

Mykotroph Institute Has Good News for Allergy Sufferers

Medicinal Mushrooms Can Help Allergy Sufferers During Spring

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/EINPresswire.com/ -- As plants start to bloom, pollination begins. It is the starting point to hard times for about 10 million people in the UK. Pollen of grasses, herbs, flowers,

bushes and trees and make their immune system crash. The complaints of many [allergy](#) sufferers are so heavy that they experience a massive decrease in their quality of life. The treatment of allergies with [medicinal mushrooms](#) is a natural and – as experienced in naturopathy – effective therapy.



Numerous Symptoms

If mucous membranes of the eyes and the respiratory membranes come into contact with pollen, the immune system literally reacts allergic through an increased release of histamine. Watery eyes, itchy throat and nose, swollen mucous membranes, a congested or a runny nose or even bronchial asthma are the consequences. Also, headache, sensitivity to light, exhaustion and insomnia can occur.

What can be done? It is often advised to avoid pollen. But it is nearly impossible to completely dodge pollen. Conventional therapies and medications often only aim at the symptoms. Alternatives are holistic therapies which aim at the causes of allergies. For example, medicinal mushrooms are an alternative. Medicinal mushroom powder capsules obtained from the whole mushroom have proven effective to ease the symptoms. Moreover, observational studies of the MykoTroph Institute for Nutritional and Fungal Medicine have shown that medicinal mushrooms can counteract the recurrence of pollen allergies in the medium-term.

Medicinal Mushrooms Rebalance the Excessive Immune System

Medicinal mushrooms belong to the oldest natural remedies in the world. They have been successfully used for centuries in the [Traditional Chinese Medicine](#) (TCM) against many complaints and diseases. They have particularly proven effective against allergies. Medicinal mushrooms can rebalance the excessive immune system.

When it comes to the treatment of pollen allergy, hay fever or other allergies, medicinal mushroom Reishi is very important. Reishi regulates the immune system, has anti-inflammatory properties, improves the oxygen supply and reduces the histamine release - which is responsible for many allergy symptoms – through its cortisone-like acting triterpenes.

Medicinal mushrooms Hericium and Pleurotus have also proven to be effective. They contribute to the stabilization of the intestinal mucosa and support the structure of the mucous membranes. This is especially important for pollen allergy sufferers because a healthy intestinal mucosa is a decisive factor for a balanced and powerful immune system.

Hericium can also have regenerative effects on the mucous membranes of the respiratory tract. If the pollen allergy goes hand in hand with exhaustion and depression, medicinal mushroom Cordyceps proves helpful due to its soothing and mood-improving effects. Furthermore, Cordyceps is considered as lung-strengthening tonic which makes it very helpful against allergic asthma. Medicinal mushroom Polyporus is helpful against allergic rhinitis and excessive fluids or mucus.

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