

[IMAGE]

Preventing Allergies with Vitamin E

The antioxidant properties of vitamin E make it an important weapon against cancer and cardiovascular disease. Vitamin E also promotes normal blood clotting, helps reduce blood pressure, and promotes healthy skin and hair, along with a variety of other functions.

The value of vitamin E may also extend to the battle against allergy symptoms, according to the results of a recent study published in the British journal *The Lancet*. Data drawn from a random sample of 2,633 adults (18-70 years old) showed that increased intake of vitamin E reduced levels of the allergy-related antibody IgE. This relationship proved incremental, such that each one-milligram increase in vitamin E (up to a maximum of seven milligrams) corresponded with more than a five percent decrease in serum antibody levels.

Good sources of vitamin E include cold-pressed vegetable oils, dark-green leafy vegetables, nuts, seeds and whole grains. So what are you waiting for? If you're an allergy sufferer, visit your local market today and get yourself some vitamin E! To learn more about the benefits of nutrition, talk to your doctor, and visit <http://www.chiroweb.com/tyh/nutrients.html>.

Reference:

Fogarty A, Lewis S, Weiss S, et al. Dietary vitamin E, IgE concentrations, and atopy. *The Lancet*, Nov. 4, 2000: Vol. 356, pp1573-74.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=251&no_paginate=true&no_b=true