at the front door** to prevent allergens from being spread throughout the house.
- ☀️ **If you smoke, take steps to quit!** And avoid exposure to second-hand smoke.
- ☀️ **Rinse your nasal passages** using a neti pot to wash away allergens and irritants that can trigger sinus symptoms.
- ☀️ **Inhale** essential oils.

SUPPLEMENTS

- ☀️ **Mount your defenses before allergy season** starts with a targeted supplement that modifies the release of histamine, enhances your immune response, and bolsters the respiratory system. We like **Redd Remedies Adult Sinus** and **Children's Sinus** because they work proactively and also help you deal with allergens once the season has begun.



- ☀️ **If you're the type who suffers from frequent sinus problems,** opt for an enzyme and herb blend specifically designed to promote healthy sinuses and support the lymphatic system. Our favorite is **Redd Remedies SinuZyme** since it works on multiple fronts to alleviate sinus problems without leaving you drowsy.

- ☀️ **Stuffy nose?** Try the synergistic blend of essential oils in **Redd Remedies Sinus Support Travel Diffuser** and **Throat Drops** to instantly clear nasal passages.



- ☀️ **Give your lungs the nutrients they need** with **Redd Remedies Lung Care System**. This comprehensive supplement and aromatherapy inhaler combine essential oils, herbs, vitamins, and minerals that target the lungs to promote optimum lower respiratory health.

Breathe Deeply

Feel Better. Live Better.™



When you need to breathe deeply for daily activities or outdoor adventures, REDD Remedies Lung Care delivers a comprehensive formula of natural ingredients that support healthy lung, muscle and immune system function. Based on thousands of years of healing traditions and the best that modern science has to offer, REDD Remedies Lung Care – bringing the body back into balance.*



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Our Lung Care formula includes extracts of herbs used for centuries in Traditional Chinese and Ayurvedic medicine, including Mullein, Ginger Root, Fritillary Bulb and Malabar Nut, along with nurturing vitamins and minerals. Our Lung Care Travel Diffuser delivers pure essential oils derived from plants common in European, Pacific, Mediterranean, Ayurvedic and Traditional Chinese medicines.



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Questions?

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Refreshing Relief

Feel Better. Live Better.™

When you need soothing relief, REDD Remedies Throat Drops provide a fast-acting, natural solution to soothe your throat. Our Throat Drops deliver an effective combination of six pure essential oils and a unique blend of herbal extracts. Based on thousands of years of healing traditions and the best that modern science has to offer, REDD Remedies Throat Drops – bringing the body back into balance.*



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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS

Our unique throat drop formulas contain a blend of six pure essential oils that provide soothing and safe relief, along with extracts of healing herbs that have been used for centuries in Traditional Chinese and Ayurvedic medicine, including Holy Basil, Horehound and Ginger Root, as well as Mullein Leaf and Sage Leaf – popular in European, Native American and Eclectic natural medicine traditions.



Nurturing Whole-Body Balance
Quality and Purity Guaranteed



888.453.5058 support@reddremedies.com

REDD Remedies, Bradley, IL 60915
reddremedies.com

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